



# YOUNG CARERS PROJECT

Multidimensional Assessment of Caring Activities (MACA – YC18)

To be completed by the Young carer

Below are some of the jobs that a Young Carer may do.

Think about the help you provided over the last month. Please read each statement and tick the option most relevant to the care that you have provided and how often you have provided that care.

Child or Young Persons details:

Full Name	<input type="text"/>
Address (inc post code)	<input type="text"/>
Date of Birth/ Age	<input type="text"/>
Contact Adult & Number	<input type="text"/>
MOSAIC Number/ ID	<input type="text"/>

Please tick 1 box for each statement:

	Never (0)	Some of the time (1)	All the time (2)
1) Clean your own bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2) Household duties, i.e.; cleaning and ironing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3) Wash up dishes or place dishes in dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4) Cook or prepare lunch or dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5) Take responsibility for shopping groceries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6) Help with lifting or carrying heavy items	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7) Help with home finances; banking, benefits dealing with bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8) Work part time to bring home money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9) Interpret, sign or help communicate for someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10) Help the person you care for dress and/ or undress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11) Help the person you care for have a bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12) Help the person you care for have a wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13) Keep company with the person you care for; sitting, chatting or reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14) Keep an eye on the person you care for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15) Take out the person you care for to walks, see friends or relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16) Take brothers or sisters to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17) Look after brothers or sisters whilst another adult is nearby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18) Look after a brother or sister on your own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Total Points</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Once completed, add score onto consent form to refer YC to YCP**  
**Please upload MACA to MOSAIC and use to inform the family OFJ or CFA**  
**completed consent form to be sent to**  
[young.carers@walthamforest.gov.uk](mailto:young.carers@walthamforest.gov.uk)

## **MACA**

### **Multidimensional Assessment of Caring Activities (MACA-YC18)**

The Multidimensional Assessment of Caring Activities (MACA-YC18) is a questionnaire to be completed by young carers (an 18-item self-report measure) that can be used to provide an index (or score) of the total amount of caring activity undertaken by a child or young person, as well as six subscale scores for:

- (1) Domestic tasks,
- (2) Household management,
- (3) Personal care,
- (4) Emotional care,
- (5) Sibling care, and
- (6) financial/practical care.

The MACA-YC18 was designed as a very short, easy to use, psychometric instrument able to provide an index of the extent of caring activities that the young person is currently engaged in (Joseph, Becker, Becker and Regel, 2009). The MACA-YC18 is recommended for:

- Use in surveys of the amount of caring activity undertaken by children and young people.
- To compare different groups of children and young people on the amount of caring activity.
- To use before and after interventions to examine what sort of interventions are helpful in Reducing caring burden.
- To examine the association between caring activity and other factors – such as age and gender.
- To use in a one-to-one context by professionals who want to understand the types of caring tasks undertaken, but where time is short.

### **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 whenever possible.
- When it is necessary to provide explanations, this should be carried out by the professional involved.
- We do not recommend that the MACA-YC18 be completed in the presence of the person who is being supported.
- Young carers' responses on the MACA-YC18 should always be treated in confidence and used in line with an appropriate professional Code of Ethics and within an organisation'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,

1. 'Never',
2. 'Some of the time',
3. '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 can be used to provide an overall summary score (index) of caring activity by totalling all 18 items.

The lowest the young person can score is 0 and the highest the young person can score is 36. For example, if the young person ticks 'never' for each of the 18 items, they would get a total score of 0 but if they ticked 'a lot of the time' for each of the items, they would get a score of 36.

Of course, most children and young people will score somewhere in between these two extremes. The average score is around 14.

Professional judgement should be taken around the suitability and frequency of the task carried out in line with the age of the young person. Consideration should be taken around the emotional and physical impact of the caring role on the young persons daily life.

### **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
14-17	High amount
18 and above	Very high amount of caring activity