

Our aims

- Young Carers are identified, by professionals, in all relevant organisations.
- Young Carers are supported by the services that help those cared for.
- Young Carers are assessed to determine their needs and level of responsibility.
- Young Carers are referred to and access the support they need:
 - » Councils
 - » Schools
 - » Health Services
 - » Community & Voluntary Sector
- Young Carers are healthier, happier and have better life chances.
- Young Carers feel more informed about the health conditions of those they care for.

By identifying, listening to, supporting, and referring Young Carers at the earliest opportunity, professionals can help prevent problems emerging in future, whilst also improving outcomes for the people who are in need of care.

“ I quite often go in with my mother when she goes to the doctor, but they still don't recognise the fact that I'm a young carer and still don't pay attention or give time to that matter.”

About young carers

Young Carer: A child or young person aged under 18 who provides regular or on-going care and emotional support to someone who is physically or mentally ill, disabled or misuses substances.

Most often the person cared for is a parent or sibling.

Some facts about Young Carers:

- One in 12 secondary aged children is thought to be a carer
- Ten is the average age when young carers start caring. Some are much younger.
- Most young carers are hidden and unsupported.

Young carers are more likely to:

- suffer from poor physical and mental health.
- miss or underperform at school, be bullied, and miss out on leisure opportunities.
- be not in education, employment or training.

Get involved

Short, multi-agency, inter-disciplinary training sessions are planned for Brent, Harrow and Hillingdon from April 2017.

Local Young Carers are being consulted to gather case studies and to understand what they want from professionals.

Young Carers will be co-trainers, to tell their stories directly to professionals. Participants will also learn from each other, to stimulate future collaborations.

How to get involved:

- Help us recruit young carer co-trainers and gather their view
- Fill in the professional's survey
- Attend the training.
- Commit your organisations to the Young Carers Charter.

Professionals of all backgrounds and in all sectors will be welcomed.

To get involved or find out more, please visit [WEB ADDRESS](#)



Supporting Young Carers to be happy, healthy and successful, from the moment they start caring until they transition to adulthood, by working together.

Values:

1. Young Carers are children first: they will be protected from excessive or inappropriate caring responsibility.
2. Caring is an incredibly important service; to those cared for and to society in general. Young Carers should always be made to feel valued for what they do.
3. Identifying and supporting Young Carers is the responsibility of all organisations in contact with them, or their families.



My dad got put on the wrong medication. I had to go with him and say how I was helping him and what was going on.

It was really bad because they weren't actually listening and it seemed like they didn't want to know. I felt like all the pressure was pushed on me."

To book training, take part in consultations, or find out more surveys, please go to:

www.harrowscb.co.uk/young-carers-guidance/

For other queries, please contact:

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More information on Young Carer Support Services

Brent:
www.brentcarerscentre.org.uk/young-carers

Harrow:
www.harrowscb.co.uk/young-carers-guidance/

Hillingdon:
www.hillingdoncarers.org.uk



Identifying and supporting young carers
Professional development for multi-disciplinary audiences in Brent, Harrow and Hillingdon.



Developing people
for health and
healthcare

www.hee.nhs.uk

In partnership with
Brent, Harrow and
Hillingdon
Clinical Commissioning
Groups.