

CONCERNS OF YOUNG CARERS

"I have often gone to the pharmacy on behalf of a person close to me."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have fetched or bought substances for a person close to me."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have helped a person close to me with bathing, dressing, or using the toilet."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have assisted a person close to me with mobility, getting up or using assistive devices."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have often helped a person close to me with going to work, school, or running errands."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"Doing the shopping in my family is often my responsibility."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"Cooking in my family is often my responsibility."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have had to take care of a close person's meals."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"Cleaning the house in my family is often my responsibility."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"Yard work in my family is often my responsibility."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I often take care of my siblings."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have called an ambulance, the police, or other external help for a person close to me or because of a person close to me."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have fetched or bought substances for a person close to me."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have had to work alongside my studies."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"My family often doesn't have much money."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have had to use my own money because of a person close to me."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have had to go into debt or borrow money because of a person close to me."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

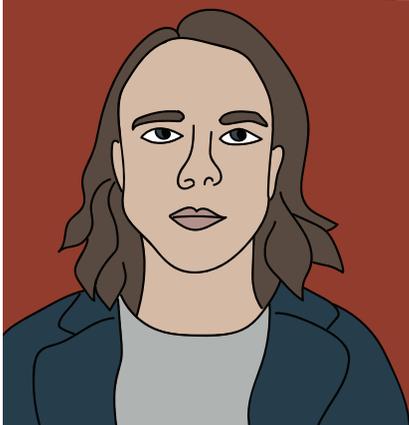
"I have filled out Kela or social services forms on behalf of a person close to me."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have taken care of paying the bills in my family."



PRACTICAL
RESPONSIBILITIES
AND TASKS

CONCERNS OF YOUNG CARERS

"I have often monitored a close person's condition."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have felt guilty if I haven't taken care of or helped a person close to me."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I have felt guilty if I have focused on my own life instead of on a person close to me."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I have wished that someone would take care of me."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I find it difficult to tell a person close to me honestly how I feel."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I find it difficult to talk to a person close to me about their illness."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I wouldn't want to worry a person close to me with my own troubles."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I often try to cheer up a person close to me to make them feel better."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I feel like I take on adult responsibilities in my family."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I don't have any adult to talk to about my worries."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I feel like I have had to put my own life on hold."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I feel like a person close to me is very dependent on me."



OWN ROLE AND
RELATIONSHIP WITH A
CLOSE PERSON

CONCERNS OF YOUNG CARERS

"I have not wanted to invite friends to my home."



SOCIAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I feel like I am different from others."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like I can't or am unable to do the same things as others."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I have been bullied."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I don't have the opportunity to participate in hobbies."



SOCIAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I want to move as far away from home as possible as soon I can."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like I can't move far away from home because a close person to me needs me."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I hate authorities."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"My close person's situation affects my future plans."



SOCIAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I find it difficult to talk to anyone about my home situation or my close person's illness."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I have lied about my close person's situation or my own home situation."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I often worry about making sure everyone else feels good."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I have been ashamed of my home situation or a person close to me."



SOCIAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I often listen to
and help others."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I find it difficult
to trust people."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I feel inferior to others
because of my background."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I am very perceptive of
other people's emotions."



SOCIAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"Sometimes I wish I had a different kind of family."



SOCIAL LIFE

CONCERNS OF YOUNG CARERS

"I have felt scared at home."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have felt scared in the company of a person close to me."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like I often have to be on guard at home."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have felt helpless because of my close person's situation."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I often feel sad."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have had self-destructive thoughts."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have feared that a person close to me might hurt themselves."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have felt anger toward a person close to me and their illness."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have felt that it is unfair that I am the one dealing with this situation."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have feared that a person close to me might die."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have feared that I might die."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have been afraid to leave a person close to me alone at home."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I am afraid of what will happen to me in the future."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I am afraid of what will happen to a person close to me in the future."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have often felt lonely."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have often felt pity for a person close to me."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I often feel responsible for a person close to me and helping them."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have felt like I am invisible."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have felt like I am living someone else's life."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have wished that person close to me would die."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I often find it difficult to show my emotions."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like I just have to manage."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have felt that my life would be easier if a person close to me weren't sick."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I often feel anxious."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like I can never get rid of the feeling of worry."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I often feel stressed."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I am often confused by what is happening at home."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I don't want to think about the things that happen at home."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like there is something wrong with me."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I feel older than I am."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I often have trouble falling asleep."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I hate my life."

EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have to be happy
all the time."

EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like no one
notices my pain."

EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I have wanted to take
revenge on a person
close to me."

EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have wanted to physically hurt a person close to me."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I feel like I am responsible for my close person's illness."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I try to deal with my emotions without showing them to others."



EMOTIONAL LIFE

CONCERNS OF YOUNG CARERS

"I deny myself feelings."



EMOTIONAL LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I have difficulty concentrating at school."



SCHOOL

CONCERNS OF YOUNG CARERS

"I have had to be absent from school because of a person close to me."



SCHOOL

CONCERNS OF YOUNG CARERS

"I am often tired at school."



SCHOOL

CONCERNS OF YOUNG CARERS

"I often worry about my close person's well-being."



SCHOOL

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"I feel like I don't perform well enough on school assignments."



SCHOOL

CONCERNS OF YOUNG CARERS

"I feel like I'm stupid and not capable."



SCHOOL

CONCERNS OF YOUNG CARERS

"It's easier for me to be at school."



SCHOOL

CONCERNS OF YOUNG CARERS

"I don't want anyone at school to know about my home situation or my close person's situation."



SCHOOL

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERNS OF YOUNG CARERS

"A person close to me often disrupts me during the school day."



SCHOOL

CONCERNS OF YOUNG CARERS

"My poor well-being shows in my school grades."



SCHOOL

CONCERNS OF YOUNG CARERS

"I am very hard on myself."



SCHOOL

SOURCES OF JOY IN LIFE

Please complete this sentence: "I find joy and hope in my life..."

SOURCES OF JOY IN LIFE

CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS



CONCERN CARDS

CONCERNS OF YOUNG CARERS

