

Action Plan continued

Young Carer Statement Workbook

Date completed:

Nature and extent of caring role

Who do you look after?

How does this impact on your wellbeing and day to day life?

Action Plan

*Please use this section to detail your action plan.
Think about **who**, **what**, **how** and **when**.*



Does the Young Carer meet the eligibility criteria?

Yes/No

When/how should the Young Carers Statement be reviewed?

Who would you like involved?



How do you feel about this?

Is it something you feel you are able to do and does everybody agree?



What would happen in an emergency?

What are your personal outcomes? What do you want to achieve?

What support is available to you?

What activities or groups do you take part in?

Do you take regular breaks or holidays?

