



# **Perth and Kinross Joint Strategy for Young Carers**

**2011 - 2014**

**June 2011**

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Appendix 1: National Young Carers Strategy for Scotland/ Getting it Right For Young Carers – The Young Carers’ Strategy for Scotland 2010 - Headline Actions	Available upon request
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The Strategy is a working document and will continue to be developed throughout its 3-year life. Feedback from carers is sought on a continuous basis through consultation with service users and from other stakeholders and through carers’ conferences. Carers and other stakeholders will be involved, as a matter of course, in all subgroups established to develop the Action Plan.

### Other formats

A summarised version of this strategy is available upon request in Braille, large print, audio and in some community languages. Please use the contact details below for further information or copies.

### How to comment on the Young Carers Strategy

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# 1. Introduction

## 1.1 Introduction

This is the first Joint Perth and Kinross Strategy for Young Carers. It arises in consequence of the Scottish Government's publication of 'Getting it Right for Young Carers – The Young Carers Strategy for Scotland 2010-2015' alongside the National Strategy for adult carers.

The National Strategy also includes a specific national strategic plan for young carers and 'Getting it Right for Young Carers'. This has been reflected in this Young Carers Strategy, to help develop coherent and planned services for young carers. Together these two strategies form the full Perth and Kinross Joint Strategy for Carers. Copies of both strategies are available on the Perth and Kinross Council's website at: [www.perthshire.com/SocialCareandhealth/CareandCarers](http://www.perthshire.com/SocialCareandhealth/CareandCarers)

The Perth and Kinross Strategy for Young Carers should be read alongside the Joint Perth and Kinross Strategy for Adult Carers and Parent Carers 2011-2014, as there are significant areas of overlap, not least in the area of transition from being a 'young carer' to becoming an 'adult carer' and therefore moving from arrangements with Perth and Kinross Council's Education and Children's Services to that of Housing and Community Care. The purpose of this Young Carers Strategy is to:

- Provide the strategic framework for the continuing development of services for young carers, through which young carers and service providers can operate, so that needs and demands can be met more effectively with available resources.
- Set priorities, and show how progress will be monitored, and impact evaluated.
- Identify actions which will support the development of more seamless links between the various statutory and voluntary agencies in order to provide more effective support to young carers, in particular PKAVS Young Carers Project.
- Raise awareness of young people themselves that they may be young carers and of the needs of young carers across agencies.
- Help signpost young carers to relevant support, including dedicated young carer services.
- Identify how the Strategy contributes to the achievement of the Scottish Government's national priorities and the wider objectives as identified in the Single Outcome Agreement and Community Plan.

The Perth and Kinross Strategy for Young Carers 2011-2014 has been developed jointly by the Young Carers Strategic Group which incorporates all the relevant statutory and voluntary agencies, who come into contact with children and young people, who may also be young carers, particularly PKAVS Young Carers Project.

## 1.2 What Are Our Principles?

The overarching principle underpinning the Strategy is that, first and foremost, young carers are children and young people. Therefore, they are entitled to the same rights as all children and young people. These rights are enshrined in the United Nations Convention on the Rights of the Child. In order to uphold that principle we will:

- Listen to young carers and involve them, in the planning, development and provision of services.
- Recognise that we need to listen to and care for our young carers, if we are to enable them to be well enough, to continue to care as they wish.
- Work with young carers to provide services and support for them, which will help them to maintain their own health and wellbeing.
- Recognise that the type of support young carers need may vary, depending on the needs of those being cared for, and, to that end, this strategy dovetails with the other local care group strategies, in order to respond to carers on a more individual basis.

### **1.3 What Are Our Aims?**

Our overall aims, in line with the outcomes outlined in the National Strategy, 'Caring Together' and in line with GIRFEC 'Wellbeing Indicators', are to enable local young carers to:

- Have improved emotional and physical well-being.
- Have increased carer confidence in managing the caring role.
- Have the ability to combine caring responsibilities with work, social, leisure and learning opportunities and retain a life outside of caring.
- Not experience disadvantage or discrimination, including financial hardship, as a result of caring.
- Be involved in planning and shaping the services required for the service user and the support for themselves.

### **3.3 Strategic Objectives**

The objectives of this Strategy, which help structure our Action Plan, are to:

- (1) Improve the identification of young carers.
- (2) Enable young carers and young adult carers to better participate in consultation arrangements.
- (3) Improve information and advice services available for young carers.
- (4) Improve support services for individual young carers.
- (5) Improve respite service options.

- (6) Improve young carers support planning.
- (7) Promote services for young carers from equalities groups.
- (8) Monitor, review and evaluate the effective delivery of services

These objectives set the format for the action plan. It should be noted that delivery of the action plan is dependent upon adequate resources.

## **1.4 What is a Young Carer?**

Young carers may be defined as children and young persons aged under 18 years who provide, or intend to provide, care, assistance or support to another family member. They carry out, often on a regular basis, significant or substantial caring tasks and assume a level of responsibility, which would usually be associated with an adult. The person receiving care is often a parent but can be a sibling, grandparent or other relative who is disabled, has some chronic illness, mental health problem or other condition connected with a need for care, support or supervision.

## **1.5 The Effects of Caring on Young Carers**

### **1.5.1 Introduction**

It is important to recognise that being a carer can be a positive experience for a young person. The caring role can give young carers a sense of responsibility and identity, and can build self-confidence and esteem. By making an important and positive contribution to family life, the young carer can feel more valued and included. In addition providing care can also enable a young person to develop personally and to gain life skills. However, when young people are required to take on too many caring responsibilities, or carry out caring roles that are not appropriate, there can be a limiting and adverse effect on their health, well-being, safety and development.

### **1.5.2 Young Carers Education**

Providing care for a relative with a disability, illness or substance misuse problem can place demands on a young carer that affects their education. This can include problems with school attendance, time keeping, ability to do homework and difficulty concentrating in class. This, in turn, can limit the young person's achievement, motivation, ambition and progress towards fulfilling their full potential. It is estimated that 27%<sup>1</sup> of all young carers in secondary school and 13% in primary school experienced some educational problems. This increases to 40% when the young person was caring for someone with a substance misuse problem.

### **1.5.3 Young Carers Health**

Caring for a relative with a disability, illness or substance misuse problem can be challenging and can have a cumulative and adverse affect on a young carer's physical health. The demands of carrying out moving and handling procedures can, over time, cause neck and back problems and affect a young carer's physical development. Having to take on responsibilities that would normally fall to an adult, (e.g. providing intimate care, managing a home, or undertaking child care), can lead

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<sup>1</sup> C. Dearden and S. Becker "Young Carers in the UK; The 2004 Report"

to a young person experiencing mental health problems such as depression and stress. It is estimated that 67%<sup>2</sup> may worry about their own health, 60% may have problems sleeping and 30% problems eating and over 30% may have self-harmed or had suicidal thoughts.

#### **1.5.4 Social Impact**

The demands of caring can limit young carers' free time and their opportunities to enjoy social contact and friendships. The need to be at home to provide care can curtail their ability to join their peers at clubs and groups, after school, in the evening and at weekends. A family member's disability, illness or addiction may also make them reluctant to bring friends home. These factors can combine to isolate and marginalise young carers, to make them feel "different" and to cause others to question or ridicule them for not fitting in.

#### **1.5.5 Young Carers Finances**

It is estimated that the majority of young carers experience economic deprivation<sup>3</sup>. Young carers are more likely to be living in poverty because they live with a disabled adult who is less likely to be working and more likely to be relying on benefits. Similarly, if a young carer has a sibling with a disability, their parent(s) may have had to give up work to provide care to the disabled child, resulting in a drop in income. Further, the effects of the disability can also bring additional costs, in terms of heating the home, purchasing equipment or maintaining a special diet. In families where parents are misusing drugs or alcohol, young carers are likely to face significant financial challenges. This may result in their most basic needs not being met, as well as denying them opportunities to participate in activities with friends.

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<sup>2</sup> V. E. Cree "Worries and Problems of Young Carers; Issues for Mental Health" in *Child and Family Social Work* (2003) 8, pp 301-309

<sup>3</sup> G. Armstrong "Young Carers' Health and Well Being; A Pilot Study."

### **1.5.6 Risk of Neglect and/ or Abuse**

In some situations young carers will be highly vulnerable to the risk of abuse or neglect. Young carers may be more likely than their peers to be referred for child protection measures.

### **1.6 Equalities**

The planning and delivery of good quality appropriate information, advice, care and support services in Perth and Kinross embraces the principle of equal opportunities. Perth and Kinross Council Housing and Community Care Services, Education and Children Services, Perth and Kinross Community Health Partnership and PKAVS Young Carers have Equalities Action Plans which aim to ensure that all services, including this Strategy and related actions take positive steps towards the equalities agenda. This means that all agencies will strive to encourage equal opportunities and diversity, responding to the different needs and service requirements of people regardless of sex, race, colour, disability, age, nationality, marital status, ethnic origin, religion or belief, sexual orientation or gender re-assignment.

### **1.7 Monitoring and Reviewing the Strategy**

A multidisciplinary Young Carers Group, including young carer representatives, will ensure the effective roll-out of the action plan and will monitor progress on an ongoing basis. It will, in turn, report progress to the Carers Strategic Group, Integrated Children's Services Planning Group, Perth and Kinross Council's Lifelong Learning Committee, Perth and Kinross Community Health Partnership Board and subsequently through the community planning structure to the Children and Young People's Strategic Partnership.

### **1.8 What is Our Vision?**

"It is our vision that young carers, as partners in the planning and delivery of services, in Perth and Kinross, will have access to a range of relevant information, advice, support and care services. This will enable them, and those that they care for, to live independently and participate in their communities".

## **2. The Strategic Planning Framework**

### **2.1 Legislative Context**

There are several Acts which influence the development of local young carer services. While some relate specifically to young carers, there are others which affect the delivery of more generic services that young carers can use. These include:

- Social Work (Scotland) Act 1968
- Children (Scotland) Act 1995.
- Adults with Incapacity Act (Scotland) 2000.
- Regulation of Care Act 2001.
- Housing (Scotland) Act 2001.
- Community Care and Health (Scotland) Act 2002.
- Protection of Children (Scotland) Act 2003.
- Mental Health Act 2003.
- Changing Lives 2004.
- Care 21 Report 2005.
- Work and Families Act 2006.
- Adult Support and Protection (Scotland) Act 2007.
- Additional Support and Learning (Scotland) Act 2008.
- Curriculum for Excellence (Scotland) Act 2009
- Equality Act 2010.

Between them, these Acts mean that young carers have the right to have their need for help to continue caring, taken into account, even if the people they are caring for refuse community care services. The Community Care and Health (Scotland) Act 2002 recognised carers as 'key partners in the provision of care' and introduced the following rights for carers:

- Young carers aged less than 18 years have right to an assessment of their own support needs, ('carer assessment'), independent of any assessment of the person they care for.
- Local authorities have a duty to inform eligible young carers of their right to an assessment.
- Local authorities have a duty to take account of the care provided by a young carer, and the views of the person in need and their carer before deciding what services to provide.

Also, as a result of the 2002 Act, a Carers Information Strategy has been prepared by NHS Tayside in partnership with carers, representatives from the three local authorities in Tayside, staff from Princess Royal Trust for Carers and representatives from 'Support in Mind' Scotland.

### **2.2 National Policy Context**

#### **2.2.1 The 'Concordat'**

The Concordat is an agreement between the Scottish Government and the 32 Scottish local authorities. It sets out the relationship between local authorities and the Scottish Government and includes the requirement to work towards the provision of support and respite for an additional 1,000 young carers across Scotland, and provide additional resources for carers' centres.

As a part of the financial settlement agreed with the Scottish Government for 2011/12, Perth and Kinross Council remains committed to the targets in the National Concordat including:

- The delivery of the current Single Outcome Agreements and the Curriculum for Excellence.
- Implementation of 'Getting It Right for Young Carers' at local level, including working towards the identification of 1,000 new young carers across Scotland.
- Provision of core support for young carers.

The concordat contains several targets that are highly relevant to young carers, who must be considered, first and foremost, as children and young people including:

- National Outcome 4 - Our young people are successful learners, confident individuals, effective contributors and responsible citizens.
- National Outcome 5 - Our children have the best start in life and are ready to succeed.
- National Outcome 8 - We have improved the life-chances of children, young people and families at risk.

## **2.2.2 Single Outcome Agreement**

The Concordat includes the development of a Single Outcome Agreement whereby Councils deliver on national outcomes. This Strategy helps to deliver outcome number 15 which is 'our public services are high quality, continually improving, efficient and responsive to local people's needs'.

Our proposals contribute to Perth and Kinross Council local outcomes numbers 6, 7, 10 and 12 which are 'our young people will attain, achieve and reach their potential', 'our children will be nurtured and supported and have the best start in life', 'our people will have improved health and well being' and 'our communities will have access to the services that they need' respectively.

## **2.2.3 United Nations Rights of the Child**

The rights held by children and young people under the United Nations Convention on the Rights of the Child include, as stated above, their rights to:

- Life, survival and healthy development.
- Education.
- Be protected from discrimination.
- Form and express their own views.
- Spend time with friends.
- Enjoy opportunities for leisure and to relax and play.

These rights underpin the way in which all services and support should be delivered to children and young people. Such support should take a holistic view of the child/young person's life and family.

#### **2.2.4 National Young Carers Strategy for Scotland**

The Young Carers' Strategy for Scotland: Getting It Right for Young Carers' sets out 10 headline actions and these are:

- (1) Engaging with young carers to identify their needs and priorities
- (2) Enabling professionals in education, health and social care to identify young carers.
- (3) Introducing a classification of 'young carers' in the 2011 school census.
- (4) Recognising the important role of school staff in identifying and supporting young carers,
- (5) Improving the provision of information and advice.
- (6) Commissioning research into the characteristics of young carers being supported by dedicated young carers' services.
- (7) Developing flexible, personalised short breaks.
- (8) Develop suitable materials and training opportunities to support young carers' services' contact with young adult carers.
- (9) Updating publicity materials for young carers, to highlight their options and the support that is available.
- (10) Progressing a range of actions to improve support to young adult carers.

More detail can be found at appendix 1 which is available upon request and at <http://www.scotland.gov.uk/Resource/Doc/319441/0102104.pdf>.

#### **2.2.5 National Carers Strategy for Scotland**

The national strategy for carers, 'Caring Together' sets out ten key actions to improve support to carers over the five years from 2010 – 2015. They are as follows:

- Develop a Carers Charter.
- Development of measures to help professionals in the health and social care workforce to identify carers.
- Improve the uptake and quality of carer assessments/support plans.
- Improve the provision of information and advice.
- Ensure carer representation on Community Health Partnerships.
- Produce a bespoke resource on issues relating to stress and caring.
- Invest in carer and workforce training through grant to national carer organisations.
- Invest in innovative short breaks through the voluntary sector.
- Encourage and promote carer-friendly employment practices.
- Ensure better strategic planning and collaborative working between health and social care services to ensure the delivery of co-ordinated services and supports.

'Caring Together' is driving a culture shift within service commissioners and providers by encouraging them to concentrate on providing preventative support rather than on providing crisis driven services. It has provided guidance for determining the eligibility of a carer for services by suggesting that, in the future,

'greatest need' will not correlate with crisis but with specific indicators demonstrating vulnerability such as being:

- In poverty.
- In poor health.
- Socially isolated.

## **2.2.6 Getting It Right For Every Child (GIRFEC)**

The Scottish Government Policy 'Getting It Right for Every Child', (GIRFEC) promotes a shared approach to child welfare in its broadest sense and builds solutions with and around children and families; its purpose is to support children to get the help they need when they need it.

GIRFEC, which informs the development of all support services for young carers in Perth and Kinross, is underpinned by the following core principle. Everyone has a responsibility to do the right thing for each child and we must all work towards a unified approach, with less bureaucracy and more freedom to get on and respond to children. This will mean earlier help and the child getting the right help at the right time for their particular needs. In keeping with GIRFEC, this strategy will promote ways of working with parents, children and young people which will:

- Address the needs of young carers and their families holistically.
- Reduce the negative impact and stigma that caring can create.
- Raise the profile of young carers.
- Raise the self esteem and confidence of local young carers.
- Improve the educational and employment outcomes for young carers.
- Improve the health and wellbeing outcomes for young carers.

## **2.2.7 Local Policy Context**

This Strategy complements, and is consistent with, other Perth and Kinross plans and strategies including the following:

- Perth and Kinross Community Plan.
- Perth and Kinross Council Corporate Plan.
- Joint Perth and Kinross Strategy for Adult Carers and Parent Carers 2011-2014
- Perth and Kinross Council Housing and Community Care Services Equalities Action Plan.
- Perth and Kinross Community Health Partnership Equalities Action Plan
- Perth and Kinross Council Corporate Equalities Plan
- Perth and Kinross Council Education and Children's Services Business Management Information Plan
- Perth and Kinross Education and Children's Services Integrated Children's Services Plan
- Perth and Kinross Parenting Strategy
- Perth and Kinross Youth Justice Strategy
- NHS Tayside Carers' Policy
- NHS Tayside Carer Information Strategy.

## 3. Needs and Resources

### 3.1 National Trends

The following table shows the number of young carers in Scotland at the time of the by age and reported numbers of hours care they were providing each week.

Table 1: No. of Hours Caring by Young Carers and Young Adults Carers by Age (Scotland 2001)

Age (Years)	Number of Hours			Total
	1-19	20-48	50 or more	
5-7	626	77	103	806
8-9	963	108	134	1205
10-11	1,702	176	166	2044
12-14	4,191	405	349	4945
15	1,800	271	148	2219
16-17	4,229	789	464	5482
Total	13,511	1,826	1,364	16,701
Percent of Total	80%	11%	8%	100%
18-25 Total	15,417	3,203	2,495	21,115
Percent of Total	73%	15%	12%	100%

Source: 2001 Census. NB this is likely to be an underestimate due to the way in which 2001 Census information was collected.

As table 1 shows that there were over 16,700 carers in Scotland in 2001. Key points included that:

- 65% had been caring for more than 3 years.
- 55% were female.
- 51% were aged less than 14 years.

The 2004 Young Carers in the UK Report advised that of young carers:

- 56% were female and 44% male.
- Average age was 12 years.
- 56% lived in single parent families
- 10% were caring for more than one person.
- 36% had been caring for 2 years or less, 44 for 3-5 years, 18% for 6-10 years and 2% for more than 10 years.
- 50% of those cared for had a physical disability, 29% of cared for had a mental health problem, 17% of cared for had a learning disability (sibling care) and 3% of cared for had a sensory impairment.
- Types of caring included:
  - ⇒ domestic tasks (68% - shopping, cooking, cleaning, ironing),
  - ⇒ general care (48% - medication, mobility, transfers, changing dressings), emotional support (82% - responding to mood, supporting, supervision)
  - ⇒ intimate care (18% - washing, dressing, personal care, toileting).

- ⇒ child care (11% - caring for siblings).
- ⇒ other (7%) – translating, administration, hospital visits, paying bills.
- In 52% of cases, caring for mother or step-mother (70% in one parent families).
- In 14% of cases, caring for a father or step-father.
- In 31% of cases, caring for a sibling (63% with learning disability).

### **3.2 Young Carers in Perth and Kinross**

During the course of 2010 the Perth and Kinross Association of Voluntary Services (PKAVS) Young Carers Project attended 32 Integrated Team Meetings in 11 secondary schools. The purpose of such meetings was to identify, in conjunction with school staff and other professional agencies and services, the support needs of pupils highlighted as needing help or further support; assist in the identification of potential young carers; and raise the awareness of other professionals of warning signs that could allow others to identify them. As a result of these meetings 120 young people were identified as known young carers. Of these:

- 43 were being supported by the school.
- 10 were being supported by Community Link Workers.
- 5 were being supported by school nurse.
- 6 were being supported by Educational Social Workers.

In addition:

- 3 did not want any support.
- 7 had been referred to Social Work.
- 2 had been referred to Action for Children.
- 4 had been sign posted to Hopscotch.
- 3 had been signposted to Mindspace.
- 3 had been signposted to Careers to help move on.
- 2 had been referred to Child and Adolescent Mental Health Services.
- 32 had been referred to PKAVS Young Carers Service (24 were allocated support).

During 2010, these meetings helped to identify a further 31 young carers in local secondary schools. Of these:

- All 31 were receiving relevant support from schools.
- 7 of these have been approached by the PKAVS Young Carers Project but did not want any support.
- 7 were referred to PKAVS Young Carers Project and all 7 became active
- 6 were referred by Community Link Workers (all 6 supported by PKAVS Young Carers Project).
- 3 were referred by School Health Nurse (all 3 Taken on by PKAVS Young Carers Project).
- 8 were being supported by school staff whether school health Nurse, Guidance or Community Link Workers.

### **3.3 Overview of Current Resources in Perth and Kinross**

A wide range of services are available for young carers. Assessment and care management services are available from Perth and Kinross Council's Education Children's Services, Perth and Kinross Community Health Partnership and NHS Tayside. There are two independent local services for young carers. These are, principally, the PKAVS Young Carers Project, and Hopscotch.

### **3.3.1 Perth and Kinross Association for Voluntary services (PKAVS) Young Carer Project**

This is the main service delivery agency and this service provides the following services:

- Group support activities.
- One-to-one support.
- Individual support plans (time limited).
- Advocacy (attendance at children's panels, school meetings, family work).
- Weekly and monthly groups for respite and support.
- Summer residential respite.
- Partnership working and signposting with other services.
- Volunteer befriending/mentoring service.
- Young Carers Mind and Body (YCMB) group focusing on the impact to their physical and mental health as a result of their caring role.
- School holiday activity programmes.
- Consultation events.
- Newsletters.
- Awareness raising in schools.
- Needs assessments.

### **3.3.2 Hopscotch**

This service, run by Barnardos Scotland, is for all children, young people and their families who live in Perth and Kinross and are affected by alcohol or substance use within the family. It offers:

- Befriending service.
- Support.
- Group work (for those aged under 12 years).
- Support to the family of young carers.
- Confidential counselling service for young people aged 12-18 years.

### **3.3.3 Education and Children's Services**

Education Services, Children & Families Services and Youth Services, all make a contribution in supporting young carers either within universal services or through targeted additional support as required.

# 4. What Do Young Carers Want?

## 4.1 Consultation Arrangements

A great deal of consultation, especially by the PKAVS Young Carers Project, has taken place with carers both at a local and national level, which helped identify this Strategy's priorities. The Strategy has also been informed by the views of local service providers and young carers.

Consultation has taken place through:

- Distribution of questionnaires to young carers and also to stakeholders who provide services to young carers.
- A PKAVS Young Carers Project consultation event.

Some of the positive results highlighted from the consultation were that:

- Almost two-thirds of service provider respondents were aware that their organisation had contact with young carers.
- Education and Children Services, Additional Support for Learning in Schools and Social Work were the top three services that organisations signposted for help with support needs.
- 40% of service provider respondents felt that there were no barriers preventing collaborative working to meet the needs of young carers.

Respondents identified that significant barriers included:

- Limited resources.
- Not enough consistent contact with young carers.
- Need for greater clarity regarding the needs of young carers.
- Need to make young carers aware of local services.

Suggestions for improvement included:

- Services could make communication easier for young carers (e.g. use forms of media with which children are most familiar).
- All children in Perth and Kinross could have access to the 'GLOW' forum which has the potential to offer dedicated support and signposting for young carers.
- Young carers made it clear that they would like to be more involved in the decision making process. They would like to be able to communicate with each other more, and also communicate more with teachers, and other service providers. Two specific proposals to enable this were the

development of a Young Carers' Forum introducing a young carer representative as part of the Young Carers Strategy process in the future

- The needs of the whole family could be addressed and that this will be undertaken by using an integrated services model, in line with 'GIRFEC'.

## **5. What Progress Have We Made?**

Since the establishment in Perth and Kinross of the PKAVS Young Carers and Hopscotch projects there has been considerable progress made in developing services for young carers and also raising awareness of their particular needs. Importantly, young carers are now more included in Education and Children's Services and Housing and Community Care agendas. Young carers are now recognised as a particular group within the population to whom the principles of 'GIRFEC' and the National and Local Outcomes within the Concordat apply.

Local projects have developed a range of services including assessment tools, awareness raising, information, advice and signposting as well as undertaking one-to-one work with young carers themselves, and providing peer group support, residential breaks and social activities.

Through the PKAVS Young Carers Project, in association with partners, much work has been done to help professionals, including teachers, working with young people, to recognise young carers, and to help young carers to recognise that role for themselves. Young carers are now all offered a detailed assessment of their support needs and offered a range of services to help them cope with their caring responsibilities whilst also being enabled to pursue the normal social and educational activities of the "mainstream" peer-group.

There requires to be more awareness raising in schools of young carers and their needs. However it should be noted since this consultation took place it is now common practice in the Young Carers Project that every time a referral is received the school is notified so that staff there can be made aware of which children and young people are young carers.)

Perth and Kinross young carers are now encouraged to be involved in the National Young Carer Festivals and the number of people supported by the PKAVS Young Carers' Service more than doubled from 39 children and young people in 2009/10 to 95 in 2010/11.

## 6. What Is Our Action Plan?

No.	NSAP (RYA)	Action/Activity	Timescales			Lead	
			2011/12	2012/13	2013/14	Agency	Post
(1) improve the identification of young carers							
1	5.1	Insert 'young carer's tick box' on custom built field in SEEMIS IT system	✓			ECS PKAVS	Educational Additional Support Officer (EASO) Youth Operations Manager (YOM)
2	5.1	Provide relevant training for all teachers to enable them to help young people to identify themselves as carers	✓	✓	✓	ECS PKAVS	EASO YOM
3	5.5	Develop guidance for all local GP practices so that they can assist in the identification of young carers and refer them appropriately for support	✓			CHP PKAVS	Head of Performance and Planning (HPP) YOM
4	5.6	Ensure that young carers awareness forms part of NHS workforce training through materials to be incorporated within core induction and education and training opportunities for all NHS staff	✓	✓	✓	NHS CIS Group	NHS Head of Learning and Development
5	5.1	Insert added tick box on enrolment form to identify young carers				ECS PKAVS	EASO YOM
6	5.8	Develop and implement NHS Carers Training Plan for NHS staff which includes young carers	✓	✓	✓	NHS CIS Group	NHS Head of Learning and Development

No.	NSAP (RYA)	Action/Activity	Timescales			Lead	
			2011/12	2012/13	2013/14	Agency	Post
<b>(2) Enable young carers and young adult carers to better participate in consultation arrangements.</b>							
7	6.1	Introduce representative from Young Carers' Support Group to the Integrated Children's Service Partnership	✓	✓	✓	PKAVS ECS	YOM Service Managers (SM)
8	2.1	Ensure young carer representation on relevant strategic planning groups	✓	✓	✓	PKAVS ECS	YOM SM
<b>(3) Improve information and advice services available for young carers</b>							
9	2.1	Ensure Young Carers have access, to and are able to attend 2011 festival	✓			PKAVS ECS	YOM SM
10	7.4	Enable access, through web-based information and services, to information and support for both young people and practitioners by: <ul style="list-style-type: none"> <li>• Providing portal to Young Carers National website from GLOW and provide link to local PKAVS website</li> <li>• Developing local young carers website which is also linked to GLOW</li> </ul>	✓	✓	✓	ECS PKAVS	EASO YOM
<b>(4) Improve support services for individual young carers</b>							
11	-	Maintain PKAVS Young Carers Project	✓	✓	✓	ECS	SM
12	-	Maintain Hopscotch Project	✓	✓	✓	ECS	SM
13	2.1	Establish Young Carers Forum	✓			PKAVS ECS	YOM SM
14	(1)	Establish Young Adult Carers Group			✓	PKAVS	YOM
15	(2)	Hold annual consultation events with young carers through the young carers service	✓	✓	✓	PKAVS ECS	YOM SM
16	(2)	Establish annual conference for young carers and young adult carers	✓	✓	✓	PKAVS ECS	YOM SM
17	(3)	Enable young carers to take part in Award Schemes	✓	✓	✓	PKAVS	YOM

No.	NSAP (RYA)	Action/Activity	Timescales			Lead	
			2011/12	2012/13	2013/14	Agency	Post
		such as: <ul style="list-style-type: none"> <li>• Duke of Edinburgh Awards</li> <li>• Youth Achievement Awards</li> </ul>				ECS	SM
18	5.10	Ensure that young carers affected by parental substance misuse receive appropriate support by: <ul style="list-style-type: none"> <li>• Develop collaborative working with statutory services and Hopscotch</li> <li>• Linking with 'Change is a Must' project</li> </ul>	✓	✓	✓	ADP ECS PKAVS	ADP Chair ICSP Chair
19	7.3	Review education procedures to ensure that young carers are supported and are not disadvantaged due to the impact their caring has on their attendance, achievement, attainment and behaviour by: <ul style="list-style-type: none"> <li>• Identifying individual school young carers champions</li> <li>• Expand the use of 'cards' by young carers as a way of seeking help without being disadvantaged</li> </ul>	✓	✓	✓	ECS	SM
20	7.7	Signpost young carers experiencing stress and mental health problems to appropriate services by: <ul style="list-style-type: none"> <li>• Promoting Access to Young Carer Referral forms</li> <li>• Increasing awareness of the existence of processes</li> </ul>	✓	✓	✓	ECS CHP PKAVS	SM HPP YOM
21	8.1	Ensure that career opportunities are created for young adult carers by: <ul style="list-style-type: none"> <li>• Collecting baseline data from 'SEEMIS' IT system about young carers who are school leavers</li> <li>• Negotiating tailored learning opportunities which will enable young carers to combine learning with care</li> <li>• Consider as appropriate within transition planning arrangements</li> </ul>	✓	✓	✓	ECS PKAVS HCC	EASO YOM Chair Carers Strategy Group

No.	NSAP (RYA)	Action/Activity	Timescales			Lead	
			2011/12	2012/13	2013/14	Agency	Post
22	-	Ensure that the needs and wishes of young carers are considered as a part of the hospital discharge process	✓			CHP	HPP
<b>(5) Improve respite service options</b>							
23	7.7	Raise awareness of complementary therapies and life coaching opportunities (e.g. voucher scheme for young carers)	✓			ECS HCC	SM Planning and Policy Officer (PP)
24	7.8	Develop voucher system for short breaks as resource that includes young carers				ECS HCC	SM PP
<b>(6) Improve young carers support planning</b>							
25	4.3	Expand availability of outcomes focussed young carer support planning	✓	✓	✓	ECS	IO Child Health
26	4.3	Ensure the implementation of the GIRFEC outcomes approach for children and families	✓			ECS	IO Child Health
27	-	Develop transition support processes for young carers reaching adulthood	✓	✓	✓	HCC  ECS PKAVS	Chair Carers Strategic Group SM Child Health YOM Chair ASN Transitions Planning
<b>(7) Promote services for young carers from equalities groups</b>							
28	3.6	Ensure that young carers from the black and minority ethnic groups and other hard to reach groups are enabled to identify themselves and receive appropriate support	✓	✓	✓	PKAVS ECS MEAD	YOM SM MEAD Manager
<b>(8) Monitor, review and evaluate the effective delivery of services</b>							
29	2.3	Monitor and review services to ensure continuous improvement	✓	✓	✓	PKAVS ECS	YOM SM

No.	NSAP (RYA)	Action/Activity	Timescales			Lead	
			2011/12	2012/13	2013/14	Agency	Post

NB: NSAP refers to the relevant National Strategy Action Point). RYAC refers to Recommendations for Young Adult Carers  
Both are contained in 'Getting it Right for Young Carers' –The Young Carers Strategy for Scotland 2010-2015

**Lead agency is at top of post listings.**

## APPENDIX 1

### National Young Carers Strategy for Scotland

#### Getting it Right for Young Carers – The Young Carers' Strategy for Scotland July 2010 - Headline Actions

1. We will continue to engage with young carers to identify their needs and priorities and to inform the development of policy. The Scottish Government will fund a fourth Scottish Young Carers Festival in 2011, which will provide us with feedback from young carers on the implementation and impact of this strategy, as well as progress in implementing *Getting It Right for Every Child* (GIRFEC).
2. We will put in place measures to help professionals in education, health and social care to identify young carers. Young carer identification opens the door to assessment, through the approach of the *GIRFEC* practice model, which in turn leads to the provision of support. There will be a strong emphasis on workforce training, as members of the workforce who are 'young carer-aware' have a big role to play.
3. We will introduce a classification of 'young carers' in the 2011 school census, which will report on the numbers of young carers who have been identified in schools. By identifying young carers in schools we will learn more about the numbers of young carers and the impact of caring. This may also help ensure that the young carers who are identified are adequately supported.
4. Recognising the important role of school staff in identifying and supporting young carers, particularly in the context of Curriculum for Excellence, the Scottish Government will work with the Scottish Young Carers Services Alliance to produce a practice guide on young carers for teachers and schools.
5. We will improve the provision of information and advice to young carers through various means, including our support for *NHSinform*, which will be launching a Carers Information Zone online.
6. We will enhance our understanding of the impact of caring on young carers through the commissioning of research into the characteristics of young carers being supported by dedicated young carers' services.
7. The provision of short breaks or respite is hugely important to young carers. We will work with a range of partners to promote the further development of flexible, personalised short breaks.
8. Skills Development Scotland will design and develop suitable materials and training opportunities to support young carers' services' contact with young adult carers.
9. Skills Development Scotland will refresh their publicity materials for young carers, so as to highlight their options and the support that is available.
10. We will progress a range of actions to improve support to young adult carers.

## **RECOMMENDATIONS FOR FUTURE ACTION**

### **Recommendation 1**

The key factor to be considered in the development of services and interventions for carers aged 16-17 and 18-24 years should be concerned with outcomes for the carers rather than types of services and models. Commissioners and service providers should identify clearly the outcomes to be achieved and delivered for these groups of carers.

### **Recommendation 2**

A key principle for the development of services should be that young carers and young adult carers, who wish to do so, are involved fully in planning services.

### **Recommendation 3**

Services for young carers under the age of 18 need to prepare them, around the ages of 16 years and over for the next 'phase' in their lives. This might include signposting or referral to other service providers to make sure that this transition is as smooth and successful as possible.

### **Recommendation 4**

Young Carers projects could have a key role in developing and delivering short, focused transition preparation programmes for young carers. This should include the issues most pertinent to them, such as job/course search skills, grant applications for university, CVs, first aid, cooking, benefits, relationships, adult social care services etc. Development and delivery would need to take place with key partners, including Skills Development Scotland, local colleges, local regeneration agencies etc. There will undoubtedly be existing good practice which supports young carers or which could be adapted to specifically meet the needs of young carers. Within the wider skills and employability context, young carers and young adult carers need to be seen as a target group for support/intervention.

### **Recommendation 5**

The Scottish Government should explore how the School Leaver Destination Return (SLDR), carried out annually and with a 6 monthly follow up exercise, could be altered to 'baseline' the destinations and outcomes achieved by young carers/young adult carers when they leave school. Skills Development Scotland's Insight Database could be used to help in gathering data on young carers situations, outcomes etc as this already is central to the completion of the SLDR survey of all Scottish school leavers.

### **Recommendation 6**

Systems will need to be developed and put in place to monitor and evaluate interventions and outcomes, using robust measures, instruments and tools that enable comparison between interventions/services over time and place. Recommendation 5, above, provides a starting point in terms of examining outcomes for young carers as they become young adult carers.

### **Recommendation 7**

All agencies, but especially local authority services and Carers Services, should provide young carers and young adult carers with information about their legal rights, including the right to a Carer's Assessment from the local authority, which is a potential gateway to services and support for carers and their family.

### **Recommendation 8**

Young Carers' projects, in conjunction with adult carers' and other services, need to consider the best ways to provide 'seamless services' to young carers after they reach 18 years of age. Young Carers' projects need to build relationships and bridges with local Adult Carers services to help adult services recognise and become more engaged with the needs of young adult carers.

### **Recommendation 9**

Universal services, such as schools and health (including primary and secondary health care), have a role to play in supporting young carers and young adult carers alongside more specialist provision. Universal service providers need to be more alert to the specific needs of these carers and find ways to deliver their particular service to them, but they also have a crucial role in identifying young carers in the first place.

### **Recommendation 10**

Agencies that would not traditionally be associated with meeting the needs of carers also need to identify and engage with young adult carers. So, for example, colleges, universities, Job Centre Plus, employers, leisure services providers, housing and others all need to be alert and sensitive to the needs and issues confronting this group of hidden carers and which affect their opportunities for further education and learning, leisure, careers and paid work - a life outside of their caring role and the chance to access the same opportunities as their peers.

### **Recommendation 11**

The needs of young adult carers, and the outcomes that are required through service interventions, need to be integrated fully into every local authority's carers/young carers' strategy.

### **Recommendation 12**

Adult Carers services need to address the barriers that are inhibiting carers aged 18-24 from using their service and address their own lack of relevance to this group - as perceived by young adult carers themselves.