

# MAKING THE TRANSITION TO ADULTHOOD FRAMEWORK

## KNOWING MYSELF

### 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?



## FRAMEWORK

## 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?

## MANAGING MYSELF

### Managing money

### MODULE

This module aims to provide young adult carers with the knowledge they need to manage their money effectively.

### LEARNING OUTCOME

As a result of doing this unit I will be able to:

- Know about the benefits I am entitled to as a young adult carer and how to access them
- Know the basics of personal finance including opening an account, paying bills and monitoring income and spending
- Plan and budget so that money can be managed and debt can be avoided or minimised
- Understand the opportunities and risks associated with borrowing money
- Know where to go for independent advice on money matters when needed

### TOPICS AND QUESTIONS TO CONSIDER

#### Learning the basics:

- What is the process for opening a bank account?
- Why does it help to have one?
- What are the different ways of paying bills etc?

#### Find out about difference sources of income:

- How does employment affect your finances? (including tax, national insurance, pensions deductions)
- What does employment-related terminology, e.g. 'pro-rata', mean?
- What benefits are you entitled to?
- What is Carer's Allowance and are you eligible for it?
- Which sources of income does your household currently receive?
- Are you claiming everything you could be?

#### Managing outgoings:

- What are your current outgoings and in what categories?
- Which of these are crucial and which are nice-to-haves?
- How can you create a budget to help you manage your money?
- How do you compare utility services to get the best deal?
- How can you reduce your outgoings?
- How can you find bargains and get freebies?

#### Saving and borrowing:

- Why is it important to save money when you can?
- What are the different ways of saving money?
- What are the different ways of borrowing money and the risks associated with these (including credit cards, loan agencies, interest rates and impact on credit scores)
- Where can you find debt advice?

## Keeping healthy and feeling well

### MODULE

This module aims to help young adult carers consider the things in their lives that impact on their health and wellbeing and make a plan to manage these.

### LEARNING OUTCOME

As a result of doing this unit I will be able to:

- Identify both the positive and negative effects of my caring role and responsibilities on my mental and physical health
- Know how to stay healthy, how to manage health risks and where to get support in doing this
- Know what is meant by a balanced diet and lifestyle, how to make choices and take responsibility for their consequences
- Confidently communicate with doctors and other health professionals concerning the health and well-being of those I care for without compromising confidentiality

### TOPICS AND QUESTIONS TO CONSIDER

#### Mental health and wellbeing:

- How do you rate your current mental health and wellbeing?
- How does being a carer make a difference to your mental health and wellbeing?
- How does caring have a positive impact on your mental health and wellbeing?
- How does caring have a negative impact on your mental health and wellbeing?
- What can you do to look after your own mental health and wellbeing?
- What support could you access to help improve your mental health and wellbeing?
- What might help you to manage stress?
- What do you need to do to improve your own mental health and wellbeing?
- What support might you need to achieve this?

#### Physical health:

- Why is it important to be physically active?
- How can you make sure you get time to exercise around your caring responsibilities?
- How can you eat healthily on a budget?

#### Using health services:

- What is the process for registering as a carer with your GP?
- How does GP confidentiality work?
- What is the process for registering with an NHS dentist?
- What is the difference between NHS and private dental practices?

#### Supporting the person you care for:

- How can you get information about the condition of the person you care for?
- How can the person you care for give their GP permission to share information with you on their condition?
- What are the signs to look for to spot changes in the health and wellbeing of person you care for? (e.g. spotting signs of addiction, declining mental health)
- How do you deal with these changes?

## FRAMEWORK

## Housing and accommodation

### MODULE

This module aims to help young adult carers understand the practical steps they need to take in order to move into and manage their own home.

### LEARNING OUTCOME

As a result of doing this unit I will be able to:

- Recognise the possible tensions and dilemmas associated with living independently and having caring responsibilities
- Understand the benefits and risks of living independently
- Know the processes associated with renting a property and setting up a home of my own or living with others
- Manage a budget so that I can control the costs of running my own home

### TOPICS AND QUESTIONS TO CONSIDER

#### Your housing plans:

- Where are you currently living and who do you live with?
- Do you plan to move into your own home in the future?
- How does your caring role affect your plans about where you live?

#### Moving into your own home:

- What are the different types of accommodation?
- What is the process of renting/buying a property, including social housing?
- What are the different ways of finding flat mates?

#### Managing a home:

- What are tenancy agreements and how do they work?
- What are your rights as a tenant?
- How can you keep on top of rent/mortgage payments and other household costs?
- If you need to get things fixed in your home or make a complaint who can you speak to?

## THE FUTURE ME

### Thinking about your future career

### MODULE

This module aims to help young adult carers to think about what kind of work they would like to do and to understand the different sources of information and support about employment and careers.

### LEARNING OUTCOME

As a result of doing this unit I will be able to:

- Identify the nature and sources of information, advice, guidance and support that can help me as a carer, get into employment.
- Consider what kind of work I would like to do and know where to go for information, advice and guidance about it
- Consider how the skills and qualities I have picked up through my caring role might influence my career choices
- Understand what further skills, knowledge and qualifications I may need for my chosen career and where to go to acquire them

### TOPICS AND QUESTIONS TO CONSIDER

#### Your values in relation to work:

- What are your previous experiences of work?
- What did you enjoy/dislike?
- What is important to you when thinking about jobs/careers (e.g. money, personal satisfaction, opportunities to progress, flexibility with caring role etc)?
- What sector(s) might you enjoy working in?
- What kind of work would you like to do?
- How would you like to do your job (e.g. full/part-time, self-employed, contract work etc.)?
- How does your caring role influence these decisions?

#### Find out about different sectors and careers:

- Which are appealing to you?
- Which fit your values in relation to work?
- How does your experience as a carer influence your choices?
- Do you have the skills and experience needed to start applying for jobs in these areas?
- What sort of things do you do in your caring role and how could you use those skills in applying for jobs or in the workplace?
- What skills do you need to build on and develop?

#### Sources of information, advice and guidance:

- What sources of support are there (local individuals and services) that can help you think about your future career options?
- What support about employment and careers is available to you as a carer?
- Which of these sources of support would be most beneficial to you and why?



## Education and training

### MODULE

This module aims to help young adult carers to think about their education and training options, and understand how to access information and support about learning and training opportunities.

### LEARNING OUTCOME

As a result of doing this unit I will be able to:

- Understand how my continuing caring responsibilities can both help and hinder me as a learner and a worker
- Think about what I need to take account of in making choices about the learning and earning opportunities open to me locally and further afield
- Understand the kinds of support, both personal and financial, I might need in order to take up and make best use of the education and training opportunities; and where this support might be available

### TOPICS AND QUESTIONS TO CONSIDER

#### Your values in relation to learning:

- What are your previous experiences of learning?
- How do you like to learn? (including identifying additional challenges you may have in relation to learning e.g. a learning difficulty)
- How do you respond to learning with others who have different learning styles to you?
- What do you enjoy learning?
- In what setting(s) would you like to learn?
- How could learning help you as a carer?
- What challenges to learning might your caring role present?
- What kind of support would you need to help you to overcome these challenges?

#### Accessing information and support about education and training:

- Where can you go for more information about different education and training options?
- What support do you need to make decisions about education and training?
- Who can provide this support?
- Who can provide support once you're in education and training?
- How can you declare your caring responsibilities in education and training?
- What are the pros and cons of declaring?
- How to find out about carer policies at your place of work/education
- What support is available for students with caring responsibilities? How can you access this support?
- What financial support is available?

#### Understand the different options in education and training:

- What are the pros and cons of vocational and academic routes?
- How do these match up to the skills and experience you have developed as a carer?
- How do these match up to the skills and experience you want to gain?
- How do these match up to your values in relation to learning?
- How do these match up with your future career ideas?

#### Find out about education and training opportunities:

- Which opportunities are appealing to you?
- Which fit your values in relation to learning?
- How does your experience as a carer influence your choices?
- Which will help you achieve your career goals?
- What are the entry requirements and do you have these?
- If not, how can you achieve them?
- Which courses could you do alongside your caring role?
- What support is available from providers to help you do this?

## Preparing for the world of work

### MODULE

This module aims to help young adult carers to understand the steps they need to take when applying for jobs and to think about what support they might need to manage caring and work.

### LEARNING OUTCOME

As a result of doing this unit I will be able to:

- Know how to give myself the best prospect of getting the work and work experience I want by acquiring relevant knowledge, skills and experience
- Understand how to present myself in different ways to others so that I give myself the best chance of success
- Know where to go for support in facing and overcoming the challenges I expect to face in achieving my goals and being a carer
- Create an action plan that sets out my objectives and the things I need to do on the way to achieving them

### TOPICS AND QUESTIONS TO CONSIDER

#### Taking up work:

- How could working benefit you as a carer?
- What are the challenges of taking up work?

#### Getting work experience:

- How can you get experience in the sector(s) and job(s) you're interested in?
- What are the pros and cons of volunteering?

#### Job hunting and looking for work:

- Where and how could you look for work?
- Who can support you to look for work?
- What is LinkedIn and how might you use it? Are there other resources that can help you?

#### Applying for jobs:

- What are the different ways of writing a CV and completing application forms?
- How could you draw on the skills and experiences gained through your caring to improve your job applications?
- How can you prepare for and do a good job interview?

#### Balancing caring, life and work:

- How and when should you declare caring responsibilities and what are the pros and cons of doing so?
- What are your rights at work as a carer? (e.g. requests for flexible working, carer's leave, emergency leave, trade union membership)
- How could you deal with work-related stress?
- What kinds of support might an employer be able to provide?
- Who else can provide support?

#### Make and carry out plans for the future:

- How will you achieve what you want to achieve (in learning, work, personal life etc)
- When do you want to achieve this by? (putting together an action plan)

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