



Young carers – How we assess you.

Young carers Wellbeing check – This is how you are first referred into our service, this is an initial assessment which helps us understand, who you are caring for and how you are feeling.

MACA and PANOC – These are two questionnaires. All young carers will receive these with their information pack, this is the pack that has all of the information about our services. The MACA, looks at what kind of care and support you are providing and the PANOC, looks at the positive and negative impact of the care you provide. Once we receive these, they give us a score, based on that score we will send you a letter which recommends what support you and your family should try to access. We review these after 6 months as we know things can change.

Impact Assessment – You can choose to have an impact assessment, we can do this either at school, in your home or via zoom. This is where we explore questions on the MACA and PANOC and the impact of caring with more in-depth questions, we look at your day to day life and how being a young carer affects you.

Support plan – once we have completed the impact assessment we create a support plan together, this looks at what you would like, what realistic support Carers Northumberland can offer you like a grant to take a break, or someone to talk too and what other services likes your school, or social care could do to

support you. All support from social care is assessed need, this means you and your family may need further assessments to see if you qualify for additional support for either you or the person you care for. If you would like more information on these kinds of assessments you please let me know and I can send it to you.

How do I get an impact assessment?

You just ask, you can contact us by email, text/Whatsapp or telephone, our contact details are:

Anne-Marie - 07500 886 319

Karen - 07500 886 321

Telephone: 01670 320025

Email: youngcarers@carersnorthumberland.org.uk