

## Step 9

# Tool 3: The Positive and Negative Outcomes of Caring (PANOC)

### Purpose

The Positive and Negative Outcomes of Caring (Joseph, S, Becker, F, and Becker, S, 2009), hereon referred to as PANOC – YC20, is a questionnaire to be completed by young carers. It can be used to gain an understanding about the impact of caring on a young carer.

### Guidance

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 is designed to give you an idea about how caring is impacting on a young carer in both positive and negative respects.

### 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).

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## Scoring for the PANOC-YC20

For the PANOC-YC20 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

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 the scores on the PANOC-YC20

	Scores	Interpretation	Potential for concern?
<b>Positive</b>	0	No positive outcomes reported	Yes
	1-12	Relatively few positive outcomes	Yes
	13-20	Relatively high positive outcomes	
<b>Negative</b>	0	No negative outcomes reported	
	1-8	Relatively few negative outcomes	
	9-20	Relatively high negative outcomes	Yes

Statistical analysis indicates that scores of less than 12 on the positive scale, and/or greater than 8 on the negative scale may be indicative of concern.

For example, this may indicate that a young person is suffering from emotional distress and the school should implement and/or refer the young carer for appropriate emotional support (see **Step 6, Tool 1: Checklist of Support Young Carers Might Need**).



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

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**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. Thank you.**

		Never	Some of the time	A lot of the time
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 feel 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			

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