

YOUNG CARERS HEALTH STAR

Name: _____

Project Worker: _____

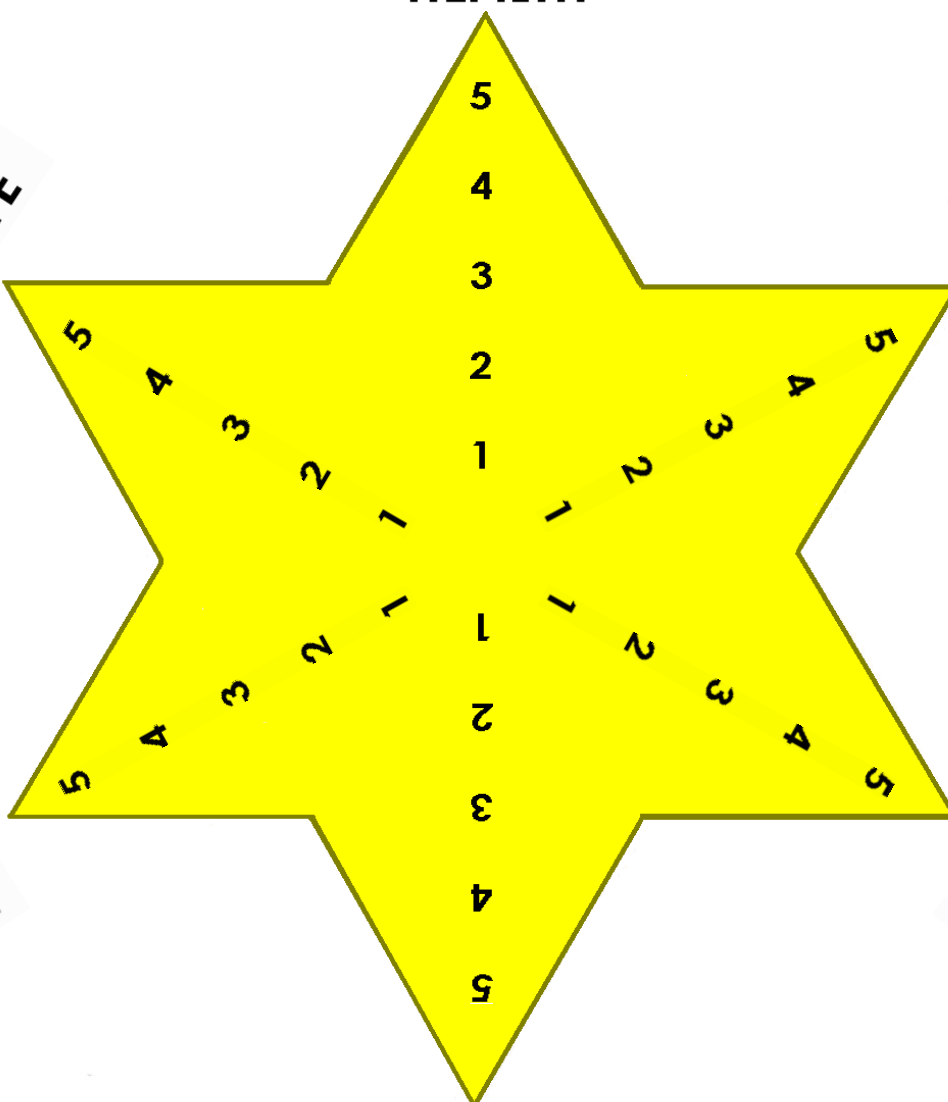
Date: _____

Star Number: _____

HEALTH

SOCIAL LIFE

**EMPLOYMENT
EDUCATION**



FAMILY

SUPPORT

FRIENDS

Signature: _____

HEALTH

- 5 I feel fit, healthy and happy most of the time
- 4 I feel fit, healthy and happy more often than I feel sad, upset and unwell
- 3 I have about the same number of good days as bad days
- 2 I feel sad, upset or unwell more often than I feel fit, happy and healthy
- 1 I feel sad, upset or unwell most of the time

EDUCATION/ EMPLOYMENT

- 5 I really like school/college/my job and attend regularly
- 4 I quite like school/college/my job and my attendance is quite good
- 3 I like school/college/my job but my caring role means I don't attend as often as I should
- 2 I am in school/college/work but my attendance is not good
- 1 I'm not in school/college/work and don't want to change that

SUPPORT

- 5 I have enough help and support and feel I can cope well
- 4 I have quite a lot of support and can cope most of the time
- 3 I have some support but would like more
- 2 I have very little support and sometimes struggle
- 1 I have no support and struggle most of the time

FRIENDS

- 5 I am happy with my friendships and get enough opportunities to see my friends
- 4 I have enough friends but would like to see them more often
- 3 I have some friends and get to see them sometimes
- 2 I have few friends and don't get to see them much
- 1 I have no friends and don't want any

FAMILY

- 5 Relationships with my family are great most of the time
- 4 Relationships with my family are quite good most of the time
- 3 Relationships with my family are ok – not brilliant or terrible
- 2 Relationships with my family are difficult sometimes
- 1 Relationships with my family are difficult most of the time

SOCIAL LIFE

- 5 I have enough opportunities to do activities outside the home
- 4 I have some opportunities to do activities outside the home but would like more
- 3 I have opportunities to do activities outside the home sometimes
- 2 I have the opportunity to do activities outside the home but chose not to
- 1 I have no opportunities to do activities outside the home and don't want to