



Young Carers' Needs Assessment (YCNA) Review 2018

Thank you to the group of Young Carers
for all their hard work in developing these
documents



UPDATE ON ACTION PLAN

What has changed since your last assessment or review?

How do you feel about these changes?

Draw yourself or something to represent yourself in the middle, surround yourself with the people you are closest to, then add in other people who are part of your life e.g. your family, your school/college teachers and other organisations. If you don't want to draw you could do a spider diagram

What has happened since the last assessment or review?

What are you worried about?

What is working well?



What needs to happen?



Is there anything else you think we should know to help update your action plan that will help you feel supported and meet your needs?

Name of professional who supported me in completing my YCNA:

Is this the professional supporting me in my YCNA review?

Yes (Please circle)

No (Please circle) If no what is the name of the new professional?

MY ACTION PLAN

What do we want to happen?	How?	Who is responsible?	When will this happen by?

I have helped make this plan. I am happy with it and agree with the plan:

Young carer's signature: Date:

Parent/cared for signature: Date:

Lead worker's signature: Date:

Review date:

WHAT'S NEXT

The professional working with you will discuss your action plan with you and all those involved so that changes can begin to happen and you feel well supported and able to achieve your goals. Another review will be arranged to make sure your action plan is working and you are feeling positive about the changes that are taking place and your future. When and where your review will take place will be decided by you, others involved and the professional working with you.



“Happiness is not something you postpone to the future it is something you design for the present”