
USING THE PACK

This resource pack provides a number of activities to use with young adult carers at various stages of the 'Think, Get, Keep' process.

- Guidance is provided as to when to use the activities and how to use the activities, but use your judgement. Some activities can be used when working one-to-one with young adult carers and some are better done in a group. Adapt the activities according to the young adult carers you are working with to take account of their age or, when working with a group, how well they know each other. Also consider having mixed groups of young adult carers and staff, so that there are opportunities for learning on both sides.
- Be creative. Use the resources in different ways, or get young adult carers to think of different activities. For example, you could develop your own case studies.
- The more interactive you make the activities the better. Try to avoid just giving young adult carers the activities to complete on their own, but try to do activities in pairs and groups. Use the activities to create opportunities for sharing and learning.
- This pack also uses existing resources, such as 'The Really Useful Book of Learning and Earning' and 'Value My Skills cards' and suggests ways to use them.
- Don't stop with the pack. Research other resources and websites for more information and materials. Get on mailing lists for college prospectuses and open day events. Start your own Facebook page or Pinterest boards to share other resources.



Supporting young adult carers in to learning, training or work can only be achieved if it is underpinned by the capacity of carers support workers and carers services to provide effective support to young adult carers in these areas, so at the end of each section are activities for your own professional development or for organising internal training for colleagues.

The following table outlines which activities can be used at various stages of the 'Think, Get, Keep' process.

	Working with young adult carers	Your own development	Service development
Think	<ul style="list-style-type: none"> ● Case studies 1-4 ● Value My Skills ● The Skills Wheel ● My day, my skills (activity 1) ● The Really Useful Book of Learning and Earning ● My Job Ideas (activity 2) ● Wellbeing Teller and Wellbeing Wheel (activities 3 and 4) 	<ul style="list-style-type: none"> ● Self-assessment tool (activity 9) ● Case studies 1-4 	<ul style="list-style-type: none"> ● Self-assessment tool (activity 9) ● Case studies 1-4
Get	<ul style="list-style-type: none"> ● Case studies 3-6 ● Snakes and ladders ● Overcoming barriers (activity 6) ● STAR (activity 7) ● The Really Useful Book of Learning and Earning ● At-a-glance planner (activity 8) 	<ul style="list-style-type: none"> ● Case studies 3-6 ● Action Plan for Professional Development (activity 10) ● Overcoming barriers (activity 6) 	<ul style="list-style-type: none"> ● Case studies 3-6 ● Creating an address book (activity 11)
Keep	<ul style="list-style-type: none"> ● Case studies 7-10 ● Wellbeing Teller and Wellbeing Wheel (activities 3 and 4) ● Overcoming barriers (activity 6) 	<ul style="list-style-type: none"> ● Case Studies 7-10 	<ul style="list-style-type: none"> ● Case studies 7-10 ● Partnership Building (activity 12)