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## Learning and Work Institute

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**L&W** LEARNING AND  
WORK INSTITUTE

# THE FUTURE ME FRAMEWORK

Young Adult Carers – Making the Transition to Adulthood

# THE FUTURE ME FRAMEWORK

## Thinking about your future career

### MODULE

This module aims to help young adult carers to think about what kind of work they would like to do and to understand the different sources of information and support about employment and careers.

### LEARNING OUTCOME

- As a result of doing this unit I will be able to:
  - Identify the nature and sources of information, advice, guidance and support that can help me as a carer, get into employment.
  - Consider what kind of work I would like to do and know where to go for information, advice and guidance about it
  - Consider how the skills and qualities I have picked up through my caring role might influence my career choices
  - Understand what further skills, knowledge and qualifications I may need for my chosen career and where to go to acquire them

### TOPICS AND QUESTIONS TO CONSIDER

#### Your values in relation to work:

- What are your previous experiences of work?
- What did you enjoy/dislike?
- What is important to you when thinking about jobs/careers (e.g. money, personal satisfaction, opportunities to progress, flexibility with caring role etc)?
- What sector(s) might you enjoy working in?
- What kind of work would you like to do?
- How would you like to do your job (e.g. full/part-time, self-employed, contract work etc.)?
- How does your caring role influence these decisions?

#### Find out about different sectors and careers:

- Which are appealing to you?
- Which fit your values in relation to work?
- How does your experience as a carer influence your choices?
- Do you have the skills and experience needed to start applying for jobs in these areas?
- What sort of things do you do in your caring role and how could you use those skills in applying for jobs or in the workplace?
- What skills do you need to build on and develop?

#### Sources of information, advice and guidance:

- What sources of support are there (local individuals and services) that can help you think about your future career options?
- What support about employment and careers is available to you as a carer?
- Which of these sources of support would be most beneficial to you and why?

## Education and training

### MODULE

This module aims to help young adult carers to think about their education and training options, and understand how to access information and support about learning and training opportunities.

### LEARNING OUTCOME

- As a result of doing this unit I will be able to:
  - Understand how my continuing caring responsibilities can both help and hinder me as a learner and a worker
  - Think about what I need to take account of in making choices about the learning and earning opportunities open to me locally and further afield
  - Understand the kinds of support, both personal and financial, I might need in order to take up and make best use of the education and training opportunities; and where this support might be available

### TOPICS AND QUESTIONS TO CONSIDER

#### Your values in relation to learning:

- What are your previous experiences of learning?
- How do you like to learn? (including identifying additional challenges you may have in relation to learning e.g. a learning difficulty)
- How do you respond to learning with others who have different learning styles to you?
- What do you enjoy learning?
- In what setting(s) would you like to learn?
- How could learning help you as a carer?
- What challenges to learning might your caring role present?
- What kind of support would you need to help you to overcome these challenges?

#### Understand the different options in education and training:

- What are the pros and cons of vocational and academic routes?
- How do these match up to the skills and experience you have developed as a carer?
- How do these match up to the skills and experience you want to gain?
- How do these match up to your values in relation to learning?
- How do these match up with your future career ideas?

#### Accessing information and support about education and training:

- Where can you go for more information about different education and training options?
- What support do you need to make decisions about education and training?
- Who can provide this support?
- Who can provide support once you're in education and training?
- How can you declare your caring responsibilities in education and training?
- What are the pros and cons of declaring?
- How to find out about carer policies at your place of work/education
- What support is available for students with caring responsibilities? How can you access this support?
- What financial support is available?

#### Find out about education and training opportunities:

- Which opportunities are appealing to you?
- Which fit your values in relation to learning?
- How does your experience as a carer influence your choices?
- Which will help you achieve your career goals?
- What are the entry requirements and do you have these?
- If not, how can you achieve them?
- Which courses could you do alongside your caring role?
- What support is available from providers to help you do this?

## Preparing for the world of work

### MODULE

This module aims to help young adult carers to understand the steps they need to take when applying for jobs and to think about what support they might need to manage caring and work.

### LEARNING OUTCOME

- As a result of doing this unit I will be able to:
  - Know how to give myself the best prospect of getting the work and work experience I want by acquiring relevant knowledge, skills and experience
  - Understand how to present myself in different ways to others so that I give myself the best chance of success
  - Know where to go for support in facing and overcoming the challenges I expect to face in achieving my goals and being a carer
  - Create an action plan that sets out my objectives and the things I need to do on the way to achieving them

### TOPICS AND QUESTIONS TO CONSIDER

#### Taking up work:

- How could working benefit you as a carer?
- What are the challenges of taking up work

#### Getting work experience:

- How can you get experience in the sector(s) and job(s) you're interested in?
- What are the pros and cons of volunteering?

#### Job hunting and looking for work:

- Where and how could you look for work?
- Who can support you to look for work?
- What is LinkedIn and how might you use it? Are there other resources that can help you?

#### Applying for jobs:

- What are the different ways of writing a CV and completing application forms?
- How could you draw on the skills and experiences gained through your caring to improve your job applications?
- How can you prepare for and do a good job interview?

#### Balancing caring, life and work:

- How and when should you declare caring responsibilities and what are the pros and cons of doing so?
- What are your rights at work as a carer? (e.g. requests for flexible working, carer's leave, emergency leave, trade union membership)
- How could you deal with work-related stress?
- What kinds of support might an employer be able to provide?
- Who else can provide support?

#### Make and carry out plans for the future:

- How will you achieve what you want to achieve (in learning, work, personal life etc)
- When do you want to achieve this by? (putting together an action plan)

