



Supporting children & young people in their caring roles

Who are Young Carers?

Young carers include children and other young people under 18 who provide regular or ongoing care and emotional support to a family member who is physically or mentally ill, disabled, or misuses substances.

The person being cared for may be a parent, sibling or grandparent.





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What tasks do young carers do?

- **Domestic chores** - cleaning, cooking, shopping.
- **Personal care** - washing, dressing, toileting.
- **Medical care** - administering medication, injections, ventilators.
- **Emotional support** – for all family members as well as the cared for.
- **Family Responsibilities** – caring for younger siblings, managing money and bills





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The Impact of Caring

Research has shown that this caring role can impact on a young person's:

- Social
- Developmental
- Emotional
- Educational
- Physical well being





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Sandwell Young Carers Services

- Short Breaks – Youth/Play, Day Trips, Residentials
- Promotion and Supporting Work with Young Carers with Health, Education and Social Care practitioners.
- Support Project - Integration, Advocacy and Support.





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Sandwell Young Carers is here to help you help young carers in your school...

- Awareness Training – identifying and supporting young carers
- Whole school assemblies
- Promotional Stands at School Events
- Advice & Guidance with completing the Young Carers in Schools Award
- Young Carer School Nurture Groups

Rajinder Sunnerd, Education Promotion & Development Worker





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How can schools Identify Young Carers?

- Admissions form – is there a family member with an illness and disability
- Persistently late
- Often leave at lunch or before school finishes
- High absenteeism
- Poor concentration through tiredness and worry
- Under achievement and/or deteriorating performance
- Homework difficulties
- Lack of participation in after school events
- Withdrawn and isolated
- Poor attendance from Parents at events





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The Care Act 2014

The Children and Families Act 2014

came into effect on 1 April 2015

New legislation – The Carers Act 2014 and The Children and Families Act 2014 came to be in April 2015.

It means that young carers, young adult carers and their families now have stronger rights to be;

- Identified
- offered information
- receive an assessment and be
- supported using a whole-family approach



...by their local authority.



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How can schools Support Young Carers?

- Early help assessment
- Young carers policy
- PSHE lessons
- Nurture groups





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Any Questions?

Thank you for caring!

Rajinder Sunnerd
Education Promotion & Development Worker

