

01 Background



Young carers are: Children under the age of 18 who provide regular and ongoing care and emotional support to a family member who is physically ill, disabled or misuses substances. This does not mean every day/ occasional help around the home.

Based on 2011 data:

- 9% provide 50+ hours per week care
- 11.3% provide 20-39 hours per week care
- 56.1% female (0-24s) 61.2% of those undertake 50 hrs or more care per week.

Why it matters 02



Young carers may experience:

- **Feeling lonely** (Missing out on friendships, feeling frightened and isolated, scared to tell anyone about their home circumstances)
- **Feeling excluded** (bullied and stigmatised, difficulty getting to school on time. struggle to get involved in their community)
- **Feel overwhelmed** (tired, worried and stressed, ashamed and guilty, high levels of responsibility with little support)
- **Struggling with schoolwork** (hard to concentrate/hold on to their tempers, hard to do homework, hard to think about future (employment/ education) employment/ education)

07 Questions

- Do we always ask children about their carer status?
- Are we clear about our legal responsibilities?
- Are we clear that this is a safeguarding issue?
- Do we question less when answers children provide are convenient to us?



03 Information



The Children and Families Act 2014 and the Care Act 2014 both address the needs and rights of carers. Including duties for the identification, assessment and implementation of a support plan for young carers and parent carers of children.

06 What to do

Where a young carer is a "child in need" needing protection and support or needs early help support, adult workers will take one or more of the following actions:

- referral to an independent Young Carers' service (Barnardos)
- accessing preventative support through the Wellbeing, prevention and early help service (WPEH)
- a joint assessment where appropriate (the Care Act Guidance and Section 17 of the Children Act suggest combining a young carers assessment with that of the adult); or
- further investigation by Children's Social Care about safeguarding concerns if there is a likelihood of significant harm to the child.

- The needs of the young carer and how they may change.

If you are assessing a vulnerable adult, ensure you ask about potential child carers and ensure you are able to recognise and respond to risks to children's safety and welfare. Identify how the adult's care needs will be met without relying on children for care.

04

Whole family assessment is a new approach to assessing and supporting young carers. It considers the following:

- The impact of the adult's care needs on the child;
- The identification of any child/ young person who undertakes a caring role;
- The parenting responsibilities of the adult/s.

In regards to young carers at transition, the following must be considered:

- How to support young carers to prepare for adulthood;
- A person centred transition plan, including key milestones to achieve.



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