

## MACA AND PANOC

### 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, 'Never', 'Some of the time', and 'A lot of the time'.

For scoring purposes:

<b>'Never'</b>	<b>= 0</b>
<b>'Some of the time'</b>	<b>= 1</b>
<b>'A lot of the time'</b>	<b>= 2</b>

### 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.

**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

**Below are some jobs that young carers do to help.** Think about the help you have provided **over the last month.** Please read each one and put a tick in the box to show how often you have done each of the jobs in the last month. **Thank you.**

		Never	Some of the time	A lot of the time
1	Clean your own bedroom			
2	Clean other rooms			
3	Wash up dishes or put dishes in a dishwasher			
4	Decorate rooms			
5	Take responsibility for shopping for food			
6	Help with lifting or carrying heavy things			
7	Help with financial matters such as dealing with bills, banking money, collecting benefits			
8	Work part time to bring money in			
9	Interpret, sign or use another communication system for the person you care for			
10	Help the person you care for to dress or undress			
11	Help the person you care for to have a wash			
12	Help the person you care for to have a bath or shower			
13	Keep the person you care for company e.g. sitting with them, reading to them, talking to them			
14	Keep an eye on the person you care for to make sure they are alright			
15	Take the person you care for out e.g. for a walk or to see friends or relatives			
16	Take brothers or sisters to school			
17	Look after brothers or sisters whilst another adult is near by			
18	Look after brothers or sisters on your own			

## 2.4 Positive and Negative Outcomes of Caring (PANOC-YC20)

The Positive and Negative Outcomes of Caring (PANOC-YC20) is a questionnaire to be completed by young carers (a 20-item self-report measure) that can be used to provide an index (or score) of the subjective cognitive and emotional impact of caring in young people. 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 was designed to provide two scores. One score showing how much caring is experienced negatively and one showing how much caring is experienced positively.

### Scoring

The PANOC-YC20 is a 20-item psychometric instrument designed to assess the positive and negative effects of caring activity. Each item is 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

The PANOC-YC20 consists of two 10-item subscales: (1) positive responses, and (2) negative responses. Scores on both the subscales have a potential range of 0 to 20, with higher scores indicating greater positive and negative responses, respectively.

**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 scores

Statistical analysis indicates that scores of less than 12 on the PANOC-YC20 positive scale and/or greater than 8 on the PANOC-YC20 negative scale may be indicative of concern (see Table 1). For example, this may indicate that the young person is suffering from emotional distress. In such circumstances practitioners will need to follow their usual working practices and procedures in terms of exploring the young person's feelings with them and their family and responding appropriately, perhaps in partnership with appropriate health or children's social care services.

**Table 1: Interpreting scores on the PANOC-YC20  
Scores Interpretation**

#### Positive

0	No positive outcomes reported – potential for concern
1-12	Relatively few positive outcomes, potential for concern
13-20	Relatively high positive outcomes reported

**Negative**

0	No negative outcomes reported
1-8	Relatively few negative outcomes reported
9-20	Relatively high negative outcomes reported, potential for concern

**Of most concern will be those young carers who score less than 12 on the positive scale AND greater than 8 on the negative scale.** However, where there are serious concerns we recommend that the PANOC-YC20 be used as part of a fuller assessment process by qualified health and social care professionals.

**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	Be cause of caring I feel I am doing something good			
2	Because of caring I feel that I am helping			
3	Be cause 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	Be cause 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	Be cause of caring I feel like running away			
10	Because of caring I fee I very lonely			
11	Be cause 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	Be cause 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			

