

Step 9

Tool 2: The Multidimensional Assessment of Caring Activities (MACA)

Purpose

The Multidimensional Assessment of Caring Activities (Joseph, S, Becker, F, and Becker, S, 2009), hereon referred to as MACA-YC18, is a questionnaire to be completed by young carers that can be used to gain an understanding of the level of caring provided by that child.

Guidance

The MACA is designed as a very short and easy to use evidence based tool and has been developed and tested with young carers.

Before carrying out the (MACA-YC18) with pupils, you should discuss the purpose of carrying out the assessment with the pupil and their family. It should be made clear to pupils and their families what will happen to their personal information and how the school might respond if answers to the questions raise concerns.

References

Joseph, S, Becker, F, Becker, S (2009) Manual for Measures of Caring Activities and Outcomes For Children and Young People (Joseph, S, Becker, F, Becker, S).

STEP

1

STEP

2

STEP

3

STEP

4

STEP

5

STEP

6

STEP

7

STEP

8

TOOL 2

STEP

9

STEP

10

How to use the MACA-YC18

Care has been taken to ensure that the wording is appropriate for most children and young people so that they will be able to complete the MACA-YC18 by themselves. Although it may be appropriate sometimes to help with explanations, we recommend that children and young people are given the opportunity to complete the MACA-YC18 by themselves wherever possible.

We do not recommend that the MACA-YC18 is completed in the presence of the person who is being supported. Young carers' responses should always be treated in confidence and used in line with the school's child protection and confidentiality policies.

Scoring for the MACA-YC18

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'. For scoring purposes:

- 'Never' = 0
- 'Some of the time' = 1
- 'A lot of the time' = 2

Overall score of caring activity

The MACA-YC18 provides an overall summary of caring activity by totalling all 18 items. The lowest score is 0 and the highest score is 36. Of course, most children and young people will score somewhere between the two extremes.

Interpretation of scores on the MACA-YC18

Higher scores indicate greater levels of caring activity. The following categories are useful:

- 0 No caring activity recorded
- 1-9 Low amount of caring activity
- 10-13 Moderate amount of caring activity
- 14-17 High amount of caring activity
- 18 and above Very high amount of caring activity

STEP
1

STEP
2

STEP
3

STEP
4

STEP
5

STEP
6

STEP
7

STEP
8

TOOL 2
STEP
9

STEP
10

Subscale scores

As the questions in the MACA-YC18 can be grouped into categories, you can calculate subscale scores for each. You can then get an individual profile of the pattern of caring activity for a young carer you are supporting. To calculate the subscale scores, you need to add the scores together for questions in the same domain. See the table below for which questions belong to which domain:

- | | |
|--------------------------------------|-------------------------|
| ● Domestic Activity | Questions 1, 2, and 3 |
| ● Household management | Questions 4, 5 and 6 |
| ● Financial and Practical Management | Questions 7, 8 and 9 |
| ● Personal Care | Questions 10, 11 and 12 |
| ● Emotional Care | Questions 13, 14 and 15 |
| ● Sibling Care | Questions 16, 17 and 18 |

STEP

1

STEP

2

STEP

3

STEP

4

STEP

5

STEP

6

STEP

7

STEP

8

TOOL 2

STEP

9

STEP

10

Year group: _____

Your name: _____

Date of birth: _____

Today's date: _____

Who do you help to look after or care for?

(Please tick as many boxes as apply to you)

- Mum
- Dad
- Brother/s or sister/s
- Grandparent/s
- Other family member/s
- Friend/s
- Other

What condition does the person you care for have?

- Dementia
- A mental health condition (conditions that affect your emotions, mood, thinking and behaviour to the extent that they cause problems in functioning in social, work or family activities)
- A physical disability
- A learning disability
- A long-term health condition
- Substance use issues
- A neurodevelopmental disorder (e.g. autism, ADHD)
- Frail/elderly needs
- A sensory impairment
- I'd prefer not to say

STEP

1

STEP

2

STEP

3

STEP

4

STEP

5

STEP

6

STEP

7

STEP

8

TOOL 2

STEP

9

STEP

10

Below are some jobs that young carers do to help.

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.

		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 away 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 or 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 have a wash			
12	Help the person you care for 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			

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP 6

STEP 7

STEP 8

TOOL 2 STEP 9

STEP 10