

Links

www.youngcarers.net/

www.nhs.uk/CarersDirect/young/Pages/Youngcarershome.aspx

www.carers.org/

www.youngminds.org.uk

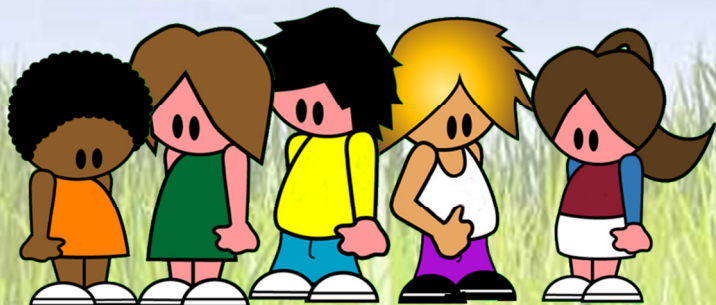
Contact us

Children's Participation and Rights Team
Supporting young people in care and young people who care

Anlaby Children's Centre
First Lane,
Anlaby,
HU10 6UE

Tel: 01482 565560

Or email on: rights4u@eastriding.gov.uk



Young Carers Support Information leaflet



Who are young carers?

A young carer may do some or all of the following:

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as lifting, helping a parent on stairs or with physiotherapy.
- Personal care, such as dressing, washing, helping with toileting needs.
- Managing the family budget, collecting benefits and prescriptions.
- Administering medication.
- Looking after or "parenting" younger siblings.
- Emotional support, including speaking for and/or making decisions for a relative, listening, comforting.
- Interpreting, due to a hearing or speech impairment or because English is not the family's first language.

Some young carers may undertake high levels of care, whereas for others it may be frequent low levels of care. Either can impact heavily on a child or young person.

What do we offer for young carers?

We offer:

- a listening ear
- someone to talk to
- emotional support
- opportunities to meet other young carers
- coping strategies and techniques
- we look at ways we may be able to help other members of the family, including reducing the caring role where possible.
- time out/time to relax
- chill time/fun
- confidentiality

How do we do this?

We do this through your choice of any of the following:

- 1-1 support with an allocated worker who can alter if you choose
- group meetings/sessions with other young carers covering a range of topics
- activities
- fun time/chill out time
- providing information and advice to you and your family
- putting you or members of your family in touch with other support services

How it works

Step 1. You are referred to us

This may be from someone who works with you for example; teacher, doctor, youth worker. They will send a referral form with an attached assessment e.g. Early Help Assessment or Single Assessment to the team. It could also be a self-referral (where you or parent/carer refers you to us); if you refer yourself we may need to complete an Early Help Assessment with the whole family. This will be discussed with you.

Step 2. We complete a Young Carers assessment with you

If after completing step 1 the service is able to support you, an appointment will be made to complete a Young Carers assessment.

Step 3. We agree a plan to support you and your family

After completing the Young Carers assessment (step 2), we agree a plan together of how we can best support you. This will include looking at other services that could help.

Step 4. Your support starts

A worker will be allocated, who will arrange to visit.