

Supporting Young Carers in Education

Family Action Young Carers

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Who is a Young Carer?

A young carer is someone under 18 who helps look after someone in their family who is ill, disabled or misuses drugs or alcohol.



1 IN 5
SECONDARY SCHOOL
CHILDREN MAY BE A
YOUNG CARER

4,527 young carers in RBWM



Young Carers care for on average for 3 years before being identified;
some caring for over 10 years.

Young Carers' Lived Experience

Caring tasks:

- Practical tasks
- Personal care
- Emotional Support
- Sibling Care

It is very important that the tasks a young carer undertakes are age- and gender- appropriate.



Impact of caring:

- Physical and emotional health
- Educationally
- Socially
- Environmentally

While they continue to provide care, young carers should be able to lead healthy and fulfilling lives.



Young Carers Legal Rights

Children and Families Act, 2014

Local Authorities (LAs) must

- Identify Young Carers in their area
- Assess and identify the support needs of Young Carers.

Care Act, 2014

Local Authorities must:

- Assess Young Carers at transition to Adult Services.

Health and Care Act 2022

Through the C+F Act and Care Act, NHS bodies have statutory obligations to cooperate with councils. In addition, the Health and Care Act states the rights of young carers (and adult carers) to be consulted ahead of hospital discharge.



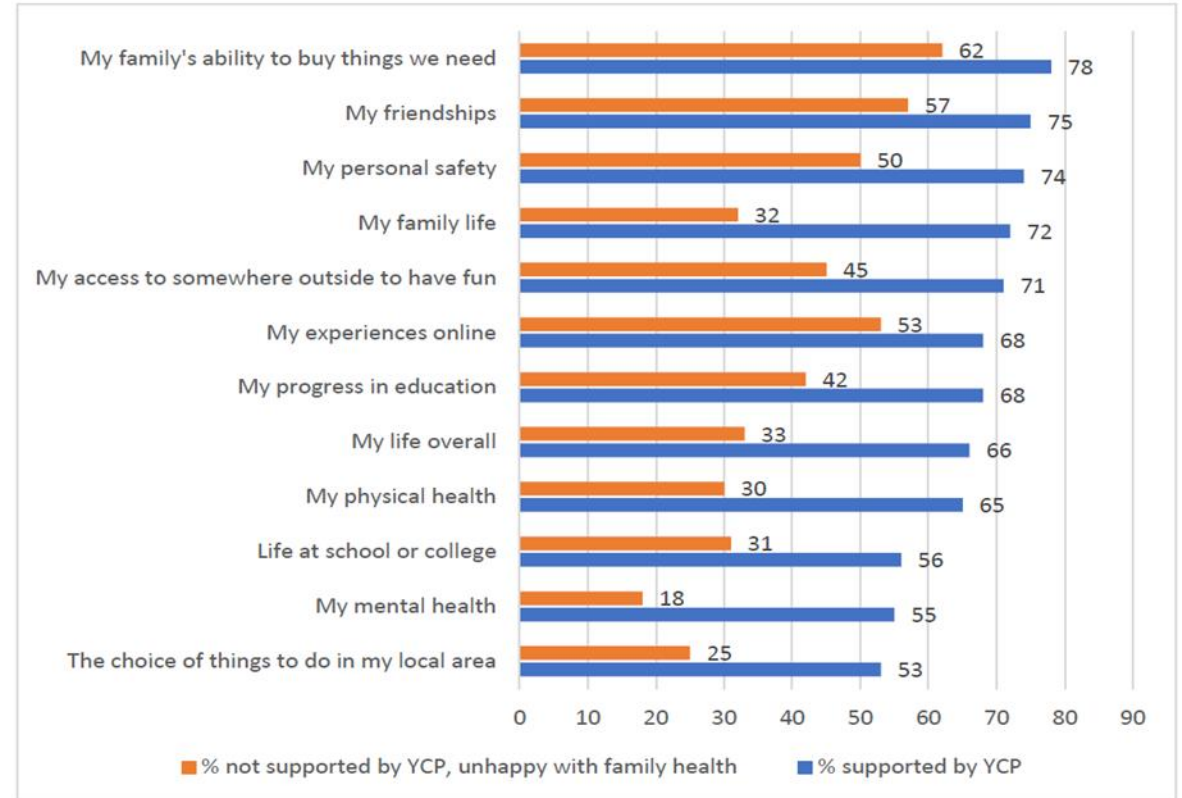
Positive Outcomes of Young Carers Support

The Children's Commissioner 'The Big Ask'

6,008 responses from children who report that they are supported by a young carers' service

22,075 children aged 9-17 indicated that they were 'unhappy with their family's health' but not supported by a young carer's project.

These children were less happy with all aspects of life than young carer's who were supported.

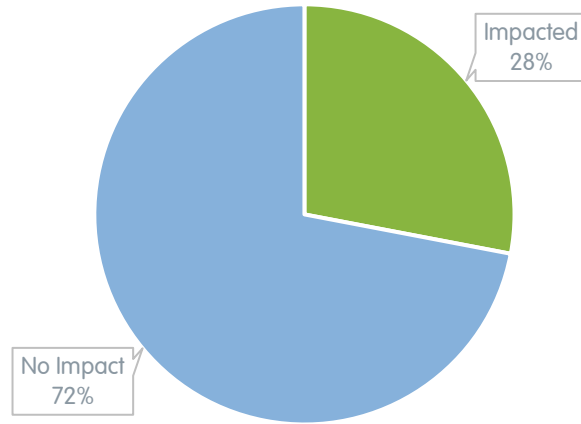


Barriers to seeking support



- Fear
- Stigma
- Not recognising caring role
- Coping well enough – little disadvantage
- Previous experiences of professional support
- Cultural barriers

Impact of Caring - Education



In 2023/24, **28%** of young carers in RBWM who received direct support for their caring role **reported an impact on their education.**



- Research has evidenced 40% of young carers either '**never**' or '**not often**' get help in education to help balance caring and school, college or university work, and are 3 times more likely to be NEET.
- In March 2024, the Department for Education published the attendance/absence data for 2022/23. This was the first data release to include this data for young carers (based on the 38,983 identified in the January 2023 school census) The data showed that young carers had **lower attendance than their peers** (5 percentage points - 87.7% compared to 92.7%). In addition, 39% of young carers were **persistently absent** (missed 10% or more of school) compared with 21.1% of other pupils - **nearly twice as high.**
- 45% of young adult carers at the start of their careers said they '**always**' or '**usually**' struggle to balance caring with paid work.

Consider;
What processes does your
school have in place to
identify Young Carers?



YCs in Schools Framework

- ✓ **Create** a Young Carers Policy for your school
- ✓ **Nominate** Young Carer Champions to train staff and young people
- ✓ In staff teams, **identify** young people who might be caring
- ✓ Create a **supportive environment** within your school, including wellbeing support if possible
- ✓ **Refer** young carers to your local Young Carers Service for assessment and specialist support



Young Carers in School Challenge

[HOME](#)[YOUNG CARERS](#)[YCIS GUIDE ▾](#)[YCIS AWARD ▾](#)[RESOURCES](#)

Our Challenge is that every school in England will ...



Have a **Young Carers Champion** in school so that every young carer has a trusted adult in school they can go to if things are difficult, or they need more support.



Raise awareness of young carers with staff and pupils to help ensure young carers are identified and they know what support is available.



Have a **young carers agreement / policy** (ideally designed with young carers) so that every young carer knows what support is available to them in their school.



Ensure **young carers are correctly identified** in their school pupil information system, monitor indicators such as attendance and attainment alongside other potentially vulnerable groups of pupils and include young carers within enrolment/transitions processes.



Have **linked in with their local young carer service** so they know what support is available for young carers outside of school.



The [Young Carers Challenge](#) has been developed by Carers Trust, The Young Carers Alliance and The Children's Society, launched in 2023 in Westminster organised by Carers Trust and the Children's Commissioner for England, Dame Rachel de Souza.

Create a Young Carers Policy

Supporting Young Carers works best if you develop policies that are based on what young people say they want and need.

Tip: Start by asking the young carers what causes them the most difficulty at school, or what would make balancing schools and caring easier.

Once you've identified the issues, you can then identify practical solutions/agree a level of flexibility which can tackle some of the issues.



Train Young Carers Champions

A Young Carer Champion is a member of your team who coordinates the identification and support of carers within your school. They will act as a voice for and be a key point of contact for young carer information.

Train the Trainer: Identification and Support of Young Carers

- 23rd April 2024, 9am – 1pm | [Register here](#)
- 24th April 2024, 1pm – 5pm | [Register here](#)

(written in partnership by the Department for Health and Social Care and Carers Trust)

Tip: We recommend that a minimum of 2 members of staff are nominated to become Young Carer Champions.

22 schools
have
trained YC
Champions



Identify and code Young Carers

From Spring 2023, Young Carers were included on the school census return. This enables local authorities to build a much better picture of the number of young carers in schools, but also provides opportunities to use this data to monitor attendance and attainment of young carers.

Schools will be able to use the following code set (CS118):

| Code | Young Carer Indicator |
|------|---|
| N | Not declared |
| P | Identified as a Young Carer by parent or guardian |
| S | Identified as a Young Carer by school |

In 2023, **78%** of schools in RBWM reported they did not have any young carers



Create a Supportive Environment

9 schools
have Gold or
Silver Young
Carer Awards

**8 secondary
schools** have
regular young
carers clubs

**family
action**

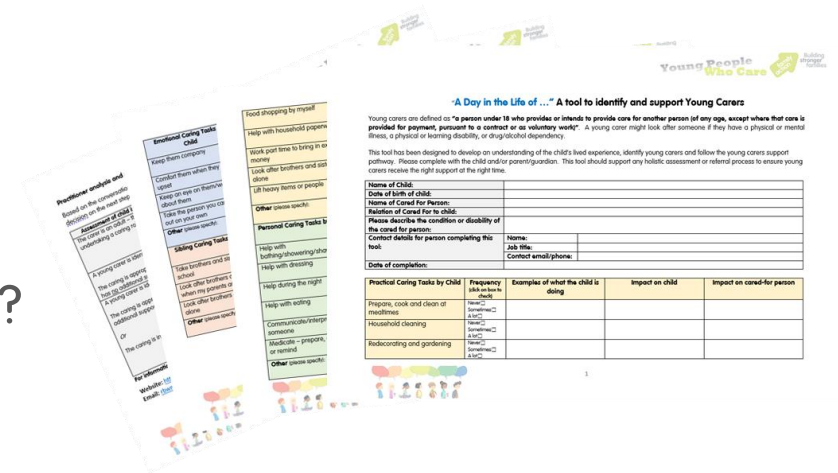


- Y** our school can change the life of a young carer!
- O** ffer peer and staff support to pupils with caring responsibilities.
- U** nderstanding and listening to young carers are key!
- N** ominate a School Lead for young carers to coordinate support
- G** ive young carers easy opportunities to self-identify including at the application stage
- C** reate a safe, supportive and understanding school culture for all young carers
- A** dd young carers to the curriculum so all pupils are aware and understand the issues
- R** aise awareness and train all staff about young carers
- E** xpect there to be young carers in your school
- R** aise awareness about how your school supports young carers
- S** upport young carers in partnership with a local young carer service

Young Carers Pre-Screening Tool

Things to consider

- Are the caring tasks a reasonable demand on the young person?
- Does the young person enjoy caring?
- Is the young person safe in their caring role?
- Are there any tasks they wish they could stop doing?
- What do they worry about?
- Is there potential for the care-giving tasks to have a negative impact on the young person's physical, emotional and/or social wellbeing?



The image shows two overlapping forms for the Young Carers Pre-Screening Tool. The top form is titled 'A Day in the Life of ...' and is a tool to identify and support young carers. It includes sections for 'Practical Caring Tasks by Child', 'Emotional Caring Tasks by Child', and 'Personal Caring Tasks by Child'. The bottom form is titled 'A Day in the Life of ...' and is a tool to identify and support young carers. It includes sections for 'Practical Caring Tasks by Child', 'Emotional Caring Tasks by Child', and 'Personal Caring Tasks by Child'.

Practical Caring Tasks by Child

| Frequency | Example of what the child is doing | Impact on child | Impact on cared-for person |
|-------------|---|-----------------|----------------------------|
| Once a week | Prepares, cooks and cleans at mealtimes | | |
| Once a week | Household cleaning | | |
| Once a week | Endorsing and gardening | | |

Emotional Caring Tasks by Child

| Frequency | Example of what the child is doing | Impact on child | Impact on cared-for person |
|-------------|--|-----------------|----------------------------|
| Once a week | Keeps them company | | |
| Once a week | Comforts them when they are sad | | |
| Once a week | Keeps them safe on their own | | |
| Once a week | Keeps the person who is cared for safe | | |
| Once a week | Other caring tasks | | |

Personal Caring Tasks by Child

| Frequency | Example of what the child is doing | Impact on child | Impact on cared-for person |
|-------------|------------------------------------|-----------------|----------------------------|
| Once a week | Helps with household papers | | |
| Once a week | Helps with shopping by myself | | |
| Once a week | Helps with laundry | | |
| Once a week | Helps with other household tasks | | |
| Once a week | Other caring tasks | | |



Confidentiality & Safeguarding

Be aware of,

- Your organisation's confidentiality and safeguarding procedure
- Seek consent to share information, unless there is a risk of harm
- Only share what is proportionate to the role and need at the time

Safeguarding Officer >> Safeguarding Referral

>> 999 Emergency

This list is not necessarily in order – if you believe there is an immediate risk of harm then action must be taken either to the police or the SPA Team without delay.



Family Action Young Carers – RBWM

Young Carers Assessment

RBWM Family Action is committed to making sure that caring is a positive experience for all young carers.

We provide a **4 – 6-month intervention**. Families can re-refer to our service at any point if there continues to be a support need for a caring role within the family.

Our Support Offer includes;

- Referrals and signposting
- One to one support
- Family sessions
- Targeted group work
- Representation at meetings
- YC Ambassadors Programme



A 6- Stage Wellbeing Programme for Young Carers



**Action;
What do you think your
school needs to do to
increase best practice for
supporting families with
young carers**



Thank you

Time for questions...



Visit our website for further resources
Contact the team at rbwm.yc@family-action.org.uk



www.family-action.org.uk