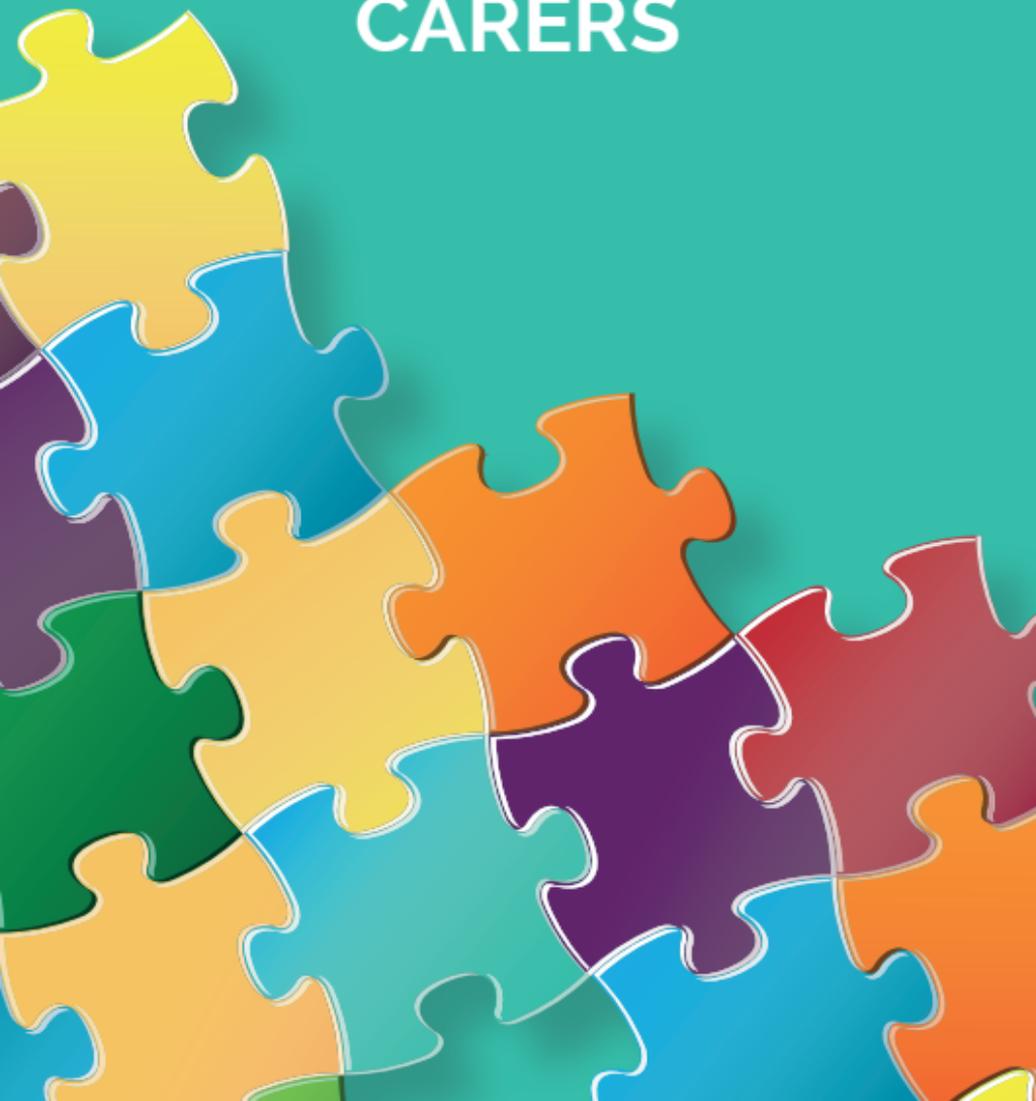


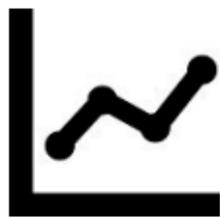
VALUE MY SKILLS: FOR YOUNG ADULT CARERS



DATA

ANALYSING

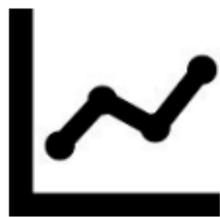
reviewing, dissecting,
sorting and sifting through
information or things



DATA

DIAGNOSING

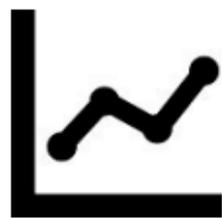
looking for the causes
of a problem



DATA

EXAMINING

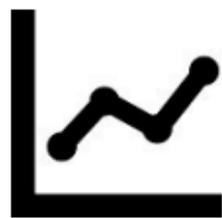
observing, surveying,
having an eye for
detail and accuracy



DATA

ASSESSING

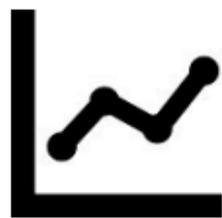
being able to differentiate between alternatives and options, able to assess the pros and cons



DATA

MENTAL ARITHMETIC

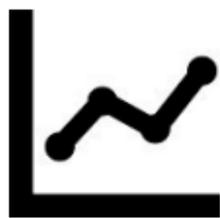
manipulating numbers
rapidly and accurately
in one's head



DATA

ORGANISING

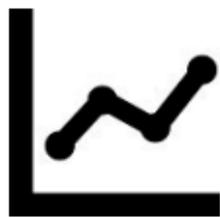
classifying and storing
information



DATA

FOLLOWING INSTRUCTIONS

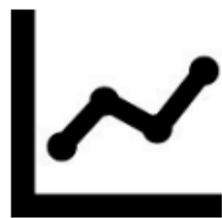
follow processes and
procedures, work from
diagrams, blueprints
or manuals



DATA

CALCULATING

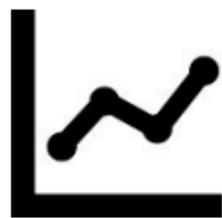
computing, working
with numbers



DATA

MEMORISING

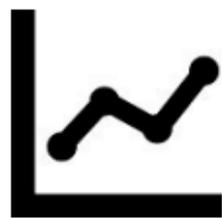
able to remember
numbers or data
generally



DATA

TAKING INVENTORY

able to make detailed lists of property, products etc and to sum up their worth



VALUE MY SKILLS: FOR YOUNG ADULT CARERS



EMOTIONAL

EMPATHY

understanding and
sympathising with others



EMOTIONAL

SENSITIVITY

being sensitive to the
needs of others



EMOTIONAL

COPING WELL

devising a strategy to cope
with more difficult times



EMOTIONAL

DEVELOPING A POSITIVE RELATIONSHIP

Understanding the person
you care for - working out
how best to support
each other



EMOTIONAL

SELF-AWARENESS

learning how to look after yourself so you can best look after others - knowing your strengths and weaknesses



EMOTIONAL

ANGER MANAGEMENT

finding ways to vent your
anger that is not harmful
to yourself or others



EMOTIONAL

RESILIENCE

able to bounce back
after a set-back



EMOTIONAL

POSITIVITY

able to see the good in any situation, optimism



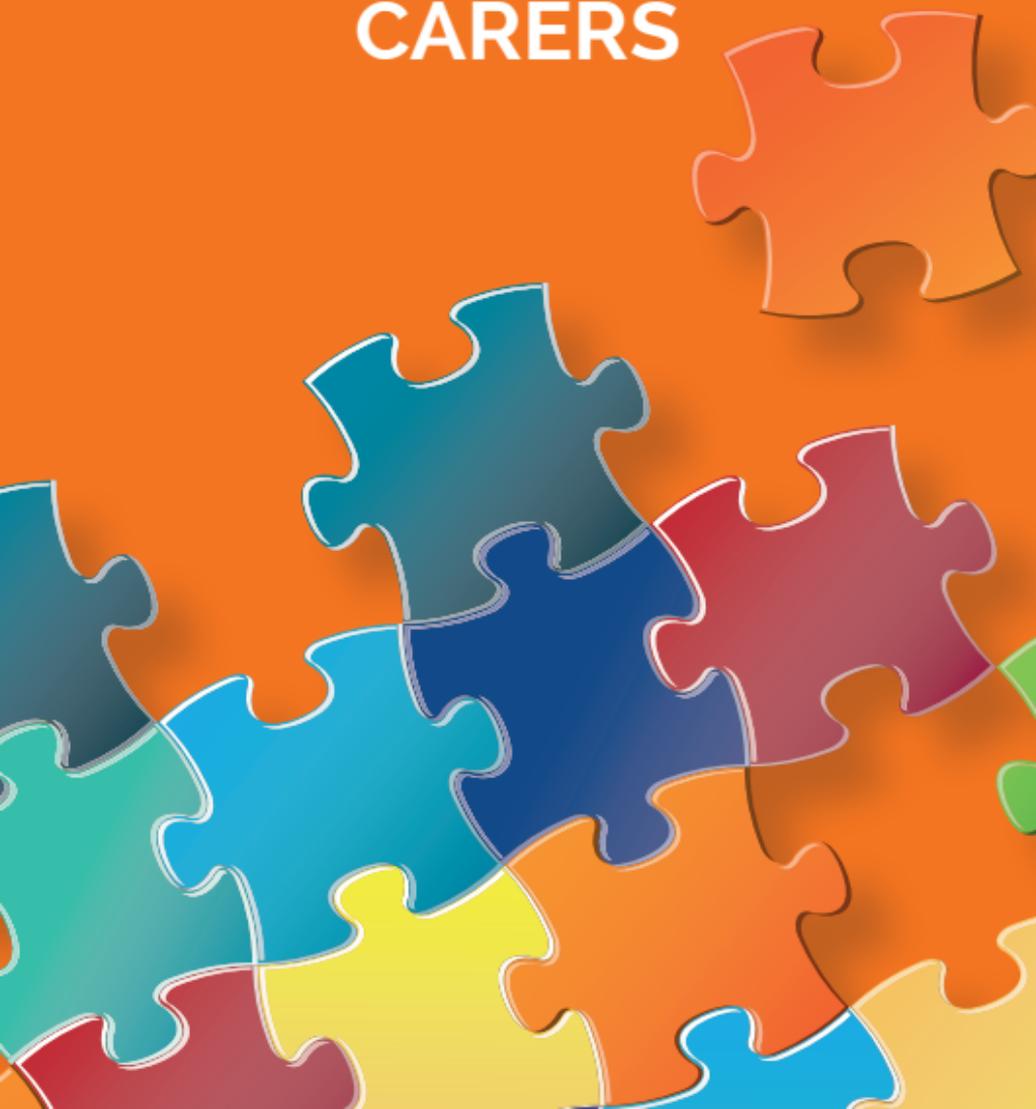
EMOTIONAL

NON-JUDGEMENTAL

able to respect and accept
yourself and others
for who you are



VALUE MY SKILLS: FOR YOUNG ADULT CARERS



CREATIVE

STRATEGIC THINKING

able to stand back, see
the big picture, examine
alternatives



CREATIVE

REVIEWING

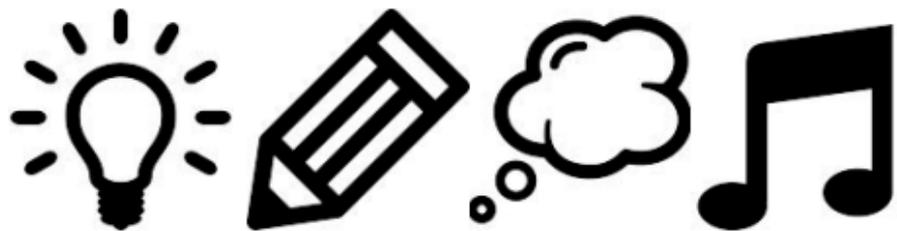
able to stand back and
learn from experience



CREATIVE

IMPROVISING

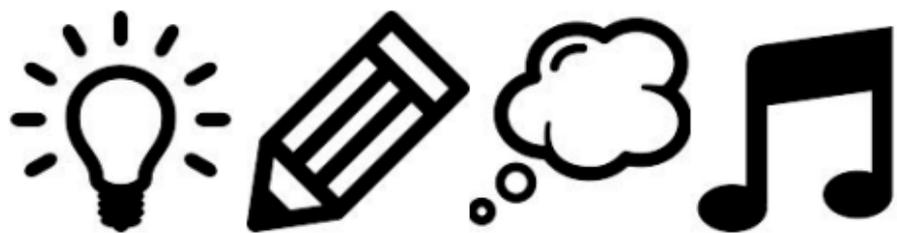
making things work in new
or unexpected situations



CREATIVE

INNOVATIVE

creating, thinking
'outside the box',
seeing alternatives



CREATIVE

ADAPTABILITY

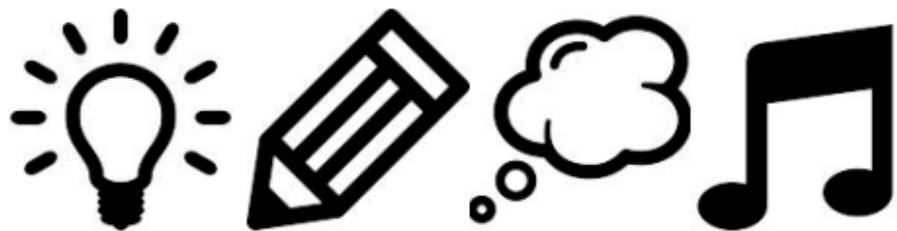
expecting and welcoming
change - being flexible



CREATIVE

DESIGNING THINGS

deciding and planning
how something will work



CREATIVE

USING SEARCH ENGINES

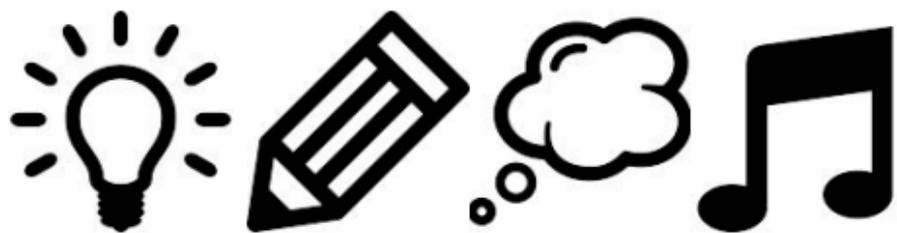
knowing how to use
web search engines
like Google for research
and to generate ideas



CREATIVE

DRAWING/PAINTING

conveying feelings or thoughts through drawing, painting etc



CREATIVE

INSIGHT

having insight into
people's feelings or
situations - using intuition



CREATIVE

WORKING CREATIVELY

working creatively with
ideas, spaces, shapes or
faces - lateral thinking



CREATIVE

WRITING

writing creatively



CREATIVE

WORKING WITH COLOUR

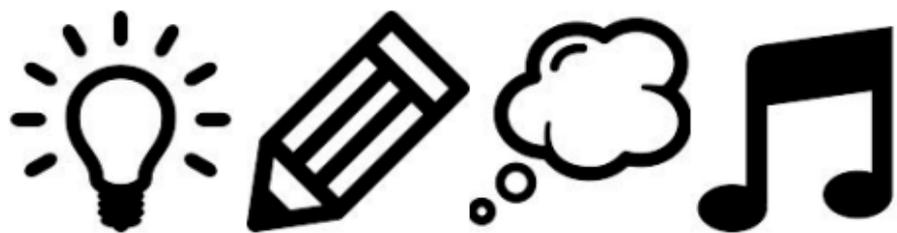
using colours effectively
in your work



CREATIVE

DEVELOPING IDEAS

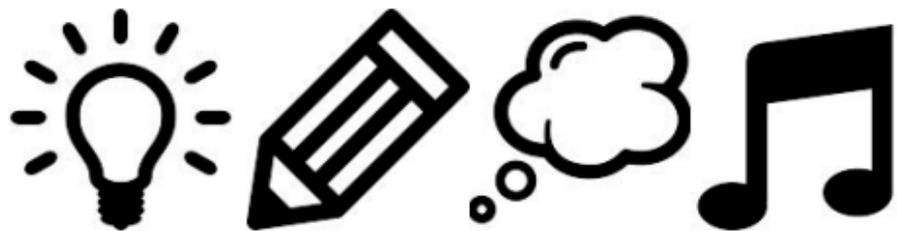
working with others to
make a good idea happen



CREATIVE

MUSICAL

composing, playing
or performing music



CREATIVE

CURIOSITY

having an enquiring mind,
being keen to pursue new
knowledge, questioning



VALUE MY SKILLS: FOR YOUNG ADULT CARERS



PEOPLE

TEACHING

training, coaching,
mentoring, helping others
do things for themselves



PEOPLE

SENSITIVITY

showing sensitivity
to others' feelings



PEOPLE

NETWORKING

knowing how to make contact with people, collect ideas, coordinate action and to market oneself



PEOPLE

HELPING OTHERS

committed to and good at
doing things for others



PEOPLE

ORGANISING PEOPLE

managing people to
get tasks done



PEOPLE

MAKING THE FIRST MOVE

making the first move
in relationships



PEOPLE

LISTENING

the ability to attend
well to people



PEOPLE

GIVING CREDIT TO OTHERS

recognising and
appreciating the
achievements of others



PEOPLE

PERFORMING

performing in a group,
on stage, in public etc



PEOPLE

PROMOTING CHANGE

making things happen



PEOPLE

MOTIVATING

inspiring or energising
others to achieve



PEOPLE

ASSERTIVENESS

confidently expressing
views, standing up for
your rights and what
you believe in



PEOPLE

LEADING

taking on a leadership
role, providing direction,
building teams



PEOPLE

DRAWING OUT

the ability to get people
to share their feelings
or ideas



PEOPLE

SELLING

selling, persuading,
negotiating



PEOPLE

TEAMWORK

working well with others
as part of a group



PEOPLE

COMMUNICATION

able to communicate appropriately with different people, e.g. peers, professionals, the person you care for



PEOPLE

NEGOTIATION

persuading the person you care for to let you have more time to yourself



VALUE MY SKILLS: FOR YOUNG ADULT CARERS



MANAGING

MANAGING MONEY

budgeting, organising
finances



MANAGING

TIME MANAGEMENT

setting priorities, making lists, keeping appointments, working to schedules, being reliable



MANAGING

MANAGING A HOUSEHOLD

doing and prioritising
domestic chores:
cooking, cleaning,
washing, shopping



MANAGING

PRIORITISING

what are the most important things to do and in what order?



MANAGING

MENTAL HEALTH AWARENESS

recognising mental
health difficulties



MANAGING

PHYSICAL HEALTH AWARENESS

recognising physical
health difficulties



MANAGING

MANAGING HEALTH NEEDS

knowing what to do
about a health difficulty,
planning ahead, adapting
lifestyle/environment



MANAGING

TAKING RESPONSIBILITY

taking responsibility
for somebody else's
wellbeing-putting others
needs before your own



MANAGING

READING SKILLS

understanding difficult
medical terminology, poor
handwriting, detailed
information leaflets



MANAGING

WRITING SKILLS

writing letters, emails
and text messages to
professionals



MANAGING

MANAGING EMERGENCIES

using First Aid, knowing
who to turn to for help,
planning for such a
situation



MANAGING

MANAGING CHANGE

being prepared and flexible enough to cope with changes in your health or the health of those you care for - recognising the symptoms



VALUE MY SKILLS: FOR YOUNG ADULT CARERS



PRACTICAL

ACTING SAFELY

physically lifting and
moving other people
safely



PRACTICAL

BUILDING

building, constructing



PRACTICAL

USING POWER TOOLS

using machine tools,
sewing machines,
lathe power tools



PRACTICAL

REPAIRING

fixing, restoring, renovating



PRACTICAL

USING COMPUTERS

knowing how to word
process, use spreadsheets,
PowerPoint etc



PRACTICAL

PRECISION

being exact when
measuring and handling
things, getting things
spot on



PRACTICAL

HAND-EYE CO-ORDINATION

capable of rapid and
precise hand movements
directed by the eye
and brain



PRACTICAL

USING HAND TOOLS

such as scissors, brushes,
hammers, screwdrivers,
needle and thread



PRACTICAL

KEYBOARD SKILLS

using computers, mobile phones, iPods etc



PRACTICAL

KEEPING FIT

being active and healthy



PRACTICAL

ASSEMBLING

putting things together



PRACTICAL

FINDING OUT HOW THINGS WORK

able to analyse, take
things apart and
reassemble them



PRACTICAL

PHYSICAL STRENGTH

able to lift heavy
loads safely



PRACTICAL

DRIVING

driving a vehicle, e.g. a car, motorbike or lorry



PRACTICAL

QUICK REACTIONS

responding quickly to
what's happening
around you



VALUE MY SKILLS: FOR YOUNG ADULT CARERS



I'M GOOD AT THIS

I'M OK AT THIS

**I'M NOT SO GOOD
AT THIS**

I ENJOY DOING THIS

**I DON'T MIND
DOING THIS**

**I DON'T ENJOY
DOING THIS**

**I WANT TO IMPROVE
THIS SKILL**

**I NEED TO IMPROVE
THIS SKILL**

**I DON'T NEED
TO IMPROVE
THIS SKILL**