

GETTING IT RIGHT FOR YOUNG CARERS A FRAMEWORK FOR SUPPORT

PERTH & KINROSS COUNCIL



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1. Introduction

Young Carers provide a vital contribution to their families and to society. They provide often-unseen care and support to relatives within their household and wider family. Young Carers can provide a vital role in helping to keep families together and reduce the need for organised and formal care services. **This framework is for people working with Young Carers, Young Carers and their families.**

It is important that **Young Carers have the opportunity to be children first, carer second and achieve the best possible outcomes.** This is in line with the Perth and Kinross vision for children and young people and our commitment to Getting it Right for Every Child (GIRFEC).

GIRFEC underpins our shared vision of **supporting children and young people to be the best they can be**, realising the best possible outcomes for our families and communities, and making the communities they live in the best place for children to grow up ensuring they have the right opportunities to achieve their potential. **We recognise that meeting the needs of Young Carers cannot rest with one organisation alone and that it takes strong partnerships and effective joint working across a wide range of services, including the Third Sector to support the varied needs of Young Carers and their families.**

We know that the demands that Young Carers face can sometimes interfere with their rights under the United Nations Convention on the Rights of the Child (UNCRC). In particular, their right:

- to be protected from discrimination (article 2)
- to form and express your own views (article 12)
- to life, survival and healthy development (article 6)
- to spend time with friends (article 15)
- to enjoy opportunities for leisure and to relax and play (article 31)
- to education (article 28 and 29)

The Carers (Scotland) Act 2016 came into force from 1 April 2018 and introduced new rights and entitlements for unpaid carers of all ages. Young Carers now have the right to have a Young Carer Statement in which they can state what their needs are, set out their personal outcomes and have a say on the support they need to achieve them. **Young Carer Statements also supports Young Carers to be aware of their rights and entitlements.**

From April 2018, Perth and Kinross Council has new powers and duties towards all unpaid carers including Young Carers. This framework sets out the eligibility criteria for support; how people working with Young Carers will agree the support required by the Young Carer; and, what will be included in a Young Carer Statement.

Local Eligibility Criteria

Perth and Kinross Council's Framework for Eligibility Criteria aims to ensure that Young Carers are supported with the right level of support at the right time. We recognise preventative support is essential but for some Young Carers more intensive support will be required.

2. Definition of a Young Carer

The Carers (Scotland) Act 2016 provides the legal definition of a "carer". A carer means a person who provides care or intends to provide care for another individual. The cared-for person might be an older person, or be someone who has an illness, disability, mental ill health or who experiences problematic substance misuse.

A **Young Carer** is a carer who is under 18 years or someone who is over 18 years and still in school.

An **Adult Carer** is a carer who is at least 18 years old and does not attend school

3. Young Carer Statements

Why are Young Carer Statements important?

- ❖ They aim to ensure that Young Carers do not take on inappropriate caring tasks or caring that is inconsistent with their age and maturity.
- ❖ They identify and record each Young Carer's individual needs, personal outcomes and sets out the support where necessary.
- ❖ They support effective planning for transitions when a Young Carer becomes an adult carer.
- ❖ They identify contingency plans for caring responsibilities should a Young Carer need support in an emergency.
- ❖ They can reduce stress on the Young Carer and their families and lead to better outcomes.

Who is responsible for preparing a Young Carer Statement in Perth and Kinross?

- ❖ The responsible authority for arranging a Young Carer Statement for children under 5 before they start school is NHS Tayside.
- ❖ The responsible authority for arranging a Young Carer Statement from the point children start school until they reach 18 years is Perth and Kinross Council who are working in partnership with PKAVS Young Carers to provide this service.
- ❖ Where a member of staff in an independent school identifies that a child or young person has caring responsibilities at home, it is the responsibility of that independent school for arranging a Young Carer Statement.

When a Young Carer is identified pre-school or of primary school age, the support provided should always be directed towards supporting Young Carers to be children first and protecting them from caring responsibilities which impact on their development. This can be achieved through enhanced support for the person who needs care within their household or family. This will therefore require strong and effective partnership working across services for children and adults as well as a "whole family approach" to identifying, assessing and meeting needs. A young child may make a significant contribution to the care of a person in their family, but this has to be balanced against their individual needs.

4. How do you get a Young Carer's Statement?

Step One: Initiating a Young Carer Statement (YCS)

A Young Carer or their parent/carer can request a Young Carer Statement at any time via Perth and Kinross Voluntary Services (PKAVS) Young Carers Hub. [Young Carers Assessment and Statement](#)

From April 2018, there is a **duty** to offer **all** Young Carers a Young Carer Statement at the point where a professional identifies that a child has caring responsibilities for another person at home. [Flowchart to help identify and support Young Carers](#)

When health or education professionals identify a child or young person who has caring responsibilities, that professional is required to make that child or young person aware that they are entitled to have a Young Carer Statement. If the Young Carer agrees to the Young Carer Statement a referral should be made to Perth and Kinross Voluntary Services (PKAVS) Young Carers Hub. All requests for a YCS are referred to PKAVS Young Carers Hub where a multiagency discussion will take place on a monthly basis to respond to the level of need. However urgent referrals will be considered immediately.

If a Young Carer does not wish to be referred to PKAVS they can choose the person they wish to prepare the statement. This can be member of school staff, a health professional, or a Social Worker. It could also be someone else who is suitably experienced or qualified such as a support worker. Guidance for completing the Young Carer's statement and assessment is available from PKAVS Young Carer Hub or from the Young Carer Support Worker based in the Perth and Kinross Council. [Young Carers Statement Guidance Notes](#)

Step Two: Identify the Young Carer's personal outcomes and needs

An assessment of the needs of a Young Carer and their personal outcomes is based around the principles of GIRFEC and the SHANARRI indicators of wellbeing which: **Safe, Health, Achieving, Nurtured, Active, Respected, Responsible and Included.**

The Young Carer's needs and personal outcomes will be identified through discussion with the Young Carer and where relevant their

parents /carers and the cared for person. The Young Carers Statement should set out any needs they have and how those will be met. A copy of the Young Carers Statement should be given to the Young Carer. If required a Child's Plan Meeting should be held to determine if there is a need for a Lead Professional to coordinate the support and to give careful consideration about the most appropriate professional to take on that role. Where appropriate a Young Carer can have a Young Carers Statement alongside a Child's Plan.

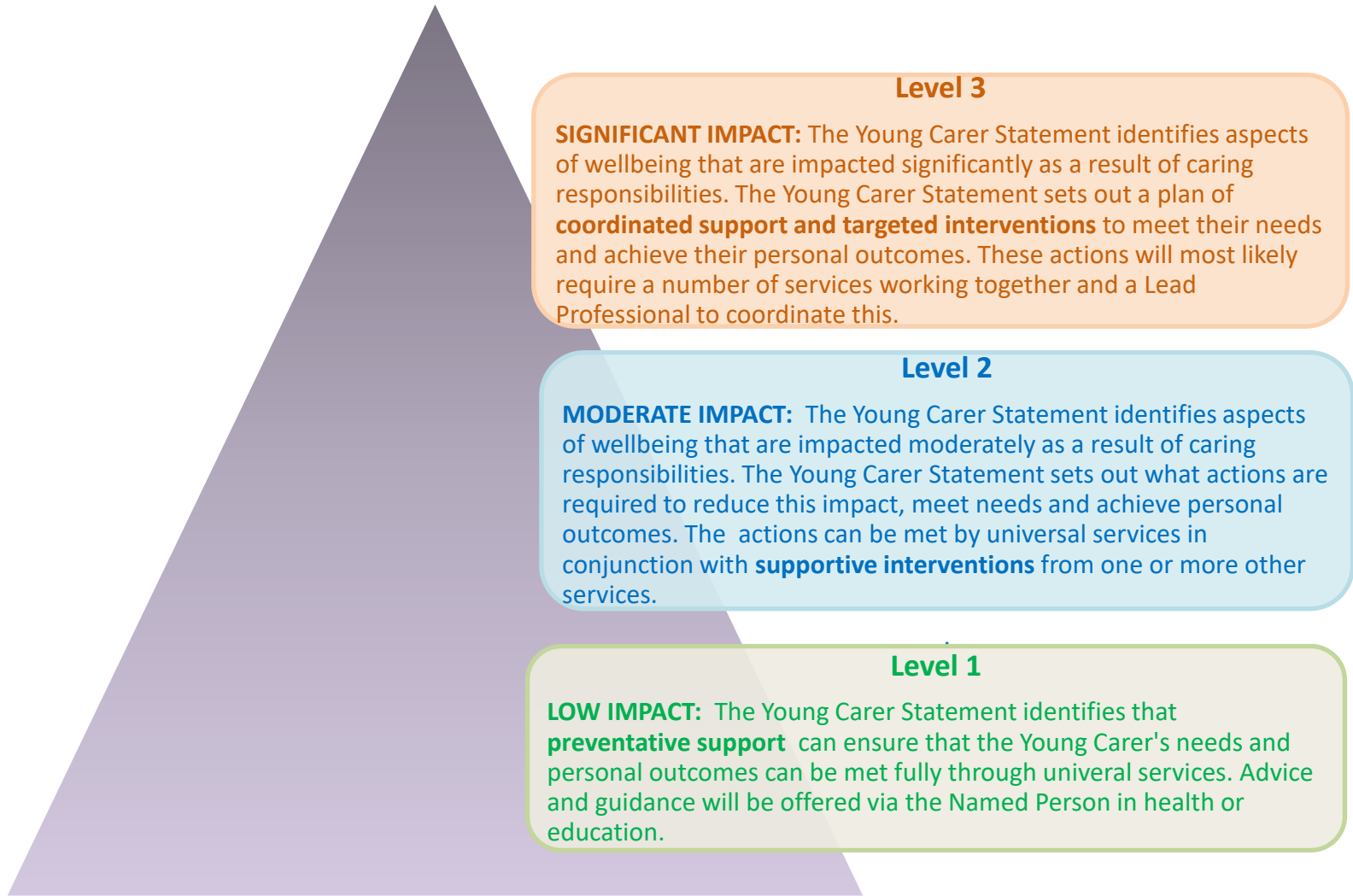
Step Three: The Young Carer Statement

The Young Carer Statement will be prepared using an agreed format which was created in consultation with Young Carers from PKAVS Young Carer Hub The Young Carer Statement will identify whether there is **low, moderate** or **significant** impact on the Young Carers personal outcomes and describe in detail a plan to support these needs. Examples of the type of support that Young Carers may benefit from are set out later in this document.

Step Four: Review of the Young Carer Statement

As a minimum, the Young Carer Statement should be reviewed annually. For some children and young people there may be a need to review the Young Carer Statement at more frequent intervals and this will be determined by the nature of their support needs and other factors such as the child or young person's legal status and or their caring responsibilities. The review of the Young Carer Statement must include the Young Carer and the person who prepared the Young Carer Statement. It is desirable to include the child or young person's parents / carers and the cared-for person and involve independent advocates if requested.

5. A Framework for Support



	Low impact/Level 1	Moderate/Level 2	Significant/Level 3
SAFE	Young Carers situation at home & within the community is currently stable and manageable	Young Carers situation is less stable with a potential risk to the young carer and their cared for person	Young carers situation is unstable and there are safety risks for the young carer and cared for person
HEALTHY	Young Carer is in good physical & mental health with no identified health needs	Young Carer is coping with aspects of their caring role however there is some impact on their physical & emotional well-being	The caring role is having a significant impact on the Young Carer's physical and/ or mental health
ACHIEVING	Young Carer continues to access education and has no identified difficulty in maintaining their learning alongside their caring role.	The caring role is impacting upon the Young Carer's ability to fully engage in learning and out of school activities	The caring role is preventing the Young from engaging with education and/or wider achievements which is proving detrimental to their learning and life opportunities
NURTURED	Young Carer has positive emotional well-being and has a nurturing environment with positive relationships at home	The caring role is negatively impacting on the Young Carer's well-being and on their relationships within the home	Caring is having a significant negative effect on the Young Carer's well-being resulting and relationships within the home
ACTIVE	The Young Carer has many opportunities to take part in activities within school and/or their community	The Young Carer has few and irregular opportunities to take part in activities	The Young Carer has no opportunities to take part in activities
RESPECTED	The Young Carer has shared their views and is involved in the decisions that affect them	The Young Carer has limited opportunities to share their views and be involved in decisions that affect them	The Young Carer has had no no opportunities to share their views and is not involved in decisions that affect them
RESPONSIBLE	The Young Carer has an active and responsible role in their home, school an/ or community	The Young Carer struggles to maintain a responsible role within their school and /or community	The Young Carer is unable to have a responsible role within their school and/or community due to their caring role
INCLUDED	The Young Carer feels included and part of their school and/or community regularly accessing extra-curricular activities	The Young Carer has limited inclusion within their community	The Young Carer feels isolated and is not part of their community

6. Examples of the kind of support that may be included in a Young Carer Statement

Preventative Support Low impact/Level 1	Supportive Interventions Moderate/Level 2	Coordinated and Targeted Support Significant/Level 3
<p>PKC through PKAVS will provide support information and advice services for Young Carers and other universal and community supports. Information, advice and supports available according to the individual needs of the Young Carer e.g. to P&K Compass Card.</p>	<p>Young Carer may be referred to PKAVS to access Young Carers' services. Services available will be according to the individual needs of the Young Carer Guidance can be sought from the Young Carer Support Worker to plan and coordinate support.</p>	<p>If it is identified that there is a significant level of need and complexity. Young Carers may be referred on the Young Carer Support Worker based at Woodlea Cottage to plan and coordinate support.</p>
<ul style="list-style-type: none"> • Information & advice (often specific to the cared for person's condition) • Minor adjustments to the school day as and when required such as soft start • Support to attend homework clubs and other extra-curricular school activities • PKAVS young carers events • Young Carers Identification card • Support from school nursing service • Education Attainment support worker at PKAVS Young Carers Hub 	<ul style="list-style-type: none"> • Support, information & advice in relation to the cared for person • Support in relation to Young Carer's physical and/ or mental health and well-being • Support to attend school activities/after school clubs • Transport to attend regular respite activities with their peers • Short breaks from caring through PKAVS young carers respite groups and/or residential breaks • One to one support such as counselling and bereavement services • Befriending • Contingency planning • Education Attainment support worker at PKAVS Young Carers Hub • Level 1 interventions also apply 	<ul style="list-style-type: none"> • Coordinated multi-agency planning of support for the Young Carer, the cared for person and family • Regular short respite breaks for Young Carer • Anticipatory care planning • Emergency care planning • Hospital discharge planning • Education Attainment support worker at PKAVS Young Carers Hub • Level 1 and 2 interventions also apply

7. Template for the Young Carer Statement

Young Carer Statement

Date of Meeting	
Type of Meeting	
<i>Initial or review</i>	

Child/Young Person's details		ID Number	
Forename(s)			Date of Birth
Surname			
Address		Male	Female
Nursery /School		Year Group	

Attendees	
Name	Role

Young Carers' Statement

This statement should include:

- Assessment of the child/young person's personal circumstances, how they affect the child/young son and their resulting needs. Include the nature and extent of care provided and the impact of this on their wellbeing and day to day life.
- What is working well.
- What is not working well.
- Young Carer's View.

Personal Outcomes					
<i>These can be long term or short term, Think SMART – Specific, Measurable, Achievable, Relevant and Timed. The identified outcomes, if achieved, should enable the young care to provide or continue to provide care for the cared-for person. Note in the Actions column how progress will be monitored or recorded</i>					
Outcome What will be different and better?	Wellbeing Indicator (SHANARRI)	Actions What support is needed to achieve this outcome?	Who is Responsible?	By When?	Progress against outcome (complete only for reviews)

Contingency
<i>Arrangements in place for the cared-for person in an emergency, also for future care of the cared-for person</i>

Review of YCS			
Who?	When? Date	When? Time	Where? Place

Designation	Signature	Date

