

MAX'S STORY



Part 1

This is Max. He is 11 years old and lives together with his mother and his six-year-old sister Lina. Max is quite busy at the moment. His mother had a skiing accident last weekend and hurt her knee. She can hardly walk and has to use crutches, so she lies in bed most of the time.

Max is running the household besides going to school and looking after his little sister.



MAX'S STORY



Part 2

“Lina, hurry up, we have to go,” Max shouts while waiting for his sister. Max already feels quite exhausted: He has woken Lina up and encouraged her to get ready for school, replaced his mother’s coolbag with a new one, and prepared breakfast and lunch boxes for himself and his sister.



MAX'S STORY



Part 3

Finally Lina is ready to leave the house. “Max, you really have to leave now. School will be starting in 15 minutes. Please, do not forget to pick up Lina at 3:30 pm. I have already spoken to her teacher. She is informed that Lina will be staying a little bit longer today. And please, do not forget to get my medicine from the pharmacy,” Max’s mother calls.

“No problem, mum. Everything is under control,” he replies. Max and Lina must really hurry and arrive at school just in time.



MAX'S STORY



Part 4



The first lesson is Mathematics. Max is really tired and cannot concentrate. Moreover, he has to think about his mother all the time. Every few minutes, he secretly looks at his mobile phone to check if there is a missed call or message from his mother.



MAX'S STORY



Part 5

During the lunch break Max calls his mother. She tells him that she is fine and asks him if he could do her another favour after school and buy some food for dinner.



MAX'S STORY



Part 6

On the one hand Max is happy that his mother is okay, but on the other hand Max is getting a little worried. He is afraid that he will not make it to football training this evening, because of all the tasks he has to do.

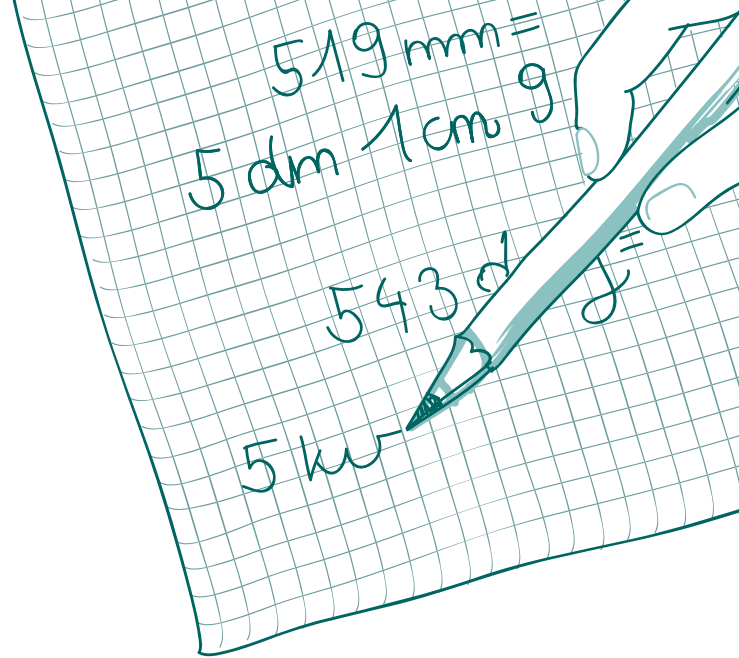


MAX'S STORY



Part 7

“Hey Max! Are you alright?” Nico, one of Max’s best friends, asks. “No, not really. I have forgotten my homework and I have so many things to do at the moment. I think I will not make it to football training this evening,” Max replies sadly.



MAX'S STORY



Part 8

Nico realizes that there is something wrong with Max and tries to lift his mood. He tells Max that he was once in the same situation. A year ago his mother had the flu and his father had gone on a business trip. During that time he also had to do a lot of things, but the neighbours supported his family. “Max, this is just for a short time! You can do this. Next week everything will be alright again,” Nico says.



MAX'S STORY



Part 9

Max remembers then that his grandmother is coming at the weekend to help out for a while and Nico's words encourage him too. He can do this for another couple of days. After school he picks up his sister, buys some food for dinner, gets the medicine from the pharmacy and goes home.



MAX'S STORY



THINK AND DISCUSS:

- ☁ Which tasks Max has to do at home.
- ☁ How Max is feeling.
- ☁ If you would support your mother if you were in Max's place.
- ☁ What encourages Max to manage his situation.



LARA'S STORY



Part 1

This is Lara. She is eleven years old and lives together with her parents, her eight-year-old brother Paul and her thirteen-year-old sister Bea. Her sister Bea is physically and mentally handicapped. Bea uses a wheelchair and needs help for nearly everything.

Since Lara's father has a new job, Lara has to help her mother and her handicapped sister more often during the week.



LARA'S STORY



Part 2

“Lara you have forgotten your mother’s signature and the apology for the day you weren’t here last week,” the teacher says to Lara. Lara apologizes and is annoyed by her mistake. Last week she stayed at home one day, because she had to look after her ill sister Bea.



LARA'S STORY



Part 3

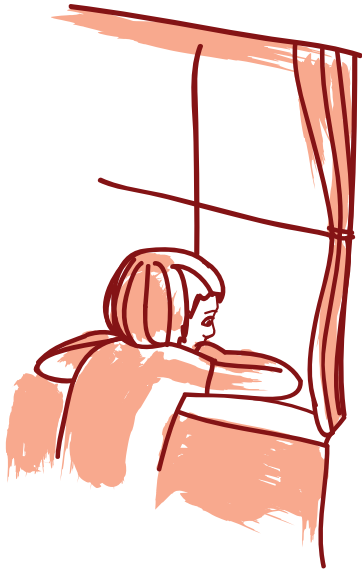


She is new at the school and is afraid that the other kids would laugh at her because she has a handicapped sister and that she has to care for her. She is sad and tired and it is really hard for her to concentrate in school. She would like to scream or cry, but she tries to be strong.

LARA'S STORY



Part 4



For a year now everything in her life seems to have gone crazy. Her father has a new job and is away during the week and her mother is working a lot more. This means Lara has to look after Bea quite a lot and although she loves her sister, caring for her is sometimes really exhausting. Lara often has to prepare food, look after her sister and her younger brother too, clean the flat, wash clothes, wash the dishes, do the shopping...etc.

LARA'S STORY



Part 5

No wonder that she can hardly spend any time with her classmates or neighbours. She feels that it's best not to tell anyone about her situation at home. They believe that she is in a bad mood and that she is not interested in spending time with them, which is not true.



LARA'S STORY



Part 6

Finally the bell rings and Lara is very happy that school is finished for today. On her way out her teacher Miss Maier comes up to her. She wants to know if everything is okay with Lara, because she has the impression that there is something wrong.



LARA'S STORY



Part 7

Lara cannot hold back her tears and starts to cry. In the beginning it is really difficult for Lara to talk about her situation, but after a while she tells Miss Maier everything. It is the first time that Lara speaks about her feelings. However, Miss Maier is very kind, she understands Lara's situation and wants to help her and her family.

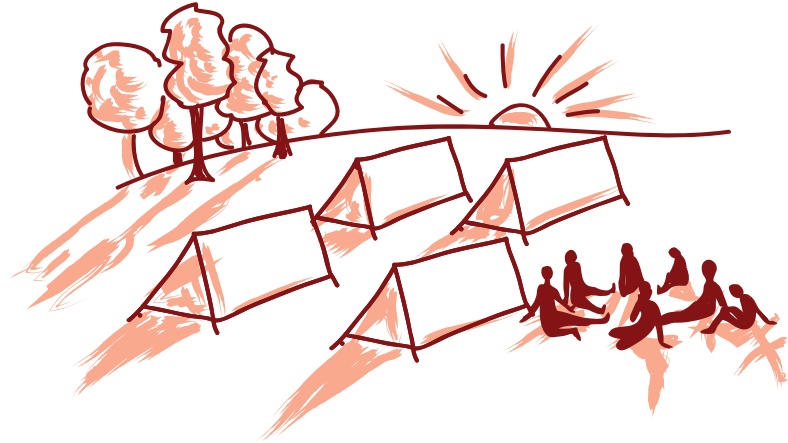


LARA'S STORY



Part 8

She tells her that there are several possibilities of support for her and her family. There is, for example, a special summer camp named Juniorcamp for young carers like Lara. At this camp, young carers have the possibility to take a break and have a good time with other children in similar situations. Miss Maier kindly asks Lara if she can contact her mother to arrange a meeting in the next few days. Lara now feels she is not so alone and agrees.



LARA'S STORY



Part 9







One month later Lara feels much better! Her family now gets support from a family aide, who helps with tasks of everyday life, in the household and with her brother and sister. Moreover, Lara has found new friends at school. She is much happier now and has more free time which she can spend with her friends. And there is another good piece of news: Lara just got confirmation that she can attend the Juniorcamp. She is very happy and looking forward to having a good time by the sea together with other young carers.

LARA'S STORY



THINK AND DISCUSS:

-  Which tasks Lara has to do at home.
-  Why Lara is sad and tired when she gets to school.
-  Why it is hard for Lara to find friends.
-  What changed after Lara's talk with Miss Maier.

