

University of Ljubljana
Faculty of Social Sciences



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THE EDY-CARE ASSESSMENT TOOL

Karina Sirk

Maja Mrzel

University of Ljubljana, Slovenia

Faculty of Social Sciences

WHAT?

- ▶ An innovative tool for identifying young carers, focusing on perceived impacts of young carers' caring role on their education.

FOR WHOM?

- ▶ For school staff and other professionals.

AIM?

- ▶ To help recognize adolescent young carers, maximize their learning opportunities and ensure social inclusion.

DEVELOPING THE TOOL

- ▶ Using already existing instruments (*The Multidimensional Assessment of Caring Activities - MACA* (Joseph, Becker, & Becker, 2012 - 18 item questionnaire aims to assess the intensity of care provided by young people) and expanding them with a series of follow-up items to help identifying a variety of situations in everyday lives of young people.

WHY IS IT INNOVATIVE?

- ▶ In the countries involved in the partnership there is no evidence of a similar tool in use in current school contexts.

EDYCARE INSTRUMENT



Dear pupil, This questionnaire is about things you do in your everyday life and how you feel about them. Please read each question and put a tick in the box which indicates your answer. There are no right or wrong answers, we just want to know what you do and how you feel about it.

Are you a girl or a boy?

Boy

Girl

What year were you born? _ _ _ _

All families are different (for example, not everyone lives with both their parents, sometimes people live with just one parent, or they have two homes or live with two families) and we would like to know about yours.

Please answer this question for the home where you live all or most of the time and tick the people who live there.

Mother

Father

Stepmother (or father's girlfriend/partner)

Stepfather (or mother's boyfriend/partner)

I live in a foster or children's home

Someone or somewhere else (eg. siblings, grandparents). Please write it down: ____

Would you say your general health is.....?

Excellent

Good

Fair

Poor

Here is a picture of a ladder. The top of the ladder “10” is the best possible life for you and the bottom “0” is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment? Tick the box next to the number that best describes where you stand.

10 Best possible life	<input type="checkbox"/>	10
9	<input type="checkbox"/>	9
8	<input type="checkbox"/>	8
7	<input type="checkbox"/>	7
6	<input type="checkbox"/>	6
5	<input type="checkbox"/>	5
4	<input type="checkbox"/>	4
3	<input type="checkbox"/>	3
2	<input type="checkbox"/>	2
1	<input type="checkbox"/>	1
0 Worst possible life	<input type="checkbox"/>	0

How pressured do you feel by the schoolwork you have to do?

- Not at all
- A little
- Some
- A lot






MACA: Below are some jobs that young people do to help. Think about the help you have provided over the last month. Please read each one and put a tick in the box to show how often you have done each of the jobs in the last month.

Possible answers:

Never

Some of the time

A lot of the time

- a. Clean your own bedroom.
- b. Clean other rooms.
- c. Wash up dishes or put dishes in a dishwasher.
- d. Decorate rooms.
- e. Take responsibility for shopping for food.
- f. Help with lifting or carrying heavy things.
- g. Help with financial matters such as dealing with bills, banking money, collecting benefits.
- h. Work part-time to bring money in.
- i. Interpret, sign, or use another communication system for the person you care for.
-  j. Help the person you care for to dress or undress.
-  k. Help the person you care for to have a wash.
-  l. Help the person you care for to have a bath or shower.
-  m. Keep the person you care for company e.g., sitting with them, reading to them, talking to them.
- n. Keep an eye on the person you care for to make sure they are alright.
-  o. Take the person you care for out e.g., for a walk or to see friends or relatives.
- p. Take brothers and sisters to school (or pick them up).
- q. Look after brothers or sisters whilst another adult is near by.
- r. Look after brothers or sisters on your own.

QUESTIONS TO HELP EXPLAIN THE SITUATION MORE

How did it happen that you came to do all these things, apart from your school activities and your hobbies?

_____ ...

Who is it you provide help to?

Mother

Step Mother

Father

Step father

Brothers/Step Brothers. If yes, how many: ____

Sisters/Step Sisters. If yes, how many: ____

Grandparents. If yes, how many: ____

Other adult relative (please specify): ____

Family friend. If yes, how many: ____

Other (please specify): ____

I do not provide care for anybody

Why does the person(s) you care for need your help?

_____ ...

REASONS FOR NEEDING HELP

Which of these statements best describes you? (Tick all that apply to you)

I am caring for someone that ...:

Has problems with misuse of alcohol, prescription drugs, illegal drugs or other substances

Has problems because of old age or ageing

Has psychological problems

Has physiological problems

Has long-term health issues

With a physical disability

With a learning disability

With a life limiting condition

With a mental health illness

Who is too young to be left alone (e.g. brother or sisters)

Has no special circumstances (is not ill)

From the lesbian, gay, bisexual or transgender community

From a travelers community

From a rural community

From an ethnic minority community

MORE INSIGHT

Which of these statements best describes you? (Tick all that apply to you)

I do a lot of things in my household because my mother/father works long hours.

I do a lot of things in my household because it's just my mother and me.

I do a lot of things in my household because it's just my father and me.

I do a lot of things in my household because I want to do it myself.

I do a lot of things in my household because I do them the way I like it.

I do a lot of things as we share the household tasks among family members.

I do a lot of things in my household because my parents care for someone who needs a lot of help.

I do a lot of things in my household because my parents have to work a lot to finance my school and this is my way of repaying them.

I do a lot of things in my household because parents give me allowance for doing things in the household.

I do a lot of things in my household because my parents work far away.

I work (part-time) in order to help my family.

I go with my parents because I have to translate/interpret for them.

I do a lot of things because my parents can't do it by themselves.

I take care of my siblings because my parents work.

How does this make you feel? Can you describe in your own words?

_____ ...

ALTERNATIVE WORDING:

How does this make you feel? **Thick** all that apply to you.

STRESSED	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
HELPFUL/USEFUL	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
DEPRESSED	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
RESPONSIBLE	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
TIRED	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
SATISFIED	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
GUILTY IF I DO NOT DO IT	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
FULFILLED	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
ANXIOUS	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>
HAPPY	Not at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A lot	<input type="checkbox"/>

Have you talked to someone about this situation?

Yes

No

Not relevant to me

IF [Yes]

Can you describe how it went?

_____ ...

IF [No]

 **Can you explain why not?**

_____ ...

▶ Here are some additional questions about how you did at school during last week, month, semester.

If your answer is "never", write "0".

- a. How many times you have been absent from school because of help you give/provide to your family?
- b. How many times you have late for school because of help you give/provide to your family?
- c. How many times you felt very tired and unable to concentrate on the lesson because of help you give/provide to your family?
- d. How many times you haven't had enough time to prepare properly for a test because of help you give/provide to your family?
- e. How many times you haven't been able to do your homework because of help you give/provide to your family?

How many times in a last week:
How many times in a last month:
How many times in a last semester:

▶ Now, focus on the last semester.

- a. Because of help you give/provide to your family you haven't been able to attend additional activities offered by school?
- b. Because of help you give/provide to your family you haven't been able to attend school trips/excursions during?
- c. Because of help you give/provide to your family you haven't been able to attend activities in off school time?

How many times:

You're nearly done, just a few more questions about you and your family.
In which country were you born? _____

In which country was your mother born? _____

In which country was your father born? _____

Does your father have a job?

- Yes
- No
- Don't know
- Don't know or see father

If NO, why does your father not have a job? Please tick the box that best describes the situation.

- He is sick, or retired
- He is looking for a job
- He takes care of others, or is full-time at home
- I don't know

Does your mother have a job?

- Yes
- No
- Don't know
- Don't know or see mother

If NO, why does your mother not have a job? Please tick the box that best describes the situation.

- She is sick, or retired
- She is looking for a job
- She takes care of others, or is full-time at home
- I don't know

SUGGESTIONS ON HOW TO USE IT*

- ▶ It can be used as **part of sensibilization of students about young carers' issues in class.**
 - ▶ Conversation starter
 - ▶ Guide for group debate
- ▶ It can be used as **part of interviews with students who identify themselves as young carers.**
 - ▶ To establish a degree of caring burden on a young person
 - ▶ To clarify a young persons' situation at home
 - ▶ To evaluate the impact of young carers' caring role on their education
- ▶ .. And many more.

** It is not meant to be used as a screening tool.*