

YOUNG CARERS: MEETING NEEDS



DRAFT

*For Practitioners in
Harrow Council, but
adaptable for other
audiences.*

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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 (Harrow Council)



Adult Social Care:

020 8901 2680

Children with Disabilities Service:

020 8966 6481

Home Treatment Team (Mental Health):

xxx xxxx xxxxx

Support for Person with Care Needs

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 Adult Carer

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 Domestic Needs

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.



Schools

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



Schools Contact Details: <http://www.harrow.gov.uk/schoolslist>

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.



Harrow Carers Young Person Service



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

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.

Informing GPs

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

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

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)

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

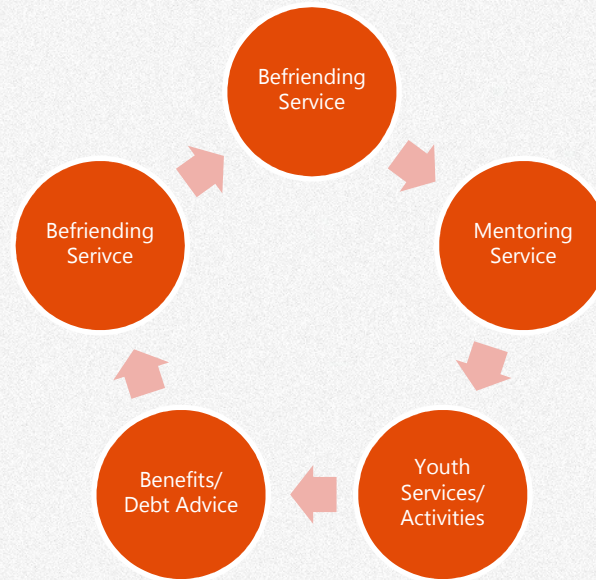
There are a wide range of services that could help meet the needs of individual Young Carers, or someone else in their family.

Visit



**For a full service
directory**

<http://www.harrow.gov.uk/FISO/family>



Direct support from staff Early Support / Targeted Services staff may include:

- Identifying additional support from family, friends or community members
- Supporting parent and child to talk openly about mental health, drug and alcohol use, or disability/ health condition.
- Raising & meeting 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>

For Professionals

Young Carers Needs Assessment 'Putting it into Practice' Guidance:

<http://tinyurl.com/jj8t3cp>

Black & Minority Ethnic YCs

<http://www.engagetoolkit.org.uk/>

Crisis & Emergency Plans (Guide)

<http://static.carers.org/files/27-crisis-5096.pdf>

Refugee Young Carers

<http://www.refugeetoolkit.org.uk/>

Supporting Young Carers in Families with HIV

<http://tinyurl.com/pxxgxed>

For Young Carers

Know Your Rights booklet

www.carers.org/knowyourrights

See me, not just the problem:

hiding, telling and coping with a difficult family life (drugs or alcohol)

<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>

Online Communities for Young Carers

www.babble.carers.org (under 18)

www.matter.carers.org (16-25)

