



**YOUNG CARERS
PROJECT**

Caring for those who provide care

Who are Young Carers?

The official definition of a young carer is *“a person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work).”* *Children and Families Act 2014 Section 96.*

“Young carers are children and young people under 18 years old who provide unpaid care to a family member who is physically or mentally ill, disabled or misuses substances.” *Carers Trust.*

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Stats & Figures

- The 2011 census identifies over **200,000** young carers in the UK, but research by the BBC in 2010 indicates that there are as many as **700,000** young carers living in the UK.
- Nearly **15,000** children up to the age of 17 are providing more than 50 hours of care every week.
- Figures from the ONS suggest **244,000** people under 19 are carers - about **23,000** are under nine.
- In 2010, the Greater London Authority estimated that there are about **673** young carers in Waltham Forest.

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What do Young Carers do?

- **Practical Tasks:** such as cooking, housework, shopping
- **Physical Care:** such as lifting, helping up the stairs and physiotherapy
- **Personal Care:** such as dressing, washing and helping someone go to the toilet
- **Emotional Support:** such as listening, calming someone and being present
- **Household Management:** such as paying the bills, managing finances and collecting benefits
- **Looking after siblings:** such as walking them to school
- **Interpreting:** for parents with hearing or speech impediments or English as an additional language
- **Administering Medication:** such as insulin needles and preparing daily tablets

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Legal rights of Young Carers

From 1st April 2015, two new pieces of legislation come into force, giving new rights to care and support for young carers, young adult carers, and their families.

The laws are;

Children and Families Act 2014, and the

Care Act 2014.

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LA Responsibilities

- **Take reasonable steps to identify young carers in their area who have support needs** *(Part 5, Section 96, Children and Families Act 2014)*
- **Assess whether young carers in their area have support needs and, if so, what those needs are** *(Part 5, Section 96, Children and Families Act 2014).*
- **Identify any children who undertake/ intend to undertake a caring role when assessing adults who may have care needs** *(Paragraph 6.68 and 6.69 Care and Support Statutory Guidance. Issued under the Care Act. DH 2014)*
- **Carry out a transition assessment for a young carer if they are likely to have needs once they turn 18** *(Paragraph 16.8 Care and Support Statutory Guidance. Issued under the Care Act. DH 2014).*

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Why do Young Carers need additional support?

Many Young Carers experience issues with their:

- **Physical Health:** often severely affected by caring through the night, repeatedly lifting a heavy adult, poor diet and lack of sleep
- **Emotional Wellbeing:** stress, tiredness and mental ill-health are common for young carers
- **Isolation:** feeling different or isolated from their peers and with limited social opportunities
- **Lack of a stable environment:** traumatic life changes such as bereavement, family break-up, losing income and housing, or seeing the effects of an illness or addiction.

The wider impacts of these effects can be felt on a young carer in their education, employment and their health and wellbeing.

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EH 0-18 Whole Family Support

- **Assess & Plan:** Complete whole family assessments/ plan of needs – Our Family Journey
- **Review:** Review those needs regularly (12 weeks)
- **Refer:** Specialist support/ intervention
- **Partnership:** Work with existing teams/ services
- **Coordinate:** Coordinate Team Around Family
- **Step Up:** Escalate to CSC when needs are complex
- **Stepdown:** Accept cases that are being stepped down from CSC

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Project Delivery Team

- **Access to Clubs:** Junior (6-11) and Senior (12-18) Groups
- **New Club:** Paradox Centre (capacity doubled)
- **Transport Assistance:** Collect/ Drop off
- **Schools:** Young Carers in Schools Programme
- **Tuition Club:** KS2, KS3 and GCSE
- **Residential Breaks:** Annual Residential Trips
- **Days Out:** Off-Site Activities
- **Workshops and Training:** Structured learning - Think Family Priorities (*Safe, Well, Resilient & Independent*)

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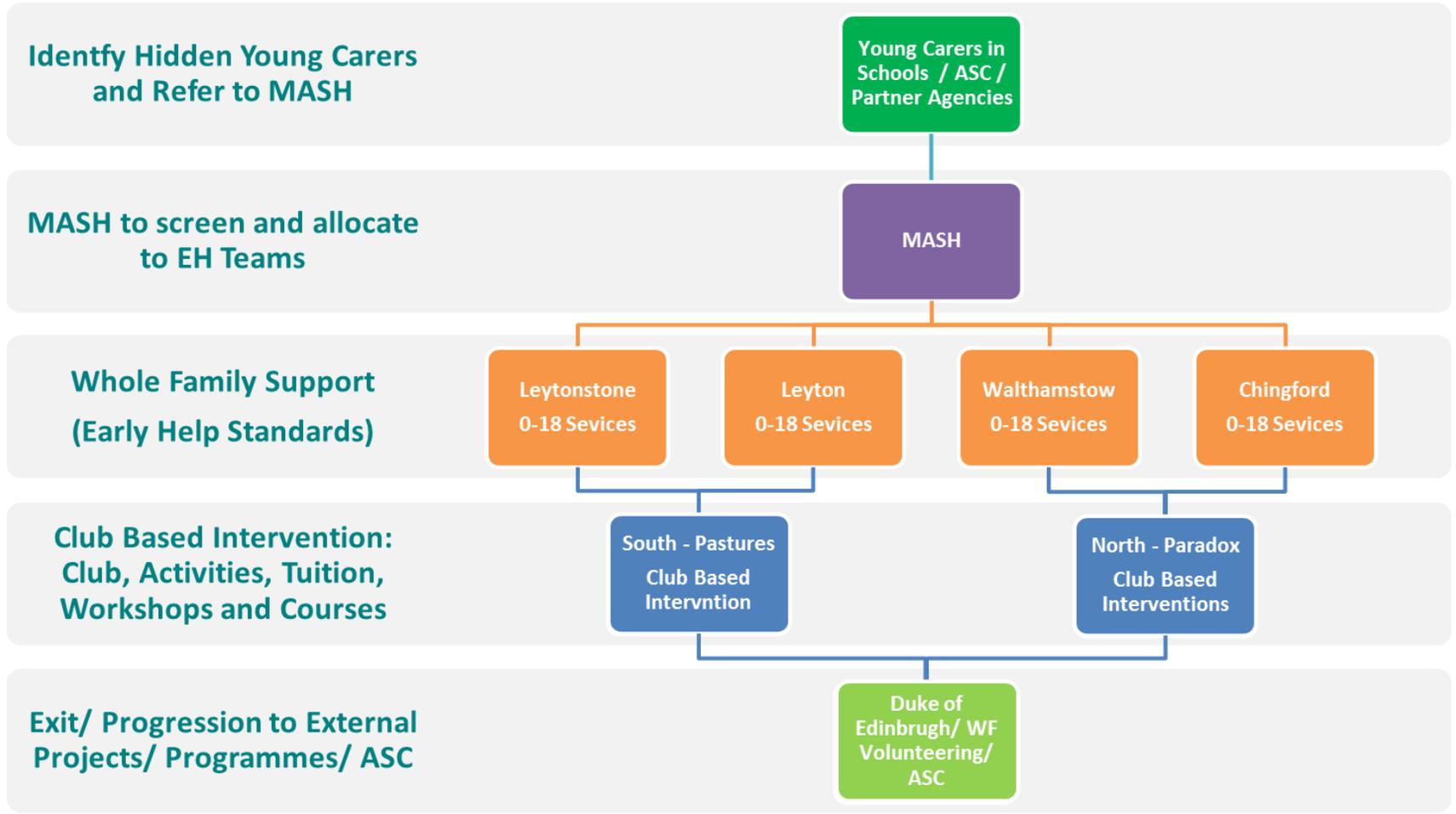
Young Carers Outcomes

1. Experience of positive family life
2. Keeping yourself and family members safe
3. Improvements in general health and mental wellbeing
4. Increased confidence & self-esteem through the development of transferable skills
5. Increased independence away from caring responsibilities
6. Overcoming everyday challenges
7. Access to enjoyable & leisure opportunities
8. Increased opportunity & performance in education, training or employment

These outcomes are in line with WF Think Family 2020 priorities of being *Safe*, *Well*, *Resilient* and *Independent*

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Journey of a Young Carer



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How to refer a Young Carer?

Once you have identified a child or young person who may be a Young Carer;

1. Get consent from the family you wish to refer
2. Download/ request **WF MASH Referral Form**
3. Complete the form and request **“SUPPORT”** for Young Carers
4. Submit the form to
MASHrequests@walthamforest.gov.uk
5. The family will be allocated to a EH team

LBWF MASH Team: 0208 496 2310 or
MASHrequests@walthamforest.gov.uk

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Contact & more information

Tel: 0208 496 2960

Email: Young.Carers@walthamforest.gov.uk

Web page:

<https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/advice.page?id=ghgcu5hYiFk>

If you require further information or need to access any of the forms or guides, you can search “*Young Carers*” on WF Service Directory or do a Google search for “*Waltham Forest Young Carers*” and follow the link.

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