

Challenges map

This activity is generally more effective if classes are separated into smaller groups to allow for group discussion but if time is short the activity can be done with everyone in the class working together.

Each group should be given one of the case studies of a young person having to care for someone in their family and a piece of flip chart paper and a pen.

Pupils should read the case study, discuss what is happening and agree on what challenges their young carer is facing. When drawing the challenge map they should think about any responsibilities, thoughts, worries, problems and feelings that their young carer may have.

An example using Case Study 1 is shown below for help.

The class should discuss each groups responses. Emphasis should be given to the responsibilities that young carers in the case studies actually have and how their own opportunities for friendship, leisure, extra curricular and even ordinary school work may be restricted by the tasks they do.

They should also be asked how they could help and support a person of their age who is a young carer.

Example

Case Study 1

Joanne (age to be similar to group)

Joanne has cared alone for her father who has had mental health problems for several years. Her father's condition is controlled by medication; however he is often reluctant to take it. When he takes his medication, he is a great dad, but when he does not take it he can become irrational and unpredictable. It is difficult for Joanne to always check that her father takes all of his medication at the correct times. She finds it hard to cope with the effects of his depression and unpredictable behaviour. Sometimes Joanne has missed school in an effort to ensure her father is safe.

Joanne's challenges map

