



# Young Carer Peer Support Group

Name: \_\_\_\_\_



Date: \_\_\_\_\_

You will be asked a few questions about how happy you feel, using a scale from 0 to 10. On this scale, 0 means you feel VERY SAD. 10 means you feel VERY HAPPY. And the middle of the scale is 5, which means you feel NOT HAPPY OR SAD.



1. How happy are you about the things you have? Like the money you have and the things you own?

 0 1 2 3 4 5 6 7 8 9 10 



2. How happy are you with your health?

 0 1 2 3 4 5 6 7 8 9 10 



3. How happy are you with the things you want to be good at?

 0 1 2 3 4 5 6 7 8 9 10 



4. How happy are you about getting on with the people you know?

 0 1 2 3 4 5 6 7 8 9 10 

6. How happy are you about doing things away from your home?



 0 1 2 3 4 5 6 7 8 9 10 

7. How happy are you about what may happen to you later on in your life?



 0 1 2 3 4 5 6 7 8 9 10 

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8. To what extent did you feel included and able to contribute to the group?

  0  1  2  3  4  5  6  7  8  9  10 



9. To what extent were you able to learn something new to support your overall wellbeing?

  0  1  2  3  4  5  6  7  8  9  10 



10. To what extent did you feel socially connected to other carers and the group?

  0  1  2  3  4  5  6  7  8  9  10 

11. How likely are you to recommend the peer support program to other young carers?

  0  1  2  3  4  5  6  7  8  9  10 

12. How likely are you to join a peer support group outside of school?

  0  1  2  3  4  5  6  7  8  9  10 

13. What did you enjoy most about the peer support group?

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14. What did you enjoy the least about the peer support group?

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