Changing childhoods.
Changing lives.

NAME.....DATE.....

Below are some jobs that young carers do to help. Think about the help you have provided over the last month. Please read each one and put a tick in the box to show how often you have done each of the jobs in the last month. Thank you

		Never	Some of the time	A lot of the time
1	Clean your own bedroom			
2	Clean other rooms			
3	Wash up dishes or put dishes in a dishwasher			
4	Decorate rooms			
5	Take responsibility for shopping for food			
6	Help with lifting or carrying heavy things			
7	Help with financial matters such as dealing with bills, banking money, collecting benefits			
8	Work part time to bring money in			
9	Interpret, sign or use another communication system for the person you care for			
10	Help the person you care for to dress or undress			
11	Help the person you care for to have a wash			
12	Help the person you care for to have a bath or shower			
13	Keep the person you care for company e.g. sitting with them, reading to them, talking to them			
14	Keep an eye on the person you care for to make sure they are alright			
15	Take the person you care for out e.g. for a walk or to see friends or relatives			
16	Take brothers or sisters to school			
17	Look after brothers or sisters whilst another adult is near by			
18	Look after brothers or sisters on your own			

Scoring for the MACA-YC 18

For the MACA-YC18 each of the items are rated on a 3 point scale, “never,” “some of the time,” and “A lot of the time.”

Overall Score of the caring activity.

The MACA-YC18 can be used to provide an overall summary score (index) of caring activity by totally 18 items. The lowest the young person can score is 0 and the highest the young person can score is 36. For example, if the young person ticks “never” for each 18 items they would get a score of 0 but if they ticked “a lot of the time” for each of the 18 items they would geta total score of 36. Of course most children will score somewhere between the two extremes. The average score is around 14.

Interpretation of the scores on the MACA-YC18

Highers scores indicate greater levels of caring, the following categories are useful and have been aligned to Barnardo’s IOW Young Carers service offer as a generalised guide for professionals.

MACA-YC18 Score	Outcome	Barnardo’s IOW Young carers service offer
0	No caring activity recorded	Not a young carer
1-9	Low amount of caring activity	Universal community offer
10-13	Moderate amount of caring activity	Open to service- minimal service offer- for example assessed and registered with service, minimal offer of service
14-17	High amount of caring activity	Open to service at either standard of intensive support offer, targeted invites to activities and service offer
18 -36	Very high amount of caring activity	Open to service most likely intensive offer, targeted invites to activities and service offer