



# Moving Forward!

Supporting young carers aged 16+ with transition to further education, employment, training and adulthood including young adult carer support\*

16+



## About me

My name...

My date of birth...

I am currently studying / working at...

This workbook is about you and your caring role. Use it to share what's important, ask questions and get the support you need in your new setting.

My next steps...

- ☐ Sixth Form    ☐ College    ☐ Apprenticeship    ☐ University
- ☐ Employment    ☐ Training    ☐ Other: .....

Name of setting if known: .....



My strengths are...

I enjoy...

Something people should know about me is...



\*Pages 1-3 to be completed by the young carer with school/college or support worker during the summer term and shared with new setting where appropriate

# My caring role

16+

Tell your new setting about being a young carer

I care for...

My caring responsibilities include...

Things can be difficult when...

Things that help me to manage my caring role with my studies / work are...

If I need support, this is what helps / would help...



# Feelings about the future

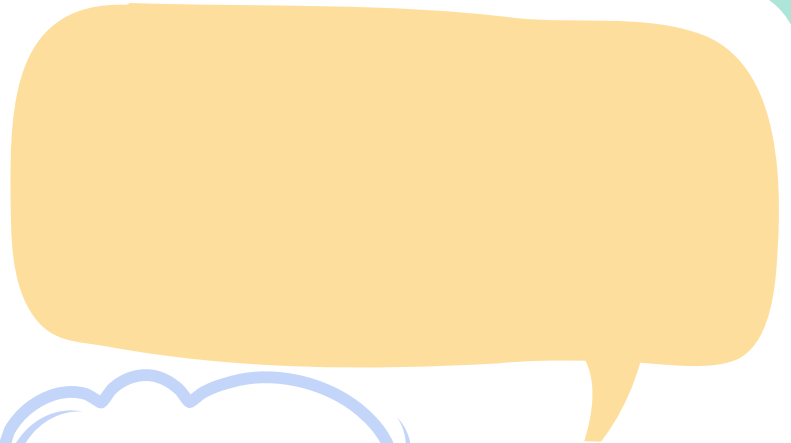
16+



Use the space to ask and share anything with your new setting. For example...

- Is there someone I can talk to if I need to contact home or if there's been an emergency?
- Can help be put in place if I struggle to complete work on time because of my caring role?
- Who can I talk to if my caring role changes?

My questions are...



I'm looking forward to...

I'm worried about...

# Positive affirmations

16+

Change can be challenging. Why not use sticky notes or a scrap paper to create your own positive affirmations and keep them nearby whenever you need them.

I matter

I'm not afraid  
to try

I choose  
positivity

I'm more than my  
responsibilities

I believe in  
myself

I can ask  
for help

I can achieve  
anything



# All about the balance

16+

Balancing caring responsibilities, learning and life is often difficult. It's important to also pursue and prioritise our own needs in order to help those we care about.

My support network is...



Ways I look after my wellbeing are...



Challenges I may face and how I could overcome them...

Clubs, hobbies or interests I'd like to continue/try:



# Checklist

16+

To help you feel less worried about starting something new, take a look at the list below of things that may be useful for you to know or have ready on your first day to feel more in control.

Remember to ask for help if you're unsure of anything. There is space for you to continue your list.

- ☐ I am familiar with Imago's 'My Next Steps' resource
- ☐ I am registered with my local young adult carer service
- ☐ I know my rights as a carer i.e assessment (included in 'My Next Steps')
- ☐ I know who to contact for carer support
- ☐ I know where to go if I need wellbeing support
- ☐ I'm happy with travel arrangements to/from my new setting
- ☐ I know how to request additional support i.e equipment / bursaries
- ☐ I have emergency contact details saved
- ☐
- ☐
- ☐



you've  
Got  
This!



# My goals

16+

You juggle a lot, and your goals matter too. Use the space below to think about what you want for yourself. big or small and how you can start making it happen.

TRUST  
\*the\*  
PROCESS

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My first step will be

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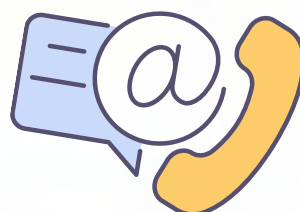
# My contacts

16+

It's good to know who you can turn to.  
Use this page to keep important contact details  
in one place for when you need support,  
advice or just someone to listen.



| Name  | Relationship/<br>Service | Phone / Email             | Notes                  |
|-------|--------------------------|---------------------------|------------------------|
| Imago | Carers support           | hello@imago.<br>community | Advice and<br>guidance |
|       |                          |                           |                        |
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|       |                          |                           |                        |
|       |                          |                           |                        |
|       |                          |                           |                        |
|       |                          |                           |                        |



## You could include:

- A family member
- A friend
- A youth worker
- Your GP
- A teacher or tutor
- A helpline or support service

