

Young Carers Guide

Families

What is the Young Carers Service?

We support Young Carers aged 5–17.5 and help them to manage their caring role at home. Young Carers help to support, practically and emotionally, family or close friends who have long term health conditions, including mental health conditions and problems with drugs or alcohol.

Who can receive support?

Young Carers can receive support from us if they are:

- Aged 5–17.5
- Helping to, or providing care for a close family member or friend who has significant health problems, including mental health and substance misuse
- Affected by the health condition of a close friend or family member e.g. a sibling

Who can make a referral?

- Any professional
- Self-referral
- Parent-referral

If you're not sure, we welcome phone calls to discuss before referral

How do you make a referral?

1. Visit our website derbyshirecarers.co.uk and go to 'Young Carers Service'
1. Click the 'Make a referral' box
2. Complete the form in as much detail as possible

If you'd prefer a paper referral form, please email youngcarers@derbyshirecarers.co.uk or telephone **01773 833833**

What happens after a referral?

You will get a phone call from our triage worker to talk about the Young Carer, your family and the support you might need. If you agree to receive support, you will be given a support worker.

With your consent, your child's school (if not the referrer) will be informed that we are working with your child.

What support is offered?

All Young Carers can expect two one-to-one visits from one of our support workers to find out the type of support they need. This will usually happen at school.

The same support worker will also visit the family home, to talk to the parents/guardians.

They will then be placed in one of our levels of support:

- 1** Young Carers receiving regular one-to-one sessions, with specific focuses or family support sessions, with focuses. Six sessions, then a review. May also attend activities/groups alongside.
- 2** Young Carers attending monthly group sessions, small group input and regular contact. Six sessions. Young Carers waiting to be given a support worker can attend their local group.
- 3** Young Carers attending school holiday activities within a six month time frame.

The level for your child's support will be decided by their support worker, the Young Carer and the family. It will be checked again at agreed points and can be changed.

Monthly groups and activities will be offered on basis of need. Not all Young Carers will need this support.

What happens after the support is completed?

After the set number of sessions or groups, the support worker will review the work with the Young Carer. If the Young Carer has met their agreed outcomes, and things have improved, the case can be closed. This does not mean that the Young Carer is no longer caring, only that they are coping well with their caring role and no longer need extra support.

The support worker will talk about this with the Young Carer, family and others, including school staff, so that there is still support in place. They will explain how to get back in touch if the Young Carer needs help again in the future.