**SOCIAL SERVICES AND WELL-BEING (WALES) ACT**

**CASE STUDY**

**Deana**

1. Tell me a bit about yourself? What do you like doing? What are your favourite things?

I am 14 years old. I like tap dancing. I live with my mum. I haven’t seen my dad for 5 years.

Tell me a bit about what’s been happening?

My mum had a stroke 18 months ago and she struggles to do the things she used to do so she needs my help. I help her to get dressed. I help to cook and clean. I do all the ironing now. I do the shopping everyday on my way home from school.

What happens when you have a bad day? How do other people know it is a bad day?

I have a bad day when my mum is upset. She cries a lot since she had the stroke. She wishes that I didn’t have to help her and that she could do more things for me. I don’t like my mum being upset as I worry about her. I don’t like leaving her when she is upset, which means I sometimes miss school.

Imagine a time machine that can take you into the future. When you step out of it you find that things are exactly how you would like them to be. What would you be doing? What would your day be like? How would you feel? What would have changed? What else could be different?

My mum would be well again and she would be able to do all the things she used to do. That would mean I would be able to spend time making friends and going to clubs.

I want you to imagine a scale from 0 to 10. 10 is the future you’ve just imagined and 0 is as bad as things get. What point would you say you’re at now? What is it you are already doing that means you have not scored the situation lower? What would one number higher than your score look and feel like?

I am a 4 at the moment. If I was a 5 my mum would cry less.

If 10 couldn’t happen all the time, what number on the scale represents where you would be happy to be?

I would like to be at least an 8 because that would mean mum would no longer be upset. I could still help her which I like doing. I just don’t like her being upset.

What are you good at? What does it take to be good at that? What positive words do people use to describe you?

I am kind. I am helpful. I am honest. I am good at tap dancing. I am good at cooking pasta and making cups of tea.

Who do you like being with?

My mum. My aunty Maggs. My friends Milly and Hattie. The other kids I meet at young carers group.

Who helps you already? What do they do?

My mum helps me by telling me what to do. My friends Milly and Hattie help me at school when I am confused because I missed a lesson. My support worker from the young carers group I go to. She helps me to talk about how I feel and she helps me think about any problems I am having.