



Action for Children is conducting this confidential survey to explore what the Christmas holidays are like for children and young people who care for a relative. We will use the results of the survey to highlight the needs of young carers at this time of year. The survey questions were compiled with support from a young carer and young carer service manager.

## YOUNG CARER SURVEY – CHRISTMAS HOLIDAYS

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1. Are you:     Male         Female         Other

2. How old are you?

3. In which region of the UK do you live?

- |                                     |   |  |   |
|-------------------------------------|---|--|---|
| <input type="checkbox"/> East       | <input type="checkbox"/> East Midlands    | <input type="checkbox"/> London        | <input type="checkbox"/> North East         |
| <input type="checkbox"/> North West | <input type="checkbox"/> Northern Ireland | <input type="checkbox"/> Scotland      | <input type="checkbox"/> South East         |
| <input type="checkbox"/> South West | <input type="checkbox"/> Wales            | <input type="checkbox"/> West Midlands | <input type="checkbox"/> Yorkshire & Humber |

4. What's the name of your young carer service? (leave blank if you don't have one)

5. Roughly how long on a typical school day do you help care for your parent/sibling(s)?

- |   |                                  |                                   |   |
|---|----------------------------------|-----------------------------------|---|
| <input type="checkbox"/> Less than one hour | <input type="checkbox"/> 1 hour  | <input type="checkbox"/> 2 hours  | <input type="checkbox"/> 3 hours          |
| <input type="checkbox"/> 4 hours            | <input type="checkbox"/> 5 hours | <input type="checkbox"/> 6 hours  | <input type="checkbox"/> 7 hours          |
| <input type="checkbox"/> 8 hours            | <input type="checkbox"/> 9 hours | <input type="checkbox"/> 10 hours | <input type="checkbox"/> 11 hours or more |

6. Roughly how long over a typical weekend during term-time do you help care for your parent/sibling(s)?

- |   |                                  |                                   |   |
|---|----------------------------------|-----------------------------------|---|
| <input type="checkbox"/> Less than one hour | <input type="checkbox"/> 1 hour  | <input type="checkbox"/> 2 hours  | <input type="checkbox"/> 3 hours          |
| <input type="checkbox"/> 4 hours            | <input type="checkbox"/> 5 hours | <input type="checkbox"/> 6 hours  | <input type="checkbox"/> 7 hours          |
| <input type="checkbox"/> 8 hours            | <input type="checkbox"/> 9 hours | <input type="checkbox"/> 10 hours | <input type="checkbox"/> 11 hours or more |

7. Roughly how long on a typical day in the Christmas holidays do you help care for your parent/sibling(s)?

- |   |                                  |                                   |   |
|---|----------------------------------|-----------------------------------|---|
| <input type="checkbox"/> Less than one hour | <input type="checkbox"/> 1 hour  | <input type="checkbox"/> 2 hours  | <input type="checkbox"/> 3 hours          |
| <input type="checkbox"/> 4 hours            | <input type="checkbox"/> 5 hours | <input type="checkbox"/> 6 hours  | <input type="checkbox"/> 7 hours          |
| <input type="checkbox"/> 8 hours            | <input type="checkbox"/> 9 hours | <input type="checkbox"/> 10 hours | <input type="checkbox"/> 11 hours or more |

8. Have you ever been unable to attend parties or events during the Christmas holidays because you had to look after your parent/sibling(s)?

- Yes         No

If yes, how often did this happen?

- Always         Often         Sometimes         Rarely

**P.T.O.**

9. Do you think there are Christmas activities (e.g. Christmas dinner, dressing the Christmas tree, family leisure time) you won't be able to do this year because of your caring responsibilities?

Yes       No

If yes, how will this make you feel? Tick all the boxes that apply

Happy     Sad       Frustrated     I don't mind     Other:

10. Have your caring duties ever meant you've had to cook Christmas dinner?

Yes

No

If yes, how often did this happen?

Always       Often       Sometimes     Rarely

11. Has your family ever missed Christmas dinner because of your parent(s) sibling(s)' illness/disability?

Yes       No       Not sure

12. How often do you feel lonely during the Christmas holidays?

Always     Often     Sometimes     Rarely     Never

13. Do you feel more stressed during the Christmas holidays than during term-time?

Always     Often     Sometimes     Rarely     Never

14. Do your extended caring duties over the Christmas holidays make you feel more tired than during term-time?

Always     Often     Sometimes     Rarely     Never

15. As a young carer, do you feel it is your responsibility to give your family a good Christmas?

Yes       No       Not sure

16. Do you look forward to going back to school after the Christmas holidays?

Always     Often     Sometimes     Rarely     Never

17. Overall, how do you feel about being a carer for your parent/sibling? Tick all boxes that apply

Happy                       Sad                       Proud                       Frustrated  
 Overwhelmed             I don't mind             Other:

18. Thank you very much for taking the time to answer this survey. Is there anything you would like to say about being a young carer, especially about your experiences during the Christmas holidays? Do you feel like young carers get enough help from support services? If not, what extra help would you like? (please write your answers overleaf, and on a separate piece paper if necessary).

19. If you want to share your story, please ask your parent or guardian to get in touch with Action for Children's Storytelling team on [story@actionforchildren.org.uk](mailto:story@actionforchildren.org.uk)