

Young Carers

Identifying and Supporting Young Carers



Thanks to Lambeth Social Care Academy and Lambeth Young Carers for permission to use these slides.





We will be exploring:

- Who young carers are and the roles they take on
- Our duties, legislation and policy
- Signs and symptoms to look for
- Barriers to identification
- Impacts of caring on children
- Good practice in assessment and support

▼
When was the last time
you asked if a child
might be caring for
someone at home?



Who is a Young Carer?

A young carer is someone under 18 who helps care for a family member or friend who has:

- a disability
- mental health difficulty
- physical illness
- substance misuse problem

What Might a Young Carer Do?

Practical tasks:
cooking,
housework,
shopping

Physical care:
lifting, helping
with mobility

Personal care:
washing,
dressing,
toileting

Medication:
supervising or
administering

Emotional
support: calming,
listening,
reassuring

Sibling care:
walking to
school, bedtime
routines

Managing
household
finances or
benefits

Our Statutory Duties

Children and Families Act 2014, s96 - Supports early identification and proactive duty.

Children Act 1989: s17 Child in Need

Think Family Approach

Swindon Young Carers Charter updated 2023 -

https://www.swindon.gov.uk/info/20046/youth_services/1311/young_carers

Our Statutory Duties

Care Act 2014:

s1- Wellbeing

s2 - Prevention

s4 - Information & advice

s6 – Cooperation

s9 - Adults needs assessment

s10 - Carers assessment

s58-63 - Transitions for children to adult care and support

s63 - Assessment of a young carer need for carers support

Why is it so
important that
we identify
young carers?

- Caring responsibilities can affect children's **physical and/or mental health, social life** and **self-confidence**
- The young carer might **miss school or be late**, due to the caring role
- Struggle to juggle education and caring, which can cause **pressure** and **stress**
- Young carers might **be bullied** because of their caring role

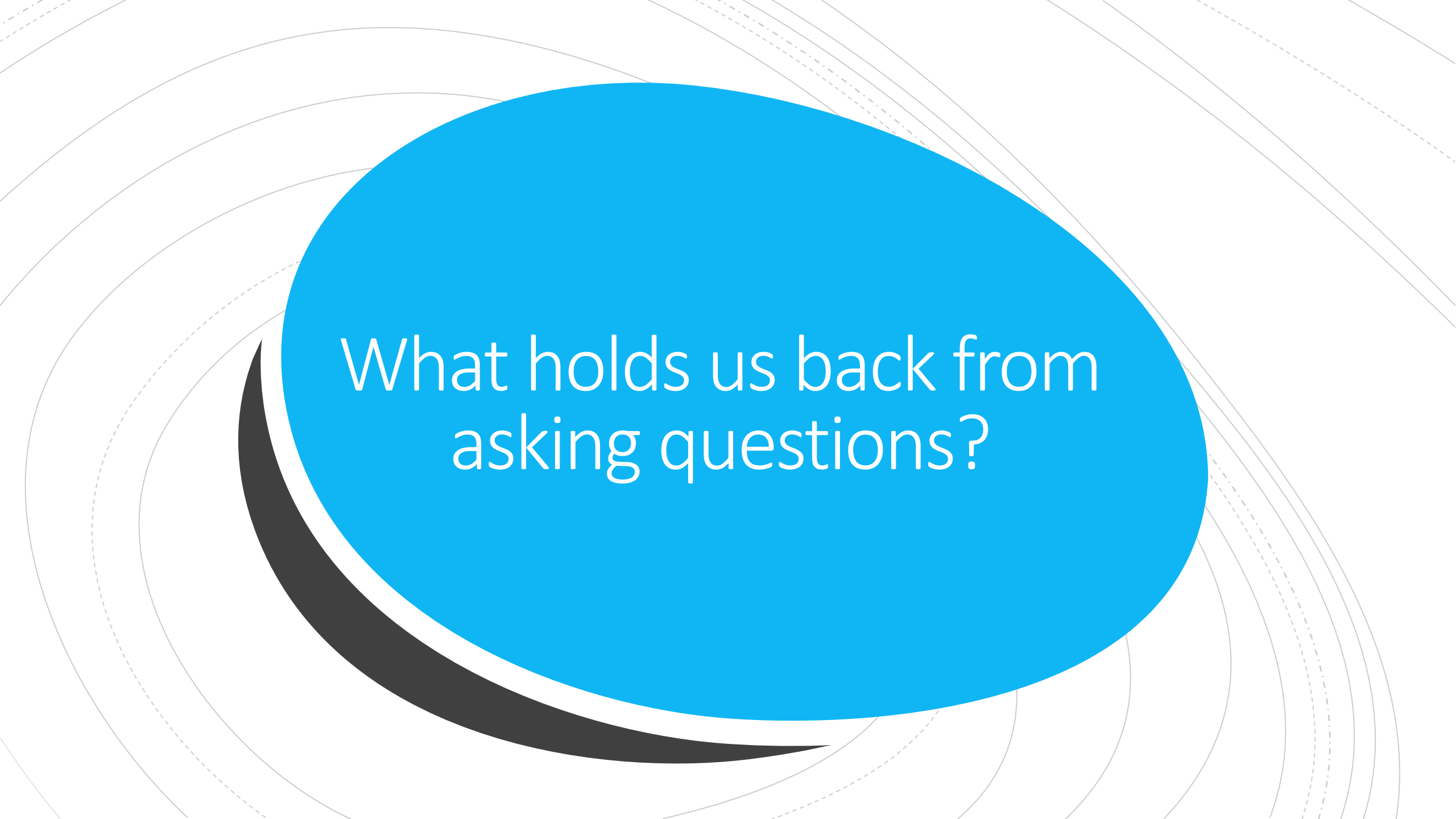


**Supporting a young
person who might
be a carer?**

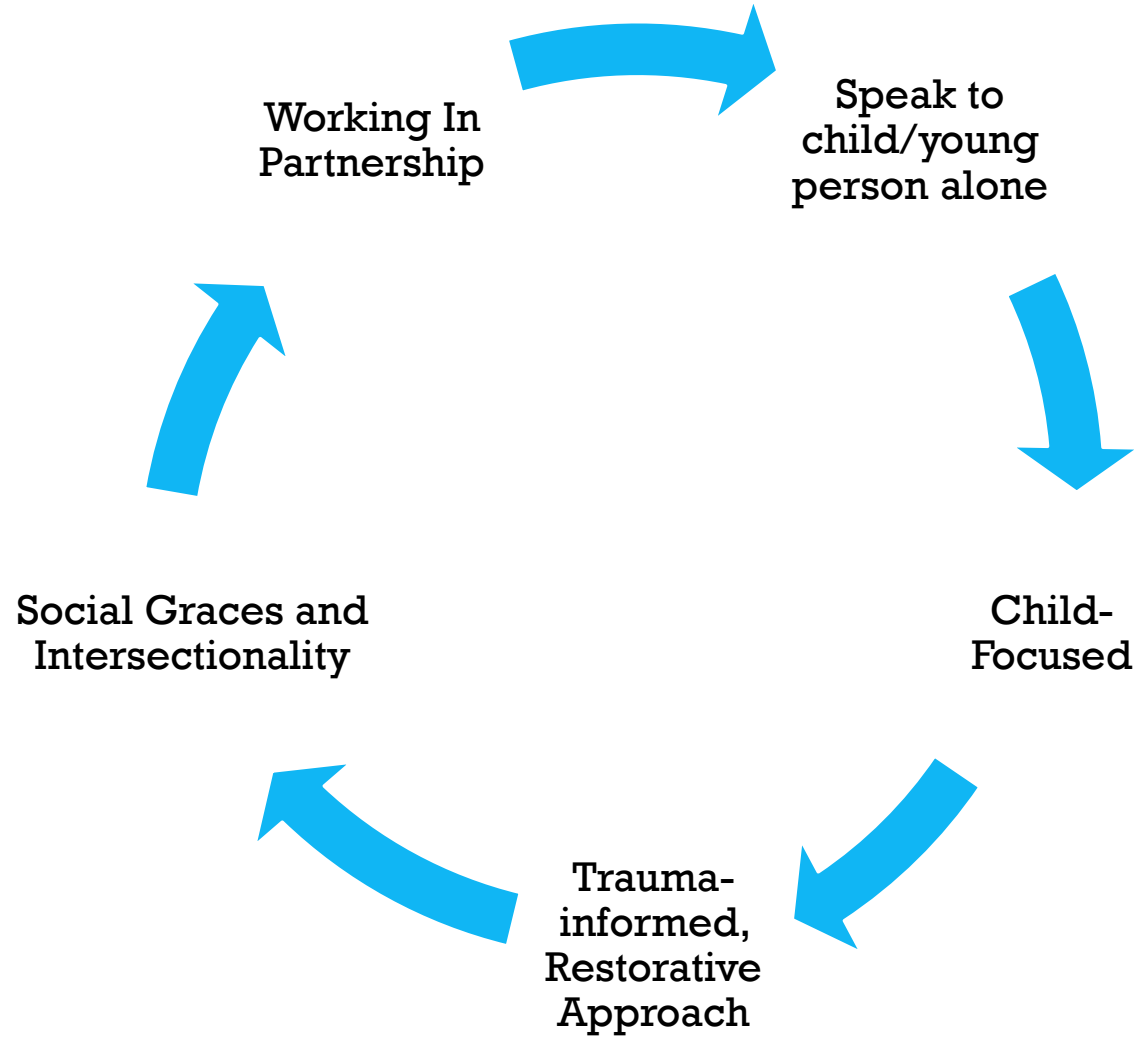
**What are the possible signs to look out for?
What have you found helpful in your practice?
What are your thoughts around why many young carers are
hidden?**

Why are many young carers hidden?

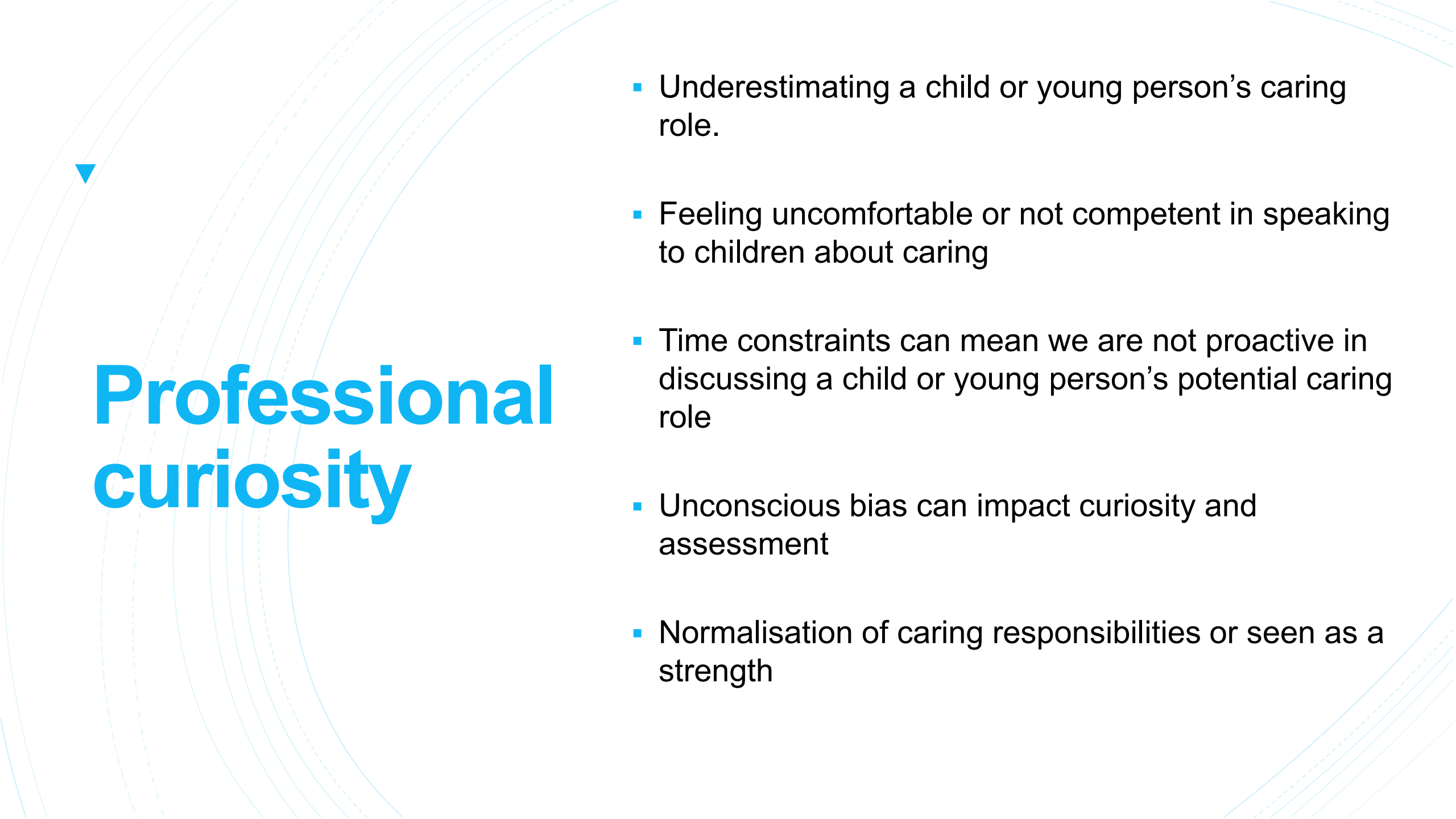
- Worried about bullying
- Loyalty to family
- They see no reason to share their story
- They don't believe any positive action will occur as a result of sharing their story
- Fear of intervention or that they will be taken into care
- Shame or stigma
- Cultural expectations
- Lack of language or understanding
- Professionals don't always ask

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large, solid blue oval is positioned in the center, containing the text. A thick, dark gray curved line sweeps across the bottom left, partially overlapping the blue oval.

What holds us back from
asking questions?



Talking to Young People about their experiences



Professional curiosity

- Underestimating a child or young person's caring role.
- Feeling uncomfortable or not competent in speaking to children about caring
- Time constraints can mean we are not proactive in discussing a child or young person's potential caring role
- Unconscious bias can impact curiosity and assessment
- Normalisation of caring responsibilities or seen as a strength

Identifying Young Carers

- Has a child or young person mentioned caring to you?
- Is there a long-term illness/disability within the family?
- Have you witnessed children helping at home?
- Are the children keen to listen to health or adult discussions?
- Are children and young people visiting a relative in hospital?
- Are there any formal support services involved with the family?
- How many adults live in the family home?
- Who is helping with medication routines?
- Have children reported worries about their own health?
- Does the child look unkempt or show signs of hunger?
- Are you supporting a young person with anxiety, sadness or fatigue?
- Does the parent/adult need help with communication or comprehension?
- Is there no extended family involved?
- Is there no worker support in place for the family?
- Does the child avoid activities or cancel plans at the last minute?
- Does the child display maturity or 'false maturity'?
- Does the child seem consistently sad, anxious or tired?
- Is the child hesitant to talk or unusually quiet?
- Are they not keen to plan or talk about their own future?
- Have they had to seek help in a crisis (e.g. contacting neighbours, police, ambulance)?

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What Questions Might you
ask to assess?

Recognising Cultural Identity, Adultification & Intersectionality

- **Cultural expectations** may frame children's caring roles as "family duty"
- **Adultification** bias can lead to Black and minoritised children being seen as more resilient and less in need of protection
- **Intersectionality:** young carers may also experience racism, sexism, poverty, immigration, stress or SEN
- **Sensitivity is key** – understand cultural context without excusing inappropriate levels of care
- **Challenge internal bias:** avoid assuming some children can 'cope better'
- **Ask reflective questions:** Is this child's caring role safe, supported, and age-appropriate?

Thresholds and Taking Action

Professional Curiosity is Key

Support, advice, guidance can be found: :

- The Right Help at The Right Time
- **Swindon Carers Together - Young Carers**
- Children and Families Contact Swindon with a Request for Help and Support if safeguarding concerns are present
- Maintain information sharing and whole-family focus

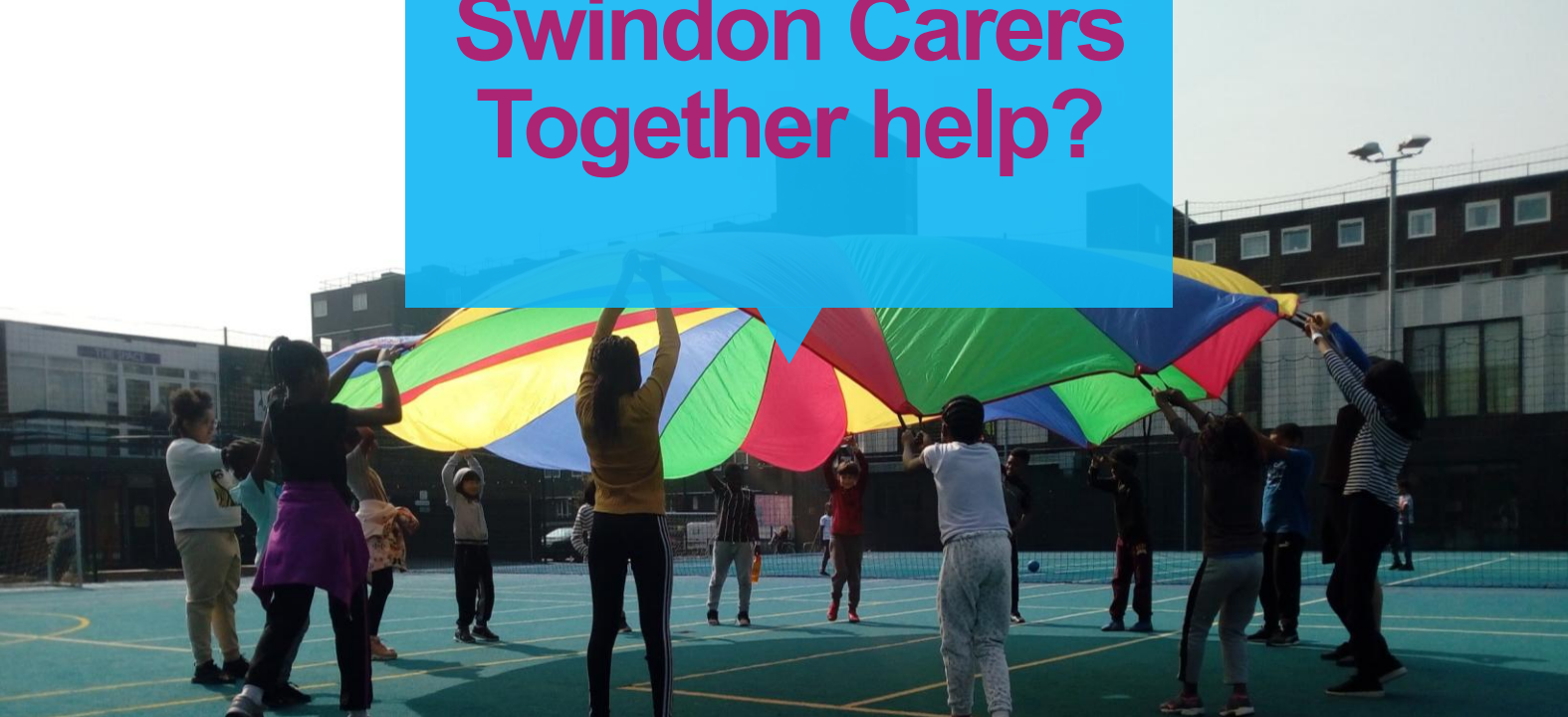
Refer if...

- Child's education, health or development is significantly impaired
- Care provided is inappropriate or beyond child's developmental stage
- There's exposure to untreated parental mental illness, substance misuse, or neglect

If in doubt seek advice



How can Swindon Carers Together help?



Swindon Carers Together



Adventure, friendship and support are super-important for young carers, so we split our work into the following areas:

- We organise a mixture of exciting activities throughout the year
- We run monthly young carers clubs – a space to relax, have fun, and build relationships with safe adults within Swindon Carers Together
- We provide a listening ear and relevant help to young carers and their families;
- We work with schools and colleges to support young carers with their education and raise awareness
- Swindon Carers Together are a complete service supporting adult, parent carers and young carers

ARE YOU A YOUNG CARER?



IF SO WE CAN HELP YOU
MANAGE YOUR CARING
RESPONSIBILITIES,
WHILST STILL ENJOYING
LIFE, LEARNING &
TIME FOR YOURSELF

INFORMATION,
ADVICE + GUIDANCE
1 TO 1 SUPPORT
ACTIVITIES
+ EVENTS

01793 531 133

hello@swindoncarerstogogether.org.uk

Swindon Carers Together,
Sanford House, Sanford
Street, Swindon, SN1 1HE

HOURS
9am – 5pm
Monday to Friday

www.swindoncarerstogogether.org.uk

Swindon Carers Together is part of Cornwall Rural Community Charity.
Charity Registration: 1087550 Registered as: Cornwall Community Development
Limited Company no: 4144745



Swindon Carers Together provide help and support for young carers.

Visit the Website to find out more and to make a referral: [Young Carers — Swindon Carers Together](http://YoungCarers—SwindonCarersTogether.org.uk)

CONTACT US ON:

hello@swindoncarerstogogether.org.uk
[01793 531133](tel:01793531133)

FIND US AT:

**Swindon Carers Together,
Sanford House,
Sanford Street,
Swindon,
SN1 1HE**



Give Me A Break

Swindon Carers Together



Young Carers Assessments



A chance to find out more about their caring role and how they feel about it



Look out for inappropriate caring activity



Develop a robust support plan - what do they need? What do their family need?

We would love
to have your
feedback

Please use this link:
[Identifying and Supporting
Young Carers](#)
Or the QR code.



Useful Resources

- Swindon carers together posters

SSP webpages:

- Information sharing and consent
- Professional curiosity
- Request for help and support guidelines and contact information
- Local Child Safeguarding Practice Reviews and Case Learning leaflets

Learning Hub Information includes:

- Training Information
- 7-minute briefs and learning resources to improve practice
 - Adultification - September 2024
- Video archive
- eLearning: Being professionally curious

What Needs To Be Said
- Young Adult Carers
Bucks – YouTube

