

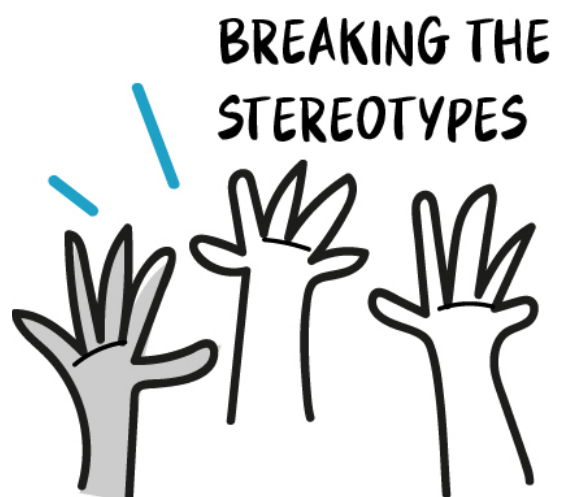
YOUNG CARER SKILLS JOURNAL

Your name:

Your age:

Your school:

Your carer centre:



This skills journal was created as part of Young Carers Action Day but can be used at any time. Young Carers Action Day is an annual event led by Carers Trust. It raises awareness and calls for action to increase support for young people with caring responsibilities.

WHAT CAN I DO WITH THIS JOURNAL?

You can use this journal to write down all the skills you already have and to track all the fantastic work you are doing balancing caring on top of everything else, including your education.

This will be a great tool to help you in your future. You can use it when applying for jobs or courses to remind yourself and others of all the skills you've developed as part of your caring role.

There are many professionals who can help you to think about your future. If you need any support in completing this journal, ask your teacher, careers guidance lead, young carer worker or youth worker for support.

HOW TO GET STARTED

This journal will help you to think about how being a carer has helped you to develop lots of skills. It can be hard to see what skills you have when you are using them every day.

To get started, think about your routine and the things you do on a daily basis, these can be practical things like picking up prescriptions, shopping or other skills like listening, as well as going to school, going to your local carers service, or chatting with friends. Use the space below to write down or draw your daily routine and the caring responsibilities you have. Even if you only do some of these things occasionally, put them in.



MORNING



DAYTIME



EVENING

THINKING ABOUT YOUR SKILLS

To help think about how the caring responsibilities you have translate into skills, we've created a list of some common caring responsibilities and the skills that could be attached to them. These are just examples and some skills might apply to you from caring roles that you don't do! Make up your own, or ask someone to help you think through the caring responsibilities and skills you have.

You could also think of activities you do that aren't related to caring – like playing in a band or being good at science, for example – and what skills you get from those.

Managing money for the house or applying for entitlements



- Budgeting
- Understanding complex documents
- Admin skills

Translating for someone



- Listening
- Thinking on your feet
- Talking to professionals
- Showing respect

Listening to someone's worries



- Patience
- Empathy
- Compassion
- Resilience

Practical skills in the house (like cooking or cleaning)



- Timekeeping
- Prioritising what needs to be done first
- Problem solving

Helping someone with treatments or medications



- Responsibility
- Attention to detail and precision



THINKING ABOUT THE THINGS YOU DO AS A CARER

Think about something you are responsible for, or a task you do as a carer. What skills does this show you have?

Two examples have been added to get you thinking.

CARING TASK OR ACTIVITY	DESCRIPTION/SKILL LEARNT
Helping my Mum/Dad get the tea ready every evening and doing my homework.	As a young carer I complete lots of different tasks every day. This has helped me to develop excellent time management skills and prioritising skills .
Talking to my big sister when she is feeling down.	As a young carer I often spend time talking to my sister as she has mental health issues. This has helped me develop good listening skills .



MY TOP SKILLS

This section is for you to list or draw what you think are your top six skills that could help you in your future.

1

2

3

4

5

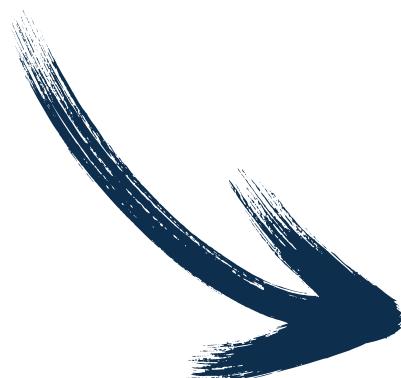
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PUTTING MY SKILLS INTO PRACTICE

Think about your dream future – what do you want to be doing in five, ten, or even 20 years? Think about your career aspirations and research roles you think you might like to have one day:

What experience would bring you closer to your goal? – For example, volunteering, Duke of Edinburgh Award, sitting on the School Council or being a school Environment Rep.

What qualifications do you need to get? – Not just academic, are there other courses available through school or college? What support is out there to help you achieve this dream? – **Are there teachers or mentors who can guide you?** Use this section to think about how you can build on the skills you already have. Complete the table to see where you can develop them to bring you closer to that future!





MY DREAM FUTURE IS

Example: Languages teacher

SKILLS REQUIRED	SKILLS I ALREADY HAVE	GOALS TO PROGRESS
Good language skills	I can already interpret for my brother and I'm good at English.	<ul style="list-style-type: none">• Study another language in college• Talk to my language tutor about the steps they took to become a teacher
Confidence speaking in public	I'm used to talking to professionals on behalf of the person I care for and I'm a good listener.	<ul style="list-style-type: none">• Put my hand up more in class to get more confident talking in front of others• Try to go to drama club more because I really enjoy it and it gives me confidence

Next steps

Now that you've completed your journal, talk to your teacher, young carer worker or youth worker about what to do next.

If you've filled this journal in on your own and would like to find out where to get help and support, have a look at [Carers.org/support-for-young-and-young-adult-carers](https://www.carers.org/support-for-young-and-young-adult-carers).