

Recognising Young Carers



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PROFESSIONALS GUIDE TO **YOUNG CARERS**

This guide explains how you can help to recognise Young Carers and support their needs. It is everybody's responsibility to identify and support Young Carers and their families. Even if your professional role centres on working with adults you are in a prime position to identify that a young person may have additional needs as a result of their parent's illness or disability, and to make sure they do not remain unnoticed.

One of the many ways of supporting a Young Carer is to put them in touch with their local carer's centre. Simply ask their permission (and their parent/guardians if they are under 18) then give Carers **Lewisham Young Carers Project** a call on **0208 699 8686**.

Young Carers projects are greatly valued by the young people who access them and by their families. A diverse range of approaches have been developed in response to the local needs identified and also to the individual needs of each Young Carer.

Lewisham Council its partners and Carers Lewisham are fully committed to the `Whole Family Approach` to support Young Carers and their family, providing appropriate interventions and information wherever possible. We are working together to make sure that relevant services are involved which will help to ensure that Young Carers do not need to take on inappropriate levels of care.

Using this guide will help you to find out more about Young carers and how YOU can help to make a difference to lives of Young Carers in Lewisham!

Don't forget if you have any queries call Lewisham Young carers on 0208 699 8686 who will be able to inform you of the support they can provide, or **LISA** on **0208 138 1285** who will be able to help you to identify additional resources, as well as providing guidance on how a CAF and the Team around the Child approach can support Young Carers and their families.

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Please note that although every effort will be made to ensure contact details are correct, please bear in mind that information can change quickly. Lewisham Council cannot take responsibility for the quality of services or the content of the websites listed in it.

Acknowledgements

Carers Lewisham
Sunderland Carers Centre
Connexions Tyne and Wear

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INTRODUCTION

This guide aims to raise awareness amongst professionals working with children, young people, and their families, the issues facing them and the barriers to them achieving under the Every Child Matters outcomes.

It explains who Young Carers are and the types of `care` that they provide, and explores the potential impact that this can have. The guide will then look at how agencies can better support this often hidden and vulnerable group.

Having caring responsibilities is not necessarily a negative experience. Young Carers are often proud of the support that they provide, and do not view themselves as different from their peers. However support must be available to avoid their caring responsibilities from impacting on their well being, and protects them from unmanageable responsibilities that can impact on their emotional, physical, or personal development.

Young Carers are not a homogenous group, why they undertake a caring role will be different dependent on the parent's or sibling additional need. Caring often occurs over time and may grow to meet the emerging needs within the family.

In lots of families the caring role is managed and does not have a negative impact on the child/young person. However even when this is the case , Young Carers and their families have a right to be well informed about services available to them should they wish to access them. This will help to reduce situations in families when there is a change of circumstance that may lead to a crisis and potentially the need for emergency support.

Therefore the overall aim is to provide a `virtuous` cycle of support, which ensures that whatever the reason for the caring role, whether it is episodic, always present, or changes in circumstance Young Carers and their families are aware of and can access the necessary additional support.

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Defining Young Carers

We are agreed that the term “**Young Carer**” should be taken to include children and young people under 18 who provide regular and ongoing practical, personal care and/or emotional support to a family member who has a physical, learning or mental disability, or who misuses substances, or where there are issues of domestic violence.

The term does not apply to the everyday and occasional help around the home that may often be expected of or given by children in families. The key features for us are that the caring responsibilities persist over time and are important in maintaining the health, safety or day to day well-being of the person cared for and/ or the wider family.

In general, if the caring role and responsibilities are having an adverse effect on the Young Carer’s education or ability to form friendships or undertake social activities and pursuits, this would be an indicator that the situation is inappropriate and an assessment and possible alternative care support is indicated.

This involves having regard to **what** is done, **why**, its impact, **how often** and the **extent** to which the young person has **sole** or **unsupervised** responsibility for an activity which might usually fall to an adult. In making this judgment account needs to be taken of

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the perspectives of both the Young Carer and their parent and any tensions between them.

The central issues for us are those of recognition, adverse impact and support, including emotional support. Our approach relies on the premise, within a whole family approach, that:

“a Young Carer becomes 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”

The Children’s Society – Key Principals for Practice

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Context

One of the barriers to providing support for Young Carers is the difficulty in gauging their number accurately. Below are some of the statistics which can be used to develop an impression of the potential numbers of young carers in the UK.

There are 175,000 known Young Carers in the UK(2% of the general population), with 13,000 caring for over 50 hours per week.

In September 2004 the Princess Royal Trust for Carers undertook a survey of over 1,300 young people and found that 12% of 12-19 year olds were providing care. This would correspond to over 1,000,000 carers aged up to 19.

However, 1.3 million children live with parents with problematic alcohol misuse ,2.5 million children live with a parent with a mental health problem ,and 25,000 with problematic drug misuse.

30% of families that include someone with a mental health problem also have children in the household.

Carers Lewisham have over 500 Young Carers registered with them. However this is likely to be a significant misrepresentation of the number of Young Carers within Lewisham as work undertaken within Lewisham Schools to promote awareness estimates that there could be as many as 12,000 Lewisham Young Carers of secondary school age alone.

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The `Young Carers in the UK 2004` report surveyed 6178 known Young carers to gain a greater insight into their lives and a snapshot of the group's demography. It found:

Hours spent caring

- 50% of Young Carers provide 10 hours or less of care a week
- 33% provide 11-20 hours per week
- 16% provide over 20 hours per week with around 2% providing 50 or more hours a week

Period Providing Care

- 36% of Young Carers have been caring for 2 years or less
- 44% for 3-5 years
- 18% for 6-10 years
- 3% for over 10 years

Care Receivers

- In lone parent families, 70 % of people with care needs were mothers
- In two parent families, siblings accounted for 46% of those receiving care

Types of care

- 82% provide emotional support and supervision
- 68% of Young Carers provide domestic help in the home
- 48% provide general and nursing type care
- 18% provide intimate personal care
- 11% provide child care

Demographics

- 56% were girls
- 44% were boys
- Average age 12 years old
- 84% were White
- African Caribbean was the largest ethnic minority group
- 56% were living in lone parent families

Type of Illness/disability

- 50% were of a physical health nature
- 29% were mental health problems
- 17% were related to learning difficulties
- 3% were sensory impairments

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Types of Caring

Care provided by Young Carers can range across a variety of tasks both in and outside the family home. The main categories of care are:

Domestic Tasks

Household chores such as cooking, cleaning, washing, ironing, shopping and gardening

Emotional Support

Refers to observing emotional state, providing supervision, trying to `cheer up` the carer recipient when they are low in mood, talking and listening.

General Care

Refers to tasks such as administering medication, changing dressings and assisting with mobility.

Intimate Care

This category includes lifting, washing, dressing, and assisting with toilet requirements

Child care

Refers to helping to care for younger siblings in addition to other caring tasks.

Other responsibilities

Refers to any other miscellaneous tasks such as bill paying, translating, or accompanying to medical appointments.

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Why do young people care?

The individual circumstances of each Young Carer are unique to their own family situation, however certain factors are likely to influence the reasons behind young people becoming Young Carers.

The structure of the family unit:

- ❖ A young person may become a Young Carer because a parent needs support. This is obviously more common in lone parent families.
- ❖ In other situations the level of support required may be too much for one to provide, requiring children to become secondary carers supporting the main carer.
- ❖ Other families may contain more than one member with care needs, thus increasing the responsibilities taken on by others.
- ❖ The support available from others, including the extended family also has an impact on the level of care being provided by Young Carers.

The type of illness/disability/substance misuse and perception of need

- ❖ The level of support required can vary widely in accordance with the nature of an illness/disability/substance misuse. They may be stable and managed, or in other cases they may be degenerative or periodic, with sudden and unexpected changes to the care recipients condition (common in mental health, MS, Lupus, and arthritis)
- ❖ The time line of onset, diagnosis, acceptance and requests for support can lead to inappropriate levels of care being provided within the family.

Knowledge of support available

- ❖ Families are not always aware of who they can turn to for support. This can be compounded in situations where families or individuals fear being stigmatised.
- ❖ Families often lack information and knowledge of their rights and how to access available support

The combined effects of these factors can lead to some young people becoming carers.

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The Impact of Caring

Not all Young Carers experience a negative impact as a result of their caring responsibilities but, particularly where other support is absent or limited, the Young Carer is vulnerable to a range of negative effects.

Research has consistently shown that negative impact can occur across the personal, health, educational and employment aspects of a Young Carer's life.

Personal

- ❖ Young Carers may have limited horizons and aspirations as a result of their reluctance to leave the family home.
- ❖ Limited opportunities to take part in social or leisure activities
- ❖ A fear of professionals is common with Young Carers and their families often reluctant to disclose their situation for fear of judgement or the young person being taken into care.
- ❖ Young Carers are often more mature than their peers that can lead to a sense of isolation.
- ❖ Young Carers may feel frustrated about their own needs and the needs of the person they care for, which may result in feelings of guilt.
- ❖ Low self esteem compounded where their contribution is undervalued and they are excluded from discussion about the family's needs

Social

- ❖ Bullying – The different life experience between Young Carers and their peers can result in difficulties due to restrictions on friendships, and lack of empathy from those without caring responsibilities.
- ❖ The isolation from peers and feelings of being an outsider can also lead to Young Carers to avoid discussion with adults regarding their caring role which results in them remaining `hidden`.
- ❖ Young Carers may also face bullying or other negative treatment due to the type of illness or condition present in the family. This `stigma` by association can be particularly prevalent where mental health or substance misuse are present

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- ❖ Cleanliness and hygiene can sometimes be an issue

Health

- ❖ Health problems may develop for Young Carers due to their role. These may be physical health problems, such as back problems, or mental health problems due to a high level of anxiety or worry.
- ❖ Emotional well being of Young Carers can also be negatively effected by seeing a loved one in pain, or dealing with behaviour from a family member which may be irrational, unpredictable and/or hurtful. Bereavement and fear of bereavement will also have an impact on emotional well being of Young Carers
- ❖ The presence of problematic substance misuse in the family can distort young people's perception of safe practice.

Education/Employment

- ❖ Many Young Carers leave school with low grades or no qualifications(1 in 3 regularly miss school and/or have educational difficulties). Indicators such as missing school, not completing homework, or being tired and distracted are often misunderstood, resulting in them being negatively labelled which compounds social isolation and low self confidence.
- ❖ A combination of factors such as low self esteem, reluctance to leave the family home, and low levels of achievement may lead to difficulties in managing the transition into further education or employment.
- ❖ Young Carers have limited access to extra curricular activities which can hinder personal development
- ❖ Caring often influences views of the future, leaving some with a reluctance to leave home or pursue post 16 education.

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Identifying Young Carers

Every Young Carer is unique and each person's ability to hide their responsibility can be vastly different, as can the willingness to trust and confide in professionals.

However there may be some identifying features which may bring care responsibilities to the attention of professionals.

- Anxiety or concern over an ill or disabled relative
- A need or desire to be in regular contact with home
- Often late or missing from school
- Secretive about their home life
- Often tired, distracted, withdrawn or anxious
- Low self esteem and self confidence
- Isolated or victims of bullying
- Poor relationship with peers
- May take on a caring role with younger children
- May demonstrate confidence when interacting with adults
- Isolation or withdrawal or behaviour that may be deemed as challenging in a school or youth group situation but is the opposite of behaviour demonstrated at home.
- Back pain or other related pain
- Outbursts or amplified response to events due to the emotional strain they may be under

The sooner Young Carers are recognised the easier it is to prevent them from taking on inappropriate levels of care. Information on a family support pathway should be available to all Young Carers and their families.

In order to obtain early identification joined up working must occur with health, education and social care professionals so that as soon as a adult or siblings additional need is identified, the practitioner is able to ask :

Is there a child/ young person in the family that may require, information, support or advice. If so are they aware of the

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Lewisham Young Carers service, and their right to an assessment within the Common Assessment Framework.

Young Carers from Minority Ethnic groups

- ❖ Research shows that there is often a lack of knowledge about services and support available. This can be further compounded by the stereotype of caring extended families held by some professionals, which can lead to needs being overlooked.
- ❖ In addition carers may have specific cultural and or religious requirements which need to be considered when planning support.
- ❖ There may be different cultural interpretations of disability causing a further reduction in the take up of services
- ❖ Barriers preventing full access to welfare rights

These issues are likely to increase the impact of caring responsibilities and reduce the visibility of this group of Young Carers.

Young Carers affected by HIV

- ❖ Many families living with HIV fear breaches in confidentiality, and may be reluctant to access support for young carers.
- ❖ Young carers are entitled to assessments and support in recognition of their caring role.
- ❖ Building strong working links with local young carers projects to establish a referral process and agree information sharing is the way forward.

Families with insecure immigration status

- ❖ Families with insecure immigration status are particularly vulnerable to social exclusion and isolation. They may be very worried about seeking support or services outside of the family due to a fear of deportation.
- ❖ All services should be integrated, inclusive and responsive to the needs of all families including those from a refugee and asylum seeking background.
- ❖ Specialist information and resources to support these families is available from a range of voluntary and statutory

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services. See www.harpweb.org.uk and www.refugeecouncil.org.uk

- ❖ It can be distressing for children to be asked to interpret inappropriate information for family members. Service providers must ensure that any need for professional interpreters is properly addressed (Department of Health, 1999).
- ❖ Families are entitled to interpreting services and multilingual appointment cards are available at www.communicate-health.org.uk/card which can help to prevent children and young people taking on inappropriate translation roles for a family member with HIV.

Legislation and Policy Framework

Carers (Recognition and Services) Act 1995

This act entitles carers of any age to request an assessment of their needs from social services that will assess their ability to provide care and identify any support they need to continue in their caring role. If a Young Carer requests an assessment under this role, the local authority must carry one out.

1989,2004 Children Act – Framework for the assessment of Children in need and their families(DOH 1999)

Section 17 (10) of the Children Act 1989 provides for the assessment of a child whose health or development is likely to be significantly impaired without the provision of local authority services.

The Framework for the assessment of Children in Need and their families 1999 highlights the importance of recognising the needs of a young carer. The central issue remains the duty to safeguard the child's welfare and development, achieved through an initial/core assessment leading to the identification of necessary services.

The Carers (Equal opportunities) Act 2004

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The act requires local authorities to inform carers of their right to an assessment of their needs and for that assessment to include a consideration of the carers needs outside of their caring role.

The Children's Plan: Building Brighter Futures (DCSF2007)

The Children's plan state services should adopt a whole family approach. This means that Adult and Children's services must have arrangements in place to ensure that no young person's life is unnecessarily restricted because they are providing significant care to an adult with an identifiable community need.

Carers at the heart of 21st century families and communities (HM Government 2008)

Chapter 6 of the new National strategy for Carers outlines the government vision that "children and young people will be protected from inappropriate caring and have the support they need to learn, thrive, enjoy positive childhoods and to achieve against all the Every Child Matters outcomes".

Every Child Matters sets out the governments approach to improve well being for every child to have the support they need to : Be Healthy, Stay Safe, Enjoy and Achieve, make a positive contribution, and achieve economic well being.

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Assessing Young Carers and their families – A whole family approach

There is widespread agreement that children should not be undertaking regular and substantial caring responsibilities or inappropriate care tasks.

Problems arise when the level of responsibility taken on by the young person is inappropriate to their age and maturity.

The Whole Family Approach to supporting Young Carers highlights and promotes the needs of all family members where there are caring responsibilities present.

The Children's Society has a free online toolkit that provides practitioners with information on the whole family approach

www.youngcarer.com

Common Assessment Framework

The CAF for children and young people is a nationally standardised approach to conducting an assessment of the needs of a child/young person and how these needs should be met.

The CAF promotes more effective earlier identification of children's additional needs and improves multi agency working. It is intended to provide a simple, non bureaucratic process for a holistic assessment of a child's needs, taking into account the individual family and community.

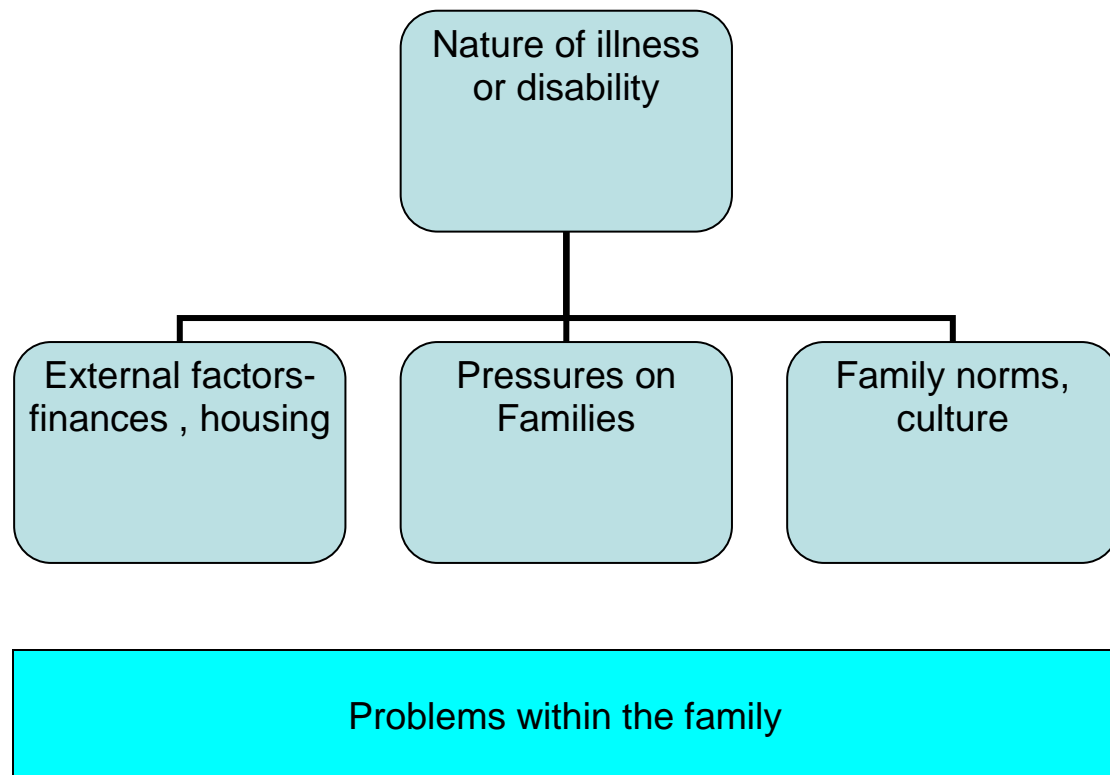
The CAF encourages greater sharing between practitioners , where consent is given.

Don't forget you can contact the **LISA(Lewisham Information Sharing and assessment)** service on **0208 138 1285** will be able to help you to identify additional resources, as well as providing guidance on how a CAF and the Whole Family Approach can support Young Carers and their families.

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Areas of Consideration

It is important to recognise the combination of factors that may result in children/young people undertaking or remaining in an inappropriate caring role.



Department of Health Social Service Inspectorate 1996

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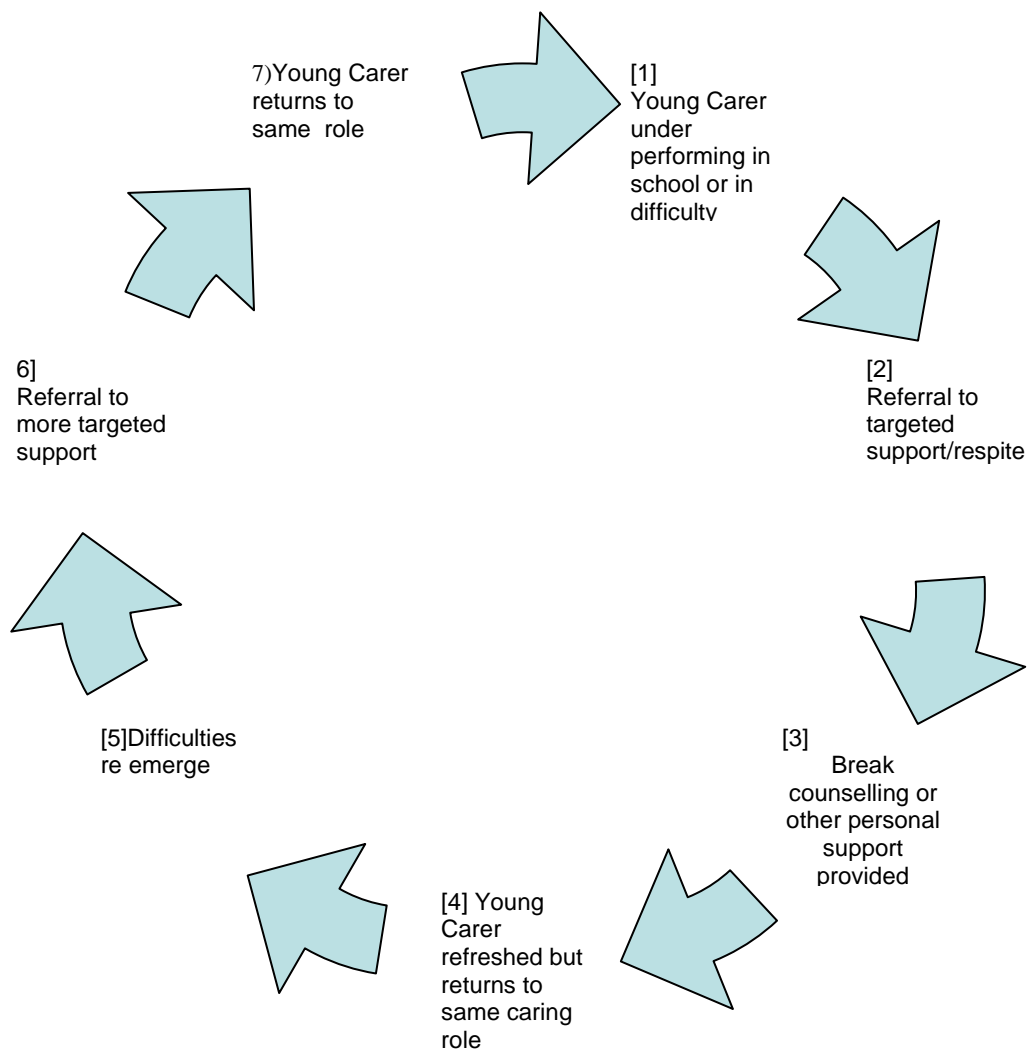
Dearden and Becker (2001) make explicit use of the Framework for the assessment of children in need and their families. It can be a useful tool when assessing children's needs as part of the CAF process.

Domain	Application to Young Carers
Child's developmental needs	<ul style="list-style-type: none"> • Young Carers have the same needs as all children • Additional needs may include difficulty in attending school, doing homework, isolation, feeling different from peers, lack of time for recreation, specific anxieties related to their parents condition and embarrassment from giving personal care
Parenting capacity	<ul style="list-style-type: none"> • Parenting capacity is related to the nature of parent's illness and disability • Parental strength's need to be recognised • Parenting may be affected by ; • Limited mobility and or strength • Reduced or changeable responsiveness owing to mental health problems • Poverty and stigma
Family and environmental Factors	<ul style="list-style-type: none"> • Low income • Inadequate housing • Lack of community support • Prejudice and discrimination

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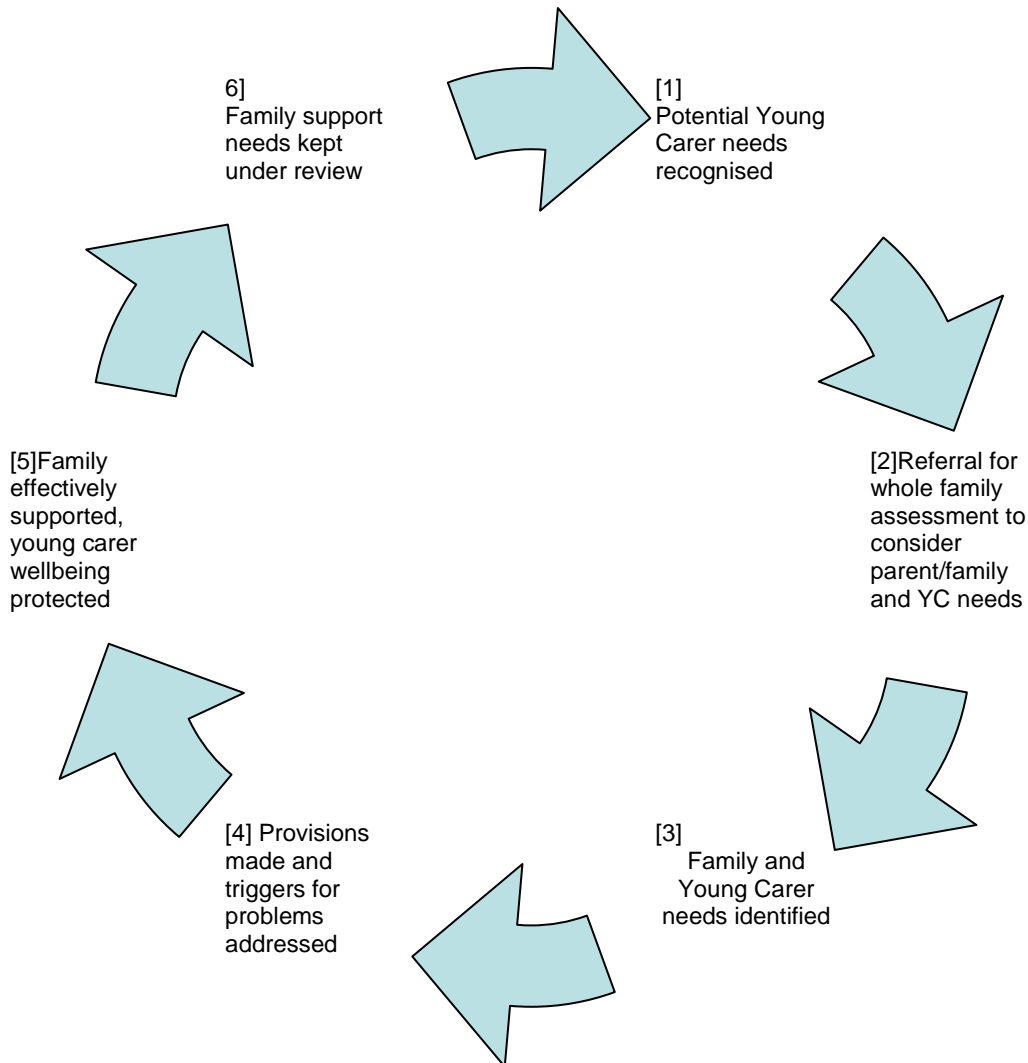
The main aim of the whole family approach in relation to Young Carers therefore is to ensure that services focus greater effort on early intervention and prevention and that they do so by providing properly integrated support around both the person cared for and the family as a whole. In practice this can be demonstrated by `Virtuous Cycle (Diagram 2)

Diagram 1: Young Carer supported in isolation: pattern which can emerge



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Diagram 2 : Virtuous circle : A whole Family approach



Young Carers : vision for future services

- Universal services- GPs, schools etc equipped to play their part in early identification
- Targeted and project based support; good practice already available in some areas shared across all others
- All areas focussing greater effort on prevention- better joined up support around the family so young carers are protected

Think Family Toolkit : Improving Support for Families at Risk –
Guidance Note 9

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Young Carers Assessment tools

When assessing Young Carers a useful pictorial tool has been produced by North Yorkshire County Council in association with Carers' Resource (Harrogate, Craven and Airedale), and the link is outlined below.

<http://professionals.carers.org/youngcarers/assessments>

There is also a checklist that is set out in the Social Services inspectorate practice guide to the Carers (Recognition and Services) Act 1995. The checklist seeks to combine individual attention to the child with a `whole family approach`.

- ❖ Listen to the child or young person and respect their views
- ❖ Give time and privacy to young Children who may need this in order to talk about their situation
- ❖ Acknowledge that this is the way the family copes with disability or illness
- ❖ Acknowledge the parents strengths
- ❖ Beware of undermining parenting capacity
- ❖ Consider what is needed to assist the parent in their parenting role
- ❖ Consider the needs of the child arising from their caring responsibility
- ❖ Consider whether the child's caring role is restricting their ability to benefit from education
- ❖ Consider possible impairment of the child's emotional and social development
- ❖ Remember children must be allowed to be children
- ❖ Provide information on the full range of relevant support services , Young Carers groups, and points for further advice or information on specific issues.

Manual for Measures of Caring Activities and Outcomes for Children and Young People

The Manual for Measures of Caring Activities and Outcomes contains a range of tools relevant for assessment and evaluation work with Young Carers. These tools should not be used in

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isolation rather they can complement what is already known about a young person and their family including existing information gathered in the course of formal assessment processes (e.g. CAF or a core assessment).

In the course of completing any of the tools Young Carers may reveal information about themselves which suggests they're in need of support services and/or they are at risk of significant harm. If this is the case then a worker or volunteer should follow their organisation's safeguarding (child protection) procedures in order to share concerns and take appropriate action.

WHO CAN HELP?

Educational settings

The education setting offers a range of opportunities for the education and support of Young Carers, but can also be the backdrop for a multitude of difficulties.

Young Carers need to be identified before they can make use of the range of pastoral services. The possibility of caring responsibilities should always be considered when faced with a child/young person who are experiencing problems in school such as poor time keeping, poor attention span, tiredness, anxiety, persistent absence, and low achievement.

The type of support that a young person may require will be dependent on the needs of the individual and may change over time.

Supportive responses could include

- Providing information about Carers Lewisham Young Carers service
- Explaining and maintaining confidentiality
- Support with issues of bullying
- Help in keeping up with school work
- Provide a safe space to talk
- Allow access to a phone

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- Raise the profile of related issues such as disability, and substance misuse through the PSHE curriculum
- Advocate for Young Carers to be a priority under the Healthy schools initiative

Sources of Advice and guidance for education professionals

Carers Lewisham

All Lewisham schools have been sent information about supporting Young Carers and have been asked to sign up to a Young Carers Charter.

Further information can be provided by Carers Lewisham Young Carers Service – schools development team and can be contacted on

Telephone number :0208 699 8686

Lewisham Website

An electronic resource folder is available to schools and can be obtained from the FIS website

<http://www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/FamilyInformationService/>

The Princess Royal Trust for Carers

A schools pack has been produced which is aimed at supporting school staff to identify and support Young Carers and their families.

<http://professionals.carers.org/young-carers/articles/schools-resource-pack>

The Children's Society

The Children's Society National young Carers initiative provides information, advice and training to anyone who works with young Carers and their families.

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www.youngcarer.com

Include Project Refugee toolkit

A free online toolkit for all practitioners supporting Young Carers in refugee and asylum seeking families.

www.refugeetoolkit.org.uk

YCNet

The Princess Royal Trust for Carers website offering a supportive online community for Young Carers.

www.youngcarers.net

Health

Professionals in health services regularly support a range of individuals who receive care from family or friends, and as such are ideally placed to identify these carers as part of their needs assessment.

Whilst demands on time are high the opportunity to reach Young Carers should not be underestimated. Through greater identification, effective referral and information sharing, systems could be developed to ensure appropriate support is made available.

The provision of accessible information may also be of huge benefit to Young Carers whose knowledge and understanding of the condition they are providing support for is often self taught and incomplete.

Health professionals working with adults who have children should try to encourage them to explain their health condition to their children. Alternatively, professionals could do this on behalf of the adult, if the adult does not feel comfortable to do so. If this is not

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possible, there is no data protection barrier to giving a child or young person general information about the relevant health condition.

Some of the questions that trouble many Young Carers, and which you should try to address, include:

- Can I catch it/ will it happen to me too?
- What caused it? Why us? Is it my fault?
- Can I do anything to make the person better?
- Will the person I look after get worse or die?
- What should I do in an emergency?

Professionals shouldn't assume that even apparently mature, confident Young Carers are as assured on the inside as they appear on the outside.

Sources of Advice and guidance for Health Professionals

Carers Lewisham

Carers Lewisham works in partnership with health service providers in Lewisham. They have produced child friendly materials that provide information about all of the additional identified needs a family member may have. Further information can be provided by Carers Lewisham Young Carers Service and can be contacted on

Telephone number :0208 699 8686

Lewisham Website

An electronic resource folder is available to PCT professionals, CMHT practitioners, and Substance misuse practitioners and can be obtained from the FIS website

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<http://www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/FamilyInformationService/>

The Children's Society Young Carers initiative

www.youngcarer.com

www.carers.org/professionals

www.youngcarer.com/pdfs/HIV

Partners in Care

A checklist for professionals coming into contact with the children of parents with mental health problems.

www.partnersincare.co.uk

Include Project Refugee toolkit

A free online toolkit for all practitioners supporting Young Carers in refugee and asylum seeking families.

www.refugeetoolkit.org.uk

Children's services and Adult services

Social workers play a key role in identifying and supporting Young Carers. Key to this is ensuring that assessments are holistic and take a whole family approach when addressing support needs.

The provision of accessible information and inclusion of Young Carers in planning discussions is essential.

Young people may be afraid to speak to social workers about their situation through fear of becoming involved in the carer system. However unjustified this view may be more must be done to remove this barrier.

Social workers must acknowledge young people within the family and the role that they take, identifying Young Carers from the initial

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point of commencing work with a family can help them gain the support that they need and prevent them from taking on inappropriate caring roles.

Sources of Advice and guidance for Social Care professionals

Carers Lewisham

Carers Lewisham works in partnership with the local authority in Lewisham. They work directly with Young Carers and provide a supportive service to Young Carers. Further information can be provided by Carers Lewisham Young Carers Service and can be contacted on

Telephone number :0208 699 8686

Lewisham Website

An electronic resource folder is available to Adult and Children's Social care professionals, CMHT practitioners, and Substance misuse practitioners and can be obtained from the FIS website

<http://www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/FamilyInformationService/>

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A free online toolkit for all practitioners supporting Young Carers in refugee and asylum seeking families.

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The Children's Society Young Carers initiative

www.youngcarer.com

www.carers.org/professionals

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Sources of help and information for Young Carers

Carers Lewisham Young Carers service

The Princess Royal Trust Lewisham Carers Centre
Waldram Place
Forest Hill
London Borough of Lewisham SE23 2LB

Tel No.
0208 699 8686

Free phone for young carers and families-
08000198841

Text
07906 868 149

Email
youngcarers@carerslewisham.org.uk

YCNet

The Princess Royal Trust for Carers website offering a supportive online community for Young Carers.

www.Youngcarers.net

Childline

Children and Young people can call this helpline about any problem, at any time, day or night.

Telephone 0800 1111

Bullying online

Leading anti bullying charity offers information for children and parents

www.bullying.co.uk

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Young MS

A website from the Multiple Sclerosis society.

www.youngms.org.uk

Rip Rap a website for 12-16 year olds who have a parent with cancer

www.riprap.org.uk

Nacoa

National association for the children of alcoholics

www.nacoa.org.uk

Children of addicted parents and people (COAP)

www.coap.co.uk

Young Minds

A national charity committed to improving the mental health of all children and young people

www.youngminds.org.uk

The Hideout

A website for children / young people who are experiencing domestic violence at home:

www.thehideout.org.uk

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