



South Gloucestershire
Clinical Commissioning Group

South Gloucestershire Young Carers Strategy SUMMARY



Who are Young Carers?



A Young Carer is a person **under 18** who provides or intends to provide care for another person (of any age); this relates to care for any family member who is physically or mentally ill, frail or elderly, disabled or misusing alcohol or substances.

A Young Carer can become vulnerable when:

The level of care-giving and responsibility to the person in need of care becomes excessive or inappropriate for that child, risking impacting on his or her emotional or physical well-being or educational achievement and life chances



Hidden Young Carers?

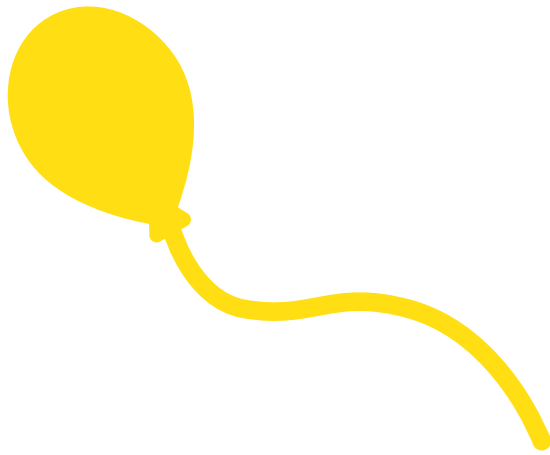


Some Young Carers are 'hidden' (not identified as a Young Carer); this can happen for lots of reasons e.g.

- They don't realise they are a Young Carer because they don't know what that means
- Identifying them can be difficult because they might not want to talk about what is happening at home
- Professionals don't always get the training they need to help identify them
- Sometimes families are worried about identifying them because they think they might be deemed 'at risk'.

If you are a Young Carer you have rights! (Whether you look after someone every day or just occasionally)

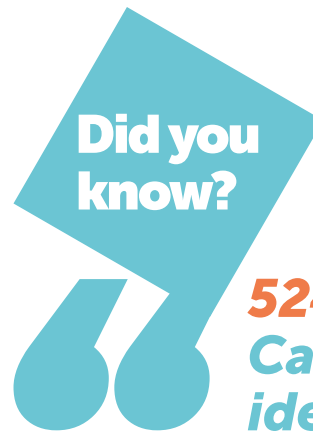
- You have a right to be supported and get help when you need it
- You have a right to be safe and not do a caring role which might
 - Make you feel worried, sad or lonely
 - Make your health worse
 - Means you miss out on time with friends
 - Means you do worse at school, college or university
 - Stops you getting a job or keeping a job
 - Stops you achieving your goals for the future



You also have a right to an assessment, this is a discussion with you to find out information about you and the caring you do. This information is needed so that the person doing the assessment can make decisions with you about:

- Whether your situation is okay
- If more support would help you and the person you care for

It isn't an exam or checking on how well you are caring for a person, so don't worry. It is free and the focus is on whether the council is doing enough to support you so you have the same chances as everyone else your age.



524 Young Carers identified themselves on the census (a census is a survey about all the people in the UK done every 10 years)



There are 3 types of assessment

- 1 Young Carers Assessment for under 18's
- 2 Transition assessment for Young Adult Carers before they are 18
- 3 Carers Assessments for all carers aged 18 and over.



This Carers Strategy has been created to make sure everyone is focused and works hard to look after you and the person you care for.



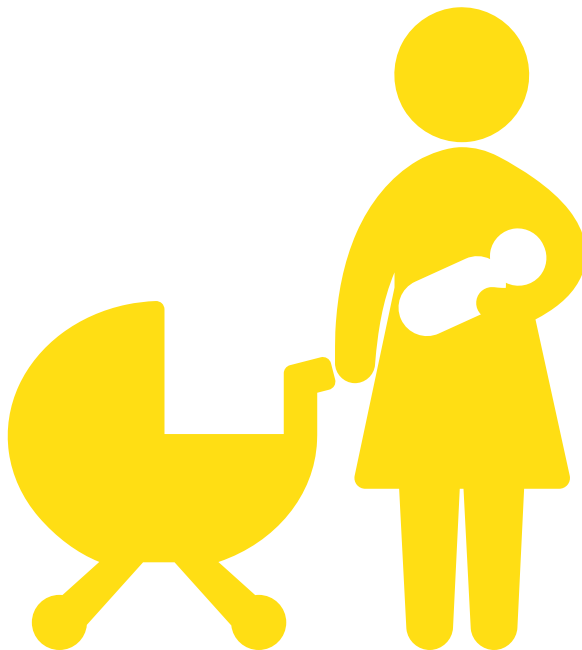
South Gloucestershire Council spoke to Young Carers when they were deciding what was important to put in here; this is called a consultation.



The 524 Young Carers identified in the census is likely to be a massive underestimate and there is actually many more who haven't been identified yet

In the consultation we said:

- There is a lack of joined up thinking across health and social care – sometimes things work well but this is too hit and miss currently. Once someone is diagnosed health staff should automatically register a carer, enabling them to have access to information and support.
- Health staff should also ensure they communicate with Young Carers; using appropriate language and visual diagrams
- Carers and service users can wait a long time for assessments and services



Did you know?

The number of Carers is set to rise by 60% by 2045

In the consultation we said:

- Support and understanding in school is vital.
- Young carers value the 13 up club and it needs continued support.
- Raising awareness and breaking down stigma is very important, and work with employers so that home life and work can dovetail more.
- Young carers need to continue to have support to meet other young carers and escape from their caring responsibilities.
- Further work is needed to understand the needs of young carers and young adult carers; and carers aged 25-44 who were all under-represented in the consultation.

Did you know?

The average age for a young carer is twelve



Young Carers Voice



Young Carers Voice is a group of Young Carers who make sure that Young Carers have a say about things that matter to them. We have looked at this strategy and picked out the important bits for Young Carers and written it in language we hope you will understand.



Did you know?

*That if carers stopped caring it would cost **£132 billion** per year to replace them!*



Summary of feedback from the consultation and what the council and other organisations are going to do

Priority Areas	You said	Response in Action Plan
1. Identifying carers at an early stage, recognising their contribution and involving them in designing local care and in planning individual care packages	<p>GP practices poor at involving children and young people</p> <p>“Please listen to us and act on what we say”</p> <p>“Allow carers to be in room when seeing medic or social worker”</p>	<p>1.1 Identifying carers at early stage (When they begin caring)</p> <p>1.2 Identifying carers in primary care (In particular Doctors Surgeries)</p> <p>1.3 Involving carers in service design (Increase numbers of Young Carers involved)</p> <p>1.4 Involving carers in planning care</p>

Priority Areas	You said	Response in Action Plan
<p>2. Carers releasing and realising their potential in education and employment</p>	<p>Please listen to us and act on what we say”</p> <p>Young carers value Carers Support Centre’s role</p> <p>Young carers want more consistent support from schools</p>	<p>2.1 Identifying young carers</p> <p>a) Outline and raise awareness of the way that young carers can get assessments and support, including moving onto different stages.</p> <p>b) Work with young carers to plan and raise awareness between different organisations and increase the number of young carers known to services, including adult social care</p> <p>c) Put in place organisations plan to raise awareness and increase the number of young carers known to services.</p> <p>d) Develop the Carers Support Centre’s Young Adults Project and work on a plan to maintain this idea, with particular reference to those not in education, employment or training (NEETs)</p> <p>2.2 Schools and colleges</p> <p>a) Work with schools and colleges to put in place a policy and offer young carers access to age appropriate suitable support.</p> <p>2.3 Getting employment</p> <p>2.4 Staying in employment</p>

Priority Areas	You said	Response in Action Plan
4. Supporting carers to stay healthy, mentally and physically	<p>"Avon Fire Service can help reach vulnerable children and adults"</p> <p>Hospitals poor at involving children and young people</p>	<p>4.1 Supporting carers to be healthy</p> <p>a) Explore how it may be possible of offer Health Checks to young carers Young Carers would like more focus on Wellbeing/Mental Health for young carers and tackling issues with GP's i.e. being able to get quicker appointments.</p> <p>4.2 Ensuring access to NHS</p> <p>4.3 Support in hospital</p>

The plan for young carers

This is the plan for 2017-2020 showing the work that will happen with and for young carers.

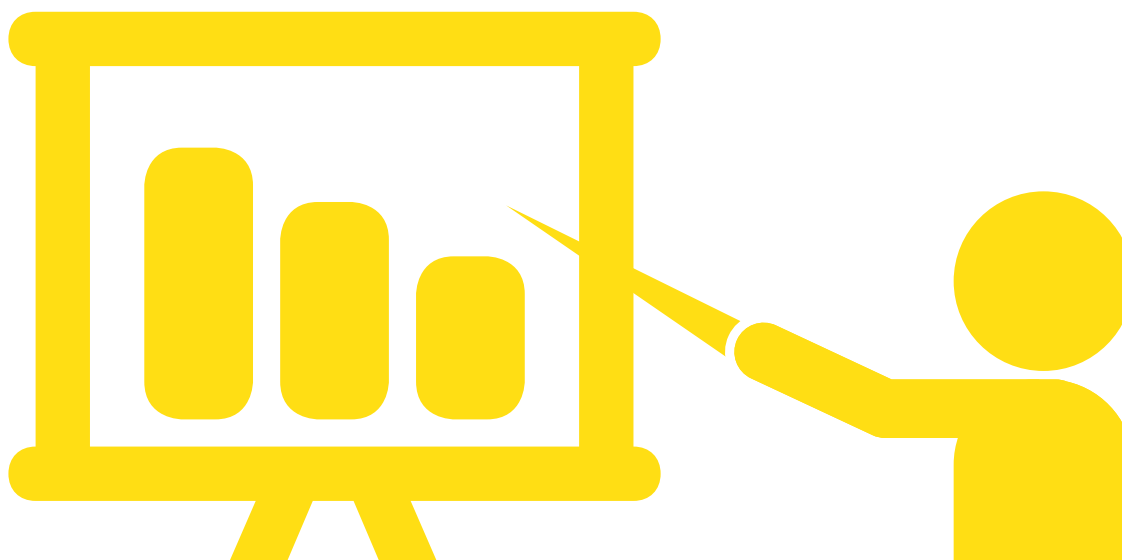
PRIORITY AREA 1

Identifying carers at an early stage, recognising their contribution and involving them in designing local care and in planning individual care packages.

Ref	Objective	What we will do	Who will do it	By when	How will we measure success
1.1	Identifying carers at an early stage	a) Social media and other campaigns around Young Carers awareness days, Carers Week and Carers Rights Days	Carers Support Centre / South Glos Council/ Clinical Commissioning Group	Ongoing	Social and other media campaigns

Ref	Objective	What we will do	Who will do it	By when	How will we measure success
1.1	Identifying carers at an early stage	b) Target promotions at individuals and groups who are under represented on carers registers eg young carers, expectant mothers, young adult carers, parent carers and working carers.	SGC/ CCG/ CSC	March 2018	Develop and implement plan for Carers Strategy Implementation Group (CSIG)
		c) Benchmark training across agencies and address shortfalls for groups of health, social care and voluntary sector staff	SGC/ CCG/ Health and Social Care providers	Ongoing	Reported annually to Carers Advisory Partnership (CAP)
1.2	Identifying carers in primary care	a) Continue to work to improve carer awareness amongst staff in GP practices, especially young carers and young adult carers	Carers Support Centre/ Clinical Commissioning Group (CCG)	Ongoing	Annual report to Carers Strategy Implementation Group (CSIG)

Ref	Objective	What we will do	Who will do it	By when	How will we measure success
1.3	Involving carers in designing local care	a) Maintain and increase current level of carers involvement in designing local care, especially young and young adult carers	SGC/ CCG/ CSC	March 2017	Judgement for CAP to make
		b) Map how carers voices are heard in adult and children's services, and fed back to them		Sep 2017	Demonstrate input and plans to address any shortfall to CAP
		c) Address any significant gaps identified in 1.2 b) above		March 2018	



PRIORITY AREA 2

Carers releasing and realising their potential in education and employment.

Ref	Objective	What we will do	Who will do it	By when	How will we measure success
2.1	Identifying young carers	a) Define and raise awareness of young carers pathway to assessment and support	Carers Support Centre	Sep 2017	Pathway shared with CSIG and CAP
		b) Work with young carers to develop an inter-agency plan to raise awareness and increase the number of young carers known to services	Carers Support Centre / Schools/ Education Dept/ School Nurses	March 2018	Plan signed off by Carers Advisory Partnership
		c) Implement inter-agency plan to raise awareness and increase the number of young carers known to services	Carers Support Centre / Schools/ Education Dept/ School Nurses	March 2019	Numbers of young carers on registers, known to schools and on registers

Ref	Objective	What we will do	Who will do it	By when	How will we measure success
2.1	Identifying young carers	d) Progress the Carers Support Centre's Young Adults Project, with particular reference to those not in education, employment or training (NEETs)	Carers Support Centre	Ongoing	To be confirmed
2.2	Schools and colleges	a) Work with schools and colleges to develop a Young Carers Policy	Carers Support Centre / Schools/ Education Dept/ School Nurses	March 2018	Policy developed and agreed
		b) Work with schools and colleges to implement Policy and offer young carers access to age appropriate, tailored support	Carers Support Centre / Schools/ Education Dept/ School Nurses	March 2020	Policy adopted and implemented by schools and colleges
2.4	Staying In employment	a) Supporting young adult carers to enter and exit work	Carers Support Centre/ JCP	Ongoing	To be confirmed

Young Carers Awareness Day 2017

When I Grow Up

This film was made by the members of Young Carers Voice in partnership with Boomsatsuma. The film was made to raise awareness of young carers; their aspirations, how being a young carer helps or hinders reaching their goals and how support can enable them to achieve their goals.

The film was funded by Carers Trust and Young Carers Bristol and South Glos. Young Carers were involved in every stage of the creation of this film; they would like it to be shown in schools and shared by professionals to raise awareness of their aspirations.



<https://youtu.be/QDhk8ro2Q0s>