

**ARE YOU
YOUNG
CARER
AWARE?**



#YoungCarerAware

Our Project

Our main aim is to increase the identification of Young Carers within primary health settings, such as GP surgeries, across Derbyshire. Increasing the identification of Young Carers will enable Young Carers to easily access health care and to access additional support where needed.

We are wanting to raise awareness of Young Carers and their needs and entitlements. In order to ensure this, we plan to work alongside GP surgeries in Derbyshire, providing vital training and information to ensure that GP's are equipped with the tools to identify Young Carers, signpost to significant support and confirm that their surgeries have adapted and provided Young Carers with support whilst they attend the surgery.

How will we do this?

- Promote Young Carers and their issues within your practice
- Train your staff to be aware of Young Carers
- Support you to register more Young Carers within your practice
- Provide our top tips to assist you to support Young Carers
- We will support you and provide you with the information for you to signpost Young Carers in your practice to local support

Why should GP's get involved with this service?

In accordance with The Care Act (2014) GP's have vital role to play in YC lives as health professionals are likely to be the first people the family turns to for help with illness or disability. They may also be the only person that families are in contact with who is able to ask the right questions in order to identify any children taking on caring responsibilities. Barnardo's highlighted that GP's are a key service that need to do more to identify and support Young Carers.

Through the support of our Young Carers Health Liaison worker you will receive the support and training to offer timely interventions that could prevent a child

undertaking inappropriate levels of care and reduce negative impacts upon their wellbeing. Therefore, providing early intervention and essential support to Young Carers.

We will provide you with contacts and information regarding local support services for Young Carers and inform you of Young Carers personal experiences at surgeries and support you to overcome vital obstacles that are highlighted through these personal views.

Who are Young Carers?

A 'Young Carer' is defined as a person under the age of 18 years who provides or intends to provide care for another person. Many are providing care and support that someone of the same age would not usually be expected to deliver. Most Young Carers look after one of their parents or care for a sibling.

A young person may be involved in the care of an adult or sibling whom has:

- A physical disability or sensory impairment
- A learning disability
- A long-term illness
- A bone-borne virus
- Drug and/or alcohol dependency
- Any long-term illness or disability
- Mental ill health
- A combination of two or more of these

There are a wide range of different factors that cause young people to conduct a caring role for another person. However, it has been reported that when a cared for struggles with mental health Young Carers are sometimes missed. Up to 50 percent of mental health service users are parents with dependent children. Many professionals are not aware that their patients are also parents. Young Carers are often unseen and their needs hidden until a crisis occurs. Even then, the extent of their caring role, the impact the caring role has had upon a young person and the effect being a Young Carer has had upon a child's own development may not be recognized quickly or fully assessed.

The BBC has stated that there are at least 700,000 Young Carers in the UK.

However, it is unsure the exact number of Young Carers due to many Young Carers no being reported or recognized as a Young Carers to GP, Schools, Support services and even to Parents.

Young Carers can conduct a range of task as part of their caring role. The main tasks include:

- Domestic Care (household chores, cooking, heavy lifting etc)
- General Care (dressing, giving medication, paying bills etc)
- Intimate Care (washing, bathing, toileting etc.)
- Childcare (helping to care for siblings)
- Significant emotional support

Why do Young Carers need Support?

- Young Carers have voiced that their caring responsibilities have directly affected their mental health. Barnardo's reported that 50 % of Young Carers further stated that they felt counselling was necessary because of the stress they have been under due to their caring roles.
- The 2016 Children's commissioner report on Young Carers highlighted that 100% of Young Carers disclosed they had suffered from anxiety, depression, isolation or feelings of anger. Practitioners also confided that 99% of the Young Carers whom they have supported had self-harmed.

Being a Young Carer impacts upon the following areas of life:

- Emotional and mental health e.g. depression, panic attacks, anxiety and eating disorders.
- Friendship e.g. Friends do not understand, unable to meet friends and socialise.
- Physical health- headaches, sickness and stomach problems.
- Home life e.g. stressful, managing medication and health appointments, isolation and less time to relax.

How our Young Carers feel

"I think we need more information and help to help us understand the health needs of my mum. To know how I can help my mum more."

"Back when my mum was diagnosed with bi-polar and depression all I wanted my doctor to do was to talk to me too. To let me know that my mum wasn't going to die."

"The surgery needs more child friendly leaflets about the conditions that my mum has. It's not just mum that needs to know I do too."

"I quite often go in with my mother when she goes to the doctor, but they still don't recognize the fact that I'm a Young Carer and still don't pay attention or give time to that matter."

"(Doctors) should ask about our caring role and check in on how things are going regardless of why we are accessing the service."

"I tried talking to my doctor and tell them, but they don't understand. They don't talk to me they just want me out as quickly as possible."

5 TOP TIPS for supporting Young Carers in your practice

1. Put up posters and leaflets in your waiting rooms and online about Young Carers, the services that Young Carers can access and whom they can speak to for help.
2. Have a register of Young Carers and keep it up to date with their details.
3. Tell the receptionist about Young Carers so that they can help Young Carers if they need to call to make an appointment or ask about medication.
4. Offer Young Carers flexible/ after school or double appointments.
5. Train your staff so they know to ask if there are any Young Carers in the family and add this onto registration forms.