**Young Carers Programme**

Positive and Negative Outcomes of Caring (PANOC-YC20)

**To be completed by the Young Carer**

**Child or Young Persons details:**

|  |  |
| --- | --- |
| **Full Name** |  |
| **Address (inc post code)** |  |
| **Date of Birth/ Age** |  |
| **Contact Adult & Number** |  |
| **MOSAIC Number/ ID** |  |

Please tick 1 box for each statement:

**Below are some things young carers like you have said about what it feels like to look after someone.** Please read each statement and tick the box to show how often this is true for you. There are no right or wrong answers. We are just interested in what life is like for you because of caring.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |   | **Never** **0**  | **Some of the time** **1**  | **A lot of** **the time** **2**  |
| **1 +**  | Because of caring I feel I am doing something good  |  |  |  |
| **2 +**  | Because of caring I feel that I am helping |  |  |  |
| **3 +**  | Because of caring I feel closer to my family  |  |  |  |
| **4 +**  | Because of caring I feel good about myself  |  |  |  |
| **5 -**  | Because of caring I have to do things that make me upset  |  |  |  |
| **6 -**  | Because of caring I feel stressed  |  |  |  |
| **7 +**  | Because of caring I feel that I am learning useful things |  |  |  |
| **8 +**  | Because of caring my parents are proud of the kind of person I am  |  |  |  |
| **9 -**  | Because of caring I feel like running away  |  |  |  |
| **10 -**  | Because of caring I fee l very lonely  |  |  |  |
| **11 -**  | Because of caring I feel like I can’t cope  |  |  |  |
| **12 -**  | Because of caring I can’t stop thinking about what I have to do |  |  |  |
| **13 -**  | Because of caring I feel so sad I can hardly stand it |  |  |  |
| **14 -**  | Because of caring I don't think I matter |  |  |  |
| **15 +**  | Because of caring I like who I am |  |  |  |
| **16 -**  | Because of caring life doesn’t seem worth living |  |  |  |
| **17 -**  | Because of caring I have trouble staying awake |  |  |  |
| **18 +**  | Because of caring I feel I am better able to cope with problems |  |  |  |
| **19 +**  | I feel good about helping  |  |  |  |
| **20 +**  | Because of caring I feel I am useful |  |  |  |

**Young Carers (PANOC-YC20)**

# Positive and Negative Outcomes of Caring (PANOC-YC20)

The Positive and Negative Outcomes of Caring (PANOC-YC20) is a questionnaire to be completed by young carers (a 20-item self-report measure) that can be used to provide an index (or score) of the subjective cognitive and emotional impact of caring in young people. Research and practice have identified that many young carers are significantly affected by their caring responsibilities both negatively and positively. For this reason, the PANOC-YC20 was designed to provide two scores. One score showing how much caring is experienced negatively and one showing how much caring is experienced positively.

## **Scoring**

The PANOC-YC20 is a 20-item psychometric instrument designed to assess the positive and negative effects of caring activity. Each item is rated on a 3-point scale, ‘Never’, ‘Some of the time’, and ‘A lot of the time’.

For scoring purposes:

|  |  |
| --- | --- |
| **‘Never’**  | **= 0**  |
| **‘Some of the time’**  | **= 1**  |
| **‘A lot of the time’**  | **= 2**  |

The PANOC-YC20 consists of two 10-item subscales: (1) positive responses, and (2) negative responses. Scores on both the subscales have a potential range of 0 to 20, with higher scores indicating greater positive and negative responses, respectively.

**To calculate the positive response score: sum items 1, 2, 3, 4, 7, 8, 15, 18, 19, and 20.**

**To calculate the negative response score: sum items 5, 6, 9, 10, 11, 12, 13, 14, 16, and 17.**

## **Interpretation of scores**

Statistical analysis indicates that scores of less than 12 on the PANOC-YC20 positive scale and/or greater than 8 on the PANOC-YC20 negative scale may be indicative of concern (see Table 1). For example, this may indicate that the young person is suffering from emotional distress. In such circumstances practitioners will need to follow their usual working practices and procedures in terms of exploring the young person’s feelings with them and their family and responding appropriately, perhaps in partnership with appropriate health or children’s social care services.

**Table 1: Interpreting scores on the PANOC-YC20**

Scores Interpretation

Positive

|  |  |
| --- | --- |
| 0 | No positive outcomes reported – potential for concern  |
| 1-12 | Relatively few positive outcomes, potential for concern |
| 13-20 | Relatively high positive outcomes reported   |

Negative

|  |  |
| --- | --- |
| 0 | No negative outcomes reported  |
| 1-8 | Relatively few negative outcomes reported  |
| 9-20 | Relatively high negative outcomes reported, potential for concern  |

**Of most concern will be those young carers who score less than 12 on the positive scale AND greater than 8 on the negative scale.** However, where there are serious concerns, we recommend that the PANOC-YC20 be used as part of your assessment and plan or as part of your referral to additional services

**Please upload MACA to MOSAIC and use to information within the family OFJ or CFA**