

YOUNG CARERS

Title page – Young Carers



Legislation

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- Carers (Scotland) Act 2016
- Identification & support
- Young Carers Statement
 - Information
 - Personal Outcomes

Who is a young carer?

- Someone under the age of 18 who helps look after someone who is ill, disabled, elderly, has trouble communicating, mental health issues, neurodivergent, or has issues with drugs or alcohol.
- This can be a relative, friend or neighbour – they don't have to live in the same home.
- There is no minimum caring requirement.
- Young carers can look after more than one person.
- They may not be the primary carer.
- Some young carers may have health issues of their own and can also be cared for.
- Some start caring at a very young age and don't know they are carers. Some become carers overnight.



Roles & Responsibilities

- Practical tasks
- Physical care
- Emotional support
- Personal care
- Managing budgets
- Helping someone communicate
- Looking after siblings
- And more...

Possible signs

- Often tired, anxious or withdrawn
- Secretive about their home life
- Lack of confidence/low self-esteem
- Bullied/isolated from peers
- Lack concentration/easily distracted
- Often appears to be worried about a loved one
- Having difficulty in joining in extra curricular activities or is unable to attend school trips
- Behavioural issues
- Showing signs of neglect





Barriers

- Staff knowledge/confidence
- Young person's knowledge
- Stigma
- Fear of consequences
- Parents

In South Ayrshire

1 in 5 children in a class has a caring role

Based on this, there are almost 3,000 young carers
in South Ayrshire

We currently have 120 identified

96% are hidden.

Support from the carers service (8+)



- 1:1 support or group work
- Advocacy
- A break from caring role
- Funding opportunities
- FUN!!

National support

- Young Scot young carer package
- Young Scot grant (£326.65)
- Lower university application grades



Local support (HSCP)

- Driving theory support
- Modern apprenticeships
- Free leisure & activities
- Activity days/residentials
- Self Care Club
- Video project
- Accredited certifications
- One to one tutoring
- Duke of Edinburgh
- Fire service



Support

- COAST Training module
- In person training sessions
- Online interactive drop-ins (4 x per year)
- Young Carers Champions
- New pathways, processes & paperwork
- Videos
- Attend events



Contact

Contact carers@south-ayrshire.gov.uk

Follow [@Claire_SAC](https://twitter.com/Claire_SAC) on Twitter & share information on your page.

Carers service referral form & information can be emailed, if required.

Thank you 😊

Any questions?