YOUNG CARERS: MEETING NEEDS

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For professionals across orgs. and depts. in Harrow

See Also
Young Carers: Identification & Referral
Young Carers: Determining Needs

www.harrowlscb.co.uk/young-carers-guidance
Meeting Needs
Overview of Services

Services for Young Carers
- School Support
- GP Support
- Harrow Carers (monthly outings)
- Direct support, advice, information
- Services to meet emotional or personal needs e.g. mentoring
- Recreational/ social activities: identification, referral, help with arrangements to allow attendance

For Other Family Members
- Adult Social Care for external support to family
- Children & Young Adults with Disabilities Service for external support to family
- Services to reduce Young Carer responsibility (e.g. befriending, Home Start, benefits advice)
- Other services as appropriate to needs

Resources
- Workbooks & Toolkits
- Information for Young Carers
- Specialist information for Professionals
Social Care Services can provide (extra) care and support to a person in need of care where there is an eligible need and/or this will reduce or prevent the emergence of a Young Carer’s need for support.

Young Carers should never be left with excessive or inappropriate levels of caring responsibility.

Support for Person with Care Needs

Social Care Services can provide (extra) support for Adult Carer(s) if they have an eligible need and/or this will reduce or prevent the emergence of a Young Carer’s need for support.

This may include provision of information and advice, a tailored package of ‘re-ablement’ and/or a long-term personal budget.

Support for Adult Carer

Social Care Services can provide support with undertaking basic everyday tasks like cleaning and preparing meals where there is an eligible need and/or this will reduce or prevent the emergence of a Young Carers’ needs for support.

Young Carers should never be left with excessive caring responsibility.

Support for Domestic Needs
## Schools

The support provided to Young Carers varies between schools, but all are able to provide some support.

### Flexibility

When schools are aware of Young Carers they can show understanding and providing flexibility in relation to:

- Homework completion
- Punctuality or absenteeism
- Behaviour changes
- Tiredness
- Phoning home

### Emotional Support

Teachers and/or designated professionals can take time to talk to young carers about how they are and provide emotional support.

They can help with issues such as bullying or difficulty making friends.

They can monitor wellbeing and refer to Early Support/ Social Care when appropriate.

### Educational/ Other Support

Children who are not achieving their potential due to a caring role may be able to access support in their school to help them catch up.

Schools might also involve them in breakfast or after schools clubs, or offer other benefits or support dependent on needs.

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Schools Contact Details: [http://www.harrow.gov.uk/schoolslist](http://www.harrow.gov.uk/schoolslist)
Harrow Carers
Young Person Service

Support in Schools

Harrow Carers run monthly drop-in clubs for Young Carers at 9 Secondary Schools.

This provides time with other Young Carers to reduce feelings of isolation/difference & to form friendships.

There are plans to start drop-ins at 3 Primary Schools.

Activities and Respite

For Young Carers aged 11-18, Harrow Carers offers monthly outings and school holiday trips and activities that help to:

- Provide fun and respite
- Reduce feelings of difference through contact with Young Carers
- Build confidence and caring skills
- Increase wellbeing through activities and learning

Limited one-to-one support

Harrow Carers are sometimes able to provide one-to-one time, or practical support, where issues arise.

Harrow Carers are not funded to provide these services and practitioners referring young people should have realistic expectations.

The organisation also has a Counselling service for carers.

Harrow Carers Contact Details: www.harrowcarers.org/yps
Informing GPs

Most GPs have a ‘Carers Register’. Adding a Young Carer to this should help them get support.

Involvement in Patient Care

- Who will be administering medicine? Is it appropriate? Do they need support or information?
- Answering questions and giving age appropriate information
- Listening to their insight
- Flexible appointments where young carers want/need to attend
- (With patient consent)

GP details: www.nhs.uk/services/trusts/gps/defaultview.aspx?id=89688

Young Carer Health Needs

- Screening for anxiety or depression
- Flu jabs
- Support or advice on heavy lifting, exercise or nutrition as necessary
- Checking are also registered with dentist, optician etc.

Acknowledgement and Support:

- Asking how they are and listening
- Showing empathy and interest
- Helping them to feel less isolated
- Encouraging them to open up about their feelings, needs, questions, worries.
- Informing other health professionals of the need to involve and support the Young Carer.
Meeting Whole Family Needs
Other Services

There are a wide range of services that could help meet the needs of individual Young Carers, or someone else in their family.

Visit
Harrow Families Information Service

For a full service directory
http://www.harrow.gov.uk/FISO/family

Early Support / Targeted Services support may include:

- A Family Group Conference or other support to
  - Identify sources of support: family, friends, community members
  - Talk openly about caring, mental health, drug and alcohol use, or disability/health condition.
- Planning to raise & meet Young Carer aspirations
- Support with planning for after a death
- Advice on managing domestic workload
Resources

Workbooks & Tools

Young and Caring for someone with a mental illness:
http://tinyurl.com/gtw94h2

Young and Caring: Accessing Support
http://tinyurl.com/zxa28sb

Help me understand: a booklet to help children, young people and workers talk about an adult’s alcohol and drug treatment
http://tinyurl.com/zrgdq87

Help as an Adult Carer

Looking After Someone Guide:
http://tinyurl.com/lookingaftersomeone

For Professionals

Young Carers e-learning etc.
www.harrowlscb.co.uk/young-carers-guidance

Young Carers Needs Assessment ‘Putting it into Practice’ Guidance:
http://tinyurl.com/jj8t3cp

Black & Minority Ethnic YCs
http://www.engagetoollkit.org.uk/

Crisis & Emergency Plans (Guide)

Refugee Young Carers
http://www.refugeetoolkit.org.uk/

Supporting Young Carers in Families with HIV
http://tinyurl.com/pxxqxed

For Young Carers

Know Your Rights booklet
www.carers.org/knowyourrights

See me, not just the problem:
http://tinyurl.com/hpg3sz8

Caring Around the Clock (MH)
http://www.rcpsych.ac.uk/pdf/caringaroundclock.pdf

Young Minds – Mental Illness in Your Family
http://tinyurl.com/zg5oc7y

www.youngminds.org.uk

Online Communities (archived)
www.babble.carers.org (under 18)
www.matter.carers.org (16-25)