**SEFTON CARERS CENTRE**

**YOUNG CARERS ASSESSMENT TOOLS**

**A guide for Young Carers’ leads**

1. **MACA - YC18** – Multi-dimensional Assessment of Caring Activities
2. **PANOC** – Positive and Negative Outcomes of Caring

These tools compliment each other and should be used together to help you understand the nature of the caring role undertaken by the student and how their responsibilities are affecting them. They will also help you decide if a referral to Sefton Young Carers Service is necessary and appropriate.

**MACA**

**MACA** is a questionnaire to be completed by young carers which provides a score of the total amount of caring activity they regularly undertake. It provides six subscale scores for:

1. Domestic tasks
2. Household management
3. Personal care
4. Emotional care
5. Sibling care
6. Financial/practical care

**MACA can be used:**

1. In a one to one context to understand the types of caring tasks undertake, the amount of time spent caring in a typical month, if that caring is inappropriate or excessive and therefore impacting negatively upon their education, health and wellbeing.
2. Before and after interventions to examine what sort of interventions are helpful

Depending upon their age most young carers should be able to complete MACA by themselves, but some will need assistance.

MACA should not be completed in the presence or with the assistance of the person who is being supported. The young carer’s response should always be treated in confidence.

**Scoring for MACA – YC18**

Each of the 18 items are rated on a 3 point scale, Never, Some of the time, and A lot of the time.

**For scoring purposes**

Never scores 0

Some of the time scores 1

A lot of the time scores 2

**Overall score of caring activity**

MACA can be used to provide an overall summary of activity by totalling all 18 items. The lowest a young carer can score is 0 and the highest is 36. The average score is frequently around 14.

**Interpretation of MACA scores**

Higher scores indicate greater levels of caring activity.

|  |  |
| --- | --- |
| 0 |  No caring activity recorded |
| 1 - 9 |  Low amount of caring activity |
| 10 - 13 |  Moderate amount of caring activity |
| 14 - 17 |  High amount of caring activity |
| 18 and above  |  Very high amount of caring activity |

A score of 14 and above would be a cause of concern. If a student scores 14 or above you may wish to have a conversation with one of our young carers support workers to discuss whether or not a referral to our young carers support service is appropriate or not. Even if the score is a little under 14 you might wish to have this conversation. Please seek the permission of the young carer before contacting us.

**A personalised support plan**

A high MACA score (14 and above) would necessitate the creation of a personal support plan for the young carer which describes the level of co-ordinated care and support that the school and our team would jointly provide or coordinate in order to safeguard the health and wellbeing of the young carer.

**Subscale scores**

It is also possible to use MACA to identify the pattern of caring activity in six domains

MACA provides six sub-scale scores for;

1. **Domestic activity**

The extent to which the young person engages in activities such as cleaning, cooking, laundry etc (Questions 1,2 & 3)

1. **Household management**

The extent to which the young person engages in activities to keep the household running such as shopping, household repairs, garden maintenance etc ( Questions 4,5 & 6 )

1. **Financial and practical management**

The extent to which the young person helps to manage household finances such as bill paying, benefit, banking and takes adult responsibilities such as working part-time to contribute to household finances. (Questions 7, 8 & 9)

1. **Personal care**

The extent to which the young person engages in caring activities such as helping the person dress and undress, wash and use the bathroom, helping with mobility, and giving health care such as administering medicine and changing dressings etc ( Questions 10, 11, & 12 ))

1. **Emotional care**

The extent to which the young person provides company and emotional support to the person, keeping an eye on them, providing supervision and taking them out etc ( Questions 13, 14 & 15 )

1. **Sibling care**

The extent to which the young person is responsible for looking after siblings either alone or with a parent present. (Questions 16, 17 & 18)

**MACA-YC18 The Questionnaire**

**THE CARING JOBS I DO**

**Your name**

**Today’s date**

**Age**

**Below are some of the jobs that young carers do**

This is not a test and there are no right or wrong answers.

Think about the help you have provided to your family over the past month and put a tick in the box to show how often you have done each of the jobs in the last month.

Thanks

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Never** | **Some of the time** | **A lot of the time** |
| 1. Clean your own bedroom |  |  |  |
| 2. Clean other rooms |  |  |  |
| 3. Wash up dishes or put dishes in a dishwasher |  |  |  |
| 4. Decorate rooms |  |  |  |
| 5. Go shopping for food |  |  |  |
| 6. Help lift or carry heavy things |  |  |  |
| 7. Help with financial matters such as dealing with  bills, going to the bank or cash point, collecting  benefits |  |  |  |
| 8. Work part-time to bring money in |  |  |  |
| 9. Interpret or sign for the person you care for |  |  |  |
| 10. Help the person you care for to dress or undress |  |  |  |
| 11. Help the person you care for to wash  |  |  |  |
| 12. Help the person you care for take a shower/bath |  |  |  |
| 13. Keep the person you care for company e.g  sitting with them, reading to them, talking to  them |  |  |  |
| 14. Keep an eye on the person you care for to make  sure they are alright |  |  |  |
| 15. Take the person you care for out for a walk or to  see friends or relatives |  |  |  |
| 16. Take brothers or sisters to school |  |  |  |
| 17. Look after brothers or sisters whilst another  adult is near by |  |  |  |
| 18. Look after brothers or sisters on your own |  |  |  |

**Total =**

**PANOC**

**PANOC** is a questionnaire to be completed by young carers that can be used to provide a score of the subjective cognitive and emotional impact of caring. Research and practice have indicated that many young carers are significantly affected by their caring responsibilities, both positively and negatively. For this reason PANOC YC-20 was designed to provide two scores. One score showing how much caring is *experienced negatively* and one showing how much caring is *experienced positively*.

**Scoring**

Each of the 20 items is rated on a 3 point scale*, Never, Some of the time* & *A lot of the time.*

For scoring purposes

Never = 0

Some of the time = 1

A lot of the time = 2

To calculate the positive response score: add up the scores for items, 1,2,3,4,7.8,15,18,19, & 20.

To calculate the negative response score’s add up the scores for items 5,6,9,10,11,12,13,14,16 & 17

**Interpretation of PANOC scores**

Both negative and positive scores have the potential to add up to 20 with higher scores indicating greater positive and negative responses respectively.

Of most concern will be those young carers who score less than 12 on the positive scale and greater than 8 on the negative scale

|  |  |  |
| --- | --- | --- |
|  | **Score** | **Interpretation** |
| **Positive** | 0 | No positive outcomes reported – Potential for concern |
|  | 1 -12 | Relatively few positive outcomes reported -– Potential for concern |
|  | 13-20 | Relatively high positive outcomes reported |
| **Negative** | 0 | No negative outcomes reported |
|  | 1-8 | Relatively few negative outcomes reported |
|  | 9-20 | Relatively high negative outcomes reported -– Potential for concern |

If concerns exist practitioners should follow the normal working practices & policies of their school/college and perhaps explore the issues in more depth perhaps in partnership with Sefton Young Carers Support Service.

**PANOC -YC20 The Questionnaire**

**How Caring Affects Me**

**Your name :**

**Age**

**Today’s date:**

**Who are you looking after:**

Below are some of the things young carers like you have said about what it feels like to look after someone. Please read each statement & tick the box to show how often this is true for you. THERE ARE NO WRONG ANSWERS. We are just interested in what life is like for you because you are looking after someone. We will use this information to help you as much as we can. Thank you.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Never | Some ofThe time | A lot of the time |
| 1. Because of caring I feel I am doing something good |  |  |  |
| 2. Because of caring I feel that I am helping |  |  |  |
| 3. Because of caring I feel closer to my family |  |  |  |
| 4. Because of caring I feel good about myself |  |  |  |
| 5. Because of caring I have to do things which upset me |  |  |  |
| 6. Because of caring I feel stressed |  |  |  |
| 7. Because of caring I feel I am learning useful things |  |  |  |
| 8. Because of caring my family is proud of the person I am |  |  |  |
| 9. Because of caring I feel like running away |  |  |  |
| 10. Because of caring I feel lonely. |  |  |  |
| 11. Because of caring I feel like I can’t cope |  |  |  |
| 12. Because of caring I can’t stop thinking about what I  have to do |  |  |  |
| 13. Because of caring I feel sad |  |  |  |
| 14. Because of caring I don’t think I matter |  |  |  |
| 15. Because of caring I like who I am |  |  |  |
| 16. Because of caring life doesn’t seem like worth living |  |  |  |
| 17. Because of caring I have trouble staying awake |  |  |  |
| 18. Because of caring I feel I am better able to cope with  problems |  |  |  |
| 19. I feel good about helping |  |  |  |
| 20. Because of caring I feel I am useful |  |  |  |

**Positive Score =**

**Negative Score =**

Should you have any questions regarding the use of MACA or PANOC please contact;

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