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Learning and Work Institute

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L&W LEARNING AND
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KNOWING MYSELF FRAMEWORK

Young Adult Carers – Making the Transition to Adulthood

KNOWING MYSELF FRAMEWORK

Understanding me

MODULE

The aim of this module is for young adult carers to have the time to think about and reflect on their lives, the skills they currently have and how being a carer has enabled them to develop these skills.

LEARNING OUTCOME

- As a result of doing this unit I will be able to:
- Identify and analyse the skills and qualities I have developed as a result of being a carer
 - Consider the effect of my caring role and experience on my development as a person and my ideas about my future
 - Specify areas for my own personal development that I would like to further explore
 - Recognise the steps I need to take to fulfil at least some of my hopes and plans

TOPICS AND QUESTIONS TO CONSIDER

Your competencies and skills:

- What qualities do you have?
- How have you used these qualities in your caring role?
- What are your key achievements?
- What are you proud of?
- What are your strengths and weaknesses?
- What skills and experience do you have?
- Which skills did you develop through being a carer?
- What would you like to build on or change?

Your dreams and aspirations:

- What do you enjoy?
- What would you like to do in the future?
- How do you make decisions about your future?
- How does your caring role affect the way you think about your future?
- Who influences your thinking about your future?
- Is this a positive or negative influence?
- What are your plans, dreams and aspirations?
- What might you need to achieve this?

Your current situation:

- What are the key events in your life story?
- What has made you the person you are today?
- How has being a carer affected your development as a person?
- What makes you feel good about yourself?
- How does caring make you feel?
- Who is significant in your life?
- Is this likely to change?
- Do your caring responsibilities allow you to take time for yourself?
- Is this important to you?

Coping with feelings

MODULE

The aim of this module is for young adult carers to recognise and understand how their feelings influence their behaviour in different situations and develop ways to manage this.

LEARNING OUTCOME

- As a result of doing this unit I will be able to:
- Name and express the positive and negative feelings that arise from my caring role and responsibilities
 - Recognise the impact that these feelings sometimes have on my behaviour and attitudes
 - Learn how better to manage my own feelings and those I care for and care about

TOPICS AND QUESTIONS TO CONSIDER

Thinking about your feelings:

- How do you feel about your caring role?
- Has the way you feel changed over time?
- What positive feelings do you have in relation to caring?
- Do you sometimes have difficult or negative feelings linked to your caring role?
- How do you express these feelings? (at home, school/college?)
- How do feelings about your caring role affect your behaviour?
- What might help you to manage your feelings?
- How do you deal with the feelings of the person you care for?

Handling relationships

MODULE

This module aims to support young adult carers to recognise, develop and practise skills for managing different relationships.

LEARNING OUTCOME

- As a result of doing this unit I will be able to:
- Understand better the nature of my relationships with the person(s) I care for
 - Reflect on the impact of my caring responsibilities on the relationships I have with members of my family and my friends
 - Acquire and apply some of the knowledge, qualities and skills needed to manage relationships
 - Understand better the notion of boundaries and how it applies to my caring role and responsibilities and all relationships; and the part played by power and control

TOPICS AND QUESTIONS TO CONSIDER

How do your caring responsibilities influence your relationships:

- With the person you care for?
- With your wider family and/or siblings?
- With friends?
- With those supporting you e.g. social worker?

Managing relationships:

- What kind of skills help to develop and maintain relationships?
- Which of these skills have you developed through being a carer?
- Which skills would you like to develop or build on?
- Do you find particular relationships difficult?
- What are the different approaches you might try to manage difficult relationships?
- How do you establish and maintain boundaries with the person you care for?

Rights and responsibilities

MODULE

The aim of this module is for young adult carers to understand and appreciate their rights and the rights of others, and how they can respect these.

LEARNING OUTCOME

- As a result of doing this unit I will be able to:
- Know and understand the rights of children and young people in contemporary Britain
 - Understand the particular rights and responsibilities I have as a young adult carer
 - Recognise the different ways in which I am able to apply these rights and responsibilities
 - Understand how discrimination and bullying can affect carers; and how to challenge them if and when they occur

TOPICS AND QUESTIONS TO CONSIDER

Recognising your rights:

- What are rights?
- What different examples of rights are there?
- Who has these rights?
- What rights do you have as a young person in Britain?
- What specific rights do you have as a young adult carer?
- In relation to health and social care?
- In employment?
- In relation to social services?
- Because of the Care Act?

Prejudice and discrimination:

- How might you recognise and cope with prejudice and discrimination, either against you as a carer, or against the person you care for?
- What are the different ways in which you can make a complaint about a service (e.g. health or social services) and challenge discrimination?

Sources of support, information and guidance:

- What information, advice and support is available to you as a carer? (including individuals, groups and local services)
- What are the needs you might want support with?
- How might you draw on your past experiences to access the sources of support you want?
- How might you declare your caring responsibilities to different sources of support?

