



# Young Carers Training

Spotlight Sessions August 23

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#SupportNotSympathy

# Aims and Objectives

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- **To develop an understanding of the legal context and responsibilities placed on local authorities in their duties to support young carers, young adult carers and their families with particular focus on Adult and Children's Social Care.**
- **Raise awareness of the challenge's young carers face because of their caring role.**
- **To have a consistent response to young carers and their families across the city and a shared confidence in our strategies and range of methods to identify, recognise and support our young carers.**
- **Support practitioners to confidently identify and support young carers and their families with a knowledge of pathways and resources available**
- **Highlight some of the challenges we face in implementing our statutory duties so we can adopt a collaborative approach to solutions.**

# **Legal Definition of a Young Carer**

**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 of voluntary work.'**

**A young carer is defined as someone aged 18 or under who helps care for someone who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.**

**In Manchester, we recognise that the impact on children and young people may be related to additional duties such as housework, shopping and caring for siblings, rather than actual caring duties.**



# The Legal Context



**FOR YOUNG CARERS**  
**SUPPORT**  
**NOT**  
**SYMPATHY**  
**FOR YOUNG CARERS**

**Are you a young carer?**

Being a young carer is rewarding, but it can also be hard work. Tell someone so that they can help you. This might mean extra support at school, or help to join groups and activities, where you can make friends and have time just for you.

You have a lot to be proud of, do a great job and are not alone.

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There's someone here who knows all about young carer support. Speak to:

For more info, including young carers' rights and things to do, visit [www.manchester.gov.uk/youngcarers](http://www.manchester.gov.uk/youngcarers) or scan the QR code.



**The Care Act 2014** and **Children and Families Act 2014**, which become law in April 2015 consolidates exiting legislation for young carers placing a duty on

**both Adults and Children's Services** with regards to this group.

The main changes being brought in by the legislation are as follows:

# The Children and Families Act 2014

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## **Amends to S17 of the Children Act 1989**

- Extend the right to an assessment of needs for all young carers under the age of 18, regardless of who they care for, what type of care they provide or how often they provide it
- Assessment is due on request or on appearance of need
- Local authority teams (both adults and children's) have to ensure young carers are identified
- Adopt a whole family approach – assessments of young carers to include an assessment of the person they care for and any other relevant wider family network
- Engage proactively with other agencies, such as Schools, engaging in prevention work to reduce need for local authority young carer support
- Allows provision for young carer's needs assessment to be combined with an assessment of the person cared for (sec 96)

# The Care Act 2014

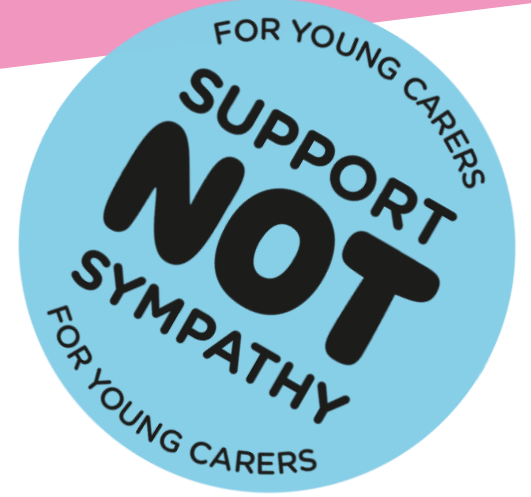
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- Amendments to Section 17 of the Children Act 1989, will work with provisions in the Care Act 2014 so as to apply equally to both Children's and Adult services.

## Example:

- Guidance for the Care Act reinforces the 'whole family approach'. When assessing an adult needing care, if it appears that a child is involved in this care, the young carer's wellbeing, welfare, education and development must be considered. Young carers should not be left with inappropriate levels of caring.
- Adult services must identify young carers in the household, and make provision for that child/young person to receive a young carers assessment
- The transition of young carers reaching adulthood are also now included. If he/she is likely to have needs for support as a carer post 18, an assessment by adult services prior to their 18<sup>th</sup> birthday should take place, to ensure a smooth transfer from children's services to adult services support.
- **CHILDREN ARE NOT RESOURCES!**

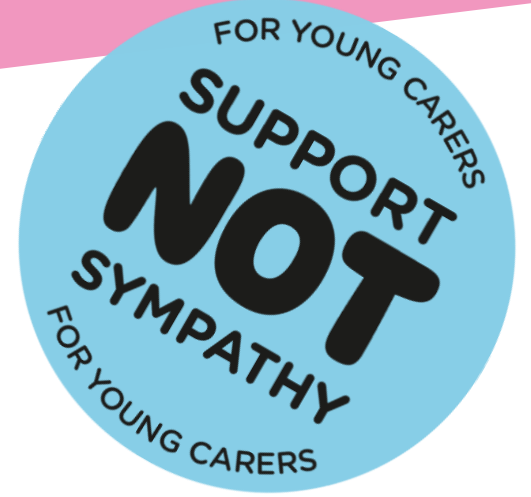




# **A Whole Family Approach**

**A whole-family approach means making sure that any assessment takes into account and evaluates how the needs of the person being cared for impact on the needs of the child who is identified as a possible young carer, or on any other member of the household (2).**

**This approach also allows the local authority to combine a young carer's needs assessment with any other assessment in relation to the young carer, the person being cared for or another member of the young carer's family. (1)**



## No Wrong Doors: Working together to support Young Carers and their families.

The primary responsibility for responding to the needs of young carers and young adult carers and ensuring an appropriate assessment **rests with the service responsible for assessing the person they support**, rather than the age of the carer.

### This means that:

Adult Services will identify children in the household / family network and ensure that young carers are not left with excessive and **inappropriate levels of caring responsibilities that risks them becoming vulnerable.**

Adult Services will refer to Children's services where the child is thought to be a child in need or to Early Help where other preventative services are needed.



## What does being a Young Carer look Like?

Being a young carer often means looking after a family member who is ill or helping them by looking after the other members of the family while they can't.

Young carers often do more chores than other children would- on top of providing emotional support to the person they are caring for they may also have to learn how to nurse them or look after their personal needs like bathing and dressing.

It can be hard work being a young carer. Sometimes other children don't understand their responsibilities and they have less free time than others.

Young carers might not provide physical or practical support to their loved one, but are giving lots of emotional support or lack opportunities because of the needs of their loved ones.

# Roles A Young Carer May Perform

- **Cleaning their own bedroom or clean other rooms;**
- **Washing the dishes or put dishes in a dishwasher;**
- **Taking responsibility for shopping for food and other essentials;**
- **Help with lifting or carrying heavy things;**
- **Help with financial matters such as dealing with bills, banking money, collecting benefits;**
- **Working part time to bring money in;**
- **Interpret, sign or use another interpretation system for the person they care for;**
- **Helping the person they care for dress or undress;**
- **Helping the person they care for have a wash, bath or shower;**
- **Keeping the person, they care for company e.g. sitting with them and talking to them;**
- **Keeping an eye on the person they care for to make sure they are alright;**
- **Taking the person they care for outside e.g. for a walk or to see friends or relatives;**
- **Looking after brothers and sisters whilst another adult is nearby or on their own.**

# Hidden from view

‘When people think of young carers, they mostly think of kids doing washing and cleaning, or giving medication’.

‘They don’t see the emotional side, I might not be doing the practical stuff, but it is draining being there for mum. She is too anxious to go shopping on her own’

A Manchester Young Carer .



**YOUNG CARERS.**

We must all work together to support young carers to develop and the support to young carers

From teachers, youth workers and school nurses to local MPs and councillors, we're raising awareness of young carers, the pressures we face and how everyone can help.

**LISTEN.  
CONNECT.  
SUPPORT.  
BE BOTHERED.**

**Get in touch**  
If you are a young carer, or you know a young carer, visit Help and Support Manchester for help and advice: [www.manchester.gov.uk/youngcarers](http://www.manchester.gov.uk/youngcarers)

All young carers have a statutory right to a carer assessment.  
To request an assessment, please call 0161 275 3000.





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**Manchester -Young Carer Music Video**



# Potential Negative Outcomes for Young Carers

- Young carers miss an average of 48 days of school because of their role - [Young Minds](#) .
- Can feel stressed by too much responsibility
- Be physically tired
- Experience worry about the person they care for
- Struggle to coping with other people's mood
- Have no time for themselves or their homework
- Feeling embarrassed about their situation
- Experience bullying
- Suffer or experience low self-esteem, anxiety, anger or guilt
- Feel isolated and alone.
- Miss out on opportunities and life chances
- Become vulnerable and lack self care skills, putting the needs of others before their own
- Fail to reach their true potential

# Positive outcomes of being a young carer .

- Life skills and Transferable skills that are incredibly valuable.
- Feeling closer to the person cared for;
- Being mature and resilient
- Fantastic multitaskers and problem solvers.
- Greater understanding and compassion.
- Consideration of others
- Determination,
- Empathy, understanding
- Awareness of disability and illness, experts by experience.



## Manchester Young Carers told us.....

‘One of the biggest causes of stress for identified young carers, and young carers who don’t identify as a young carer is the worry of intervention. Intervention can come from anywhere, but the most likely sources are social services and schools. If someone finds out about a young carer, they worry that they will be taken away from their families or that their caring role will be affected. This leads to many young people with caring roles not accessing the support they are entitled to as they would **rather struggle than have their caring role disturbed**’.

YCF Manchester – Be Bothered Campaign Booklet.

Qadeer cares for his mum and dad.

## **Some of Manchester barriers to identifying young carers.**

**History of how we delivered support to young carers**

**Stand alone commissioned services – became the ‘experts’ over dependence on labelled services.**

**Professional confidence**

**Lack of recognition – young carers are young people first**

**Boxed in thinking – if it doesn’t say it’s for young carers it isn’t a service for them.**



# How are we responding to need in Manchester?

- Awareness and Support from Schools – Pathways
  - Youth and Play
  - Health Practitioners
  - Wider Community

# Tools and Resources to Inform Assessment

## MACA & PANOC

### **Multidimensional Assessment of Caring Activities (MACA)**

The MACA is a questionnaire to be completed by young carers with their professional – it can be used as an indicator of the total amount of caring activity undertaken by a child or young person, as well as six subscale scores for:

- Domestic tasks
- Household management
  - Personal care
  - Emotional care
  - Sibling care
- Financial/practical care.

## PANOC YC-20: Positive and Negative Outcomes of Caring

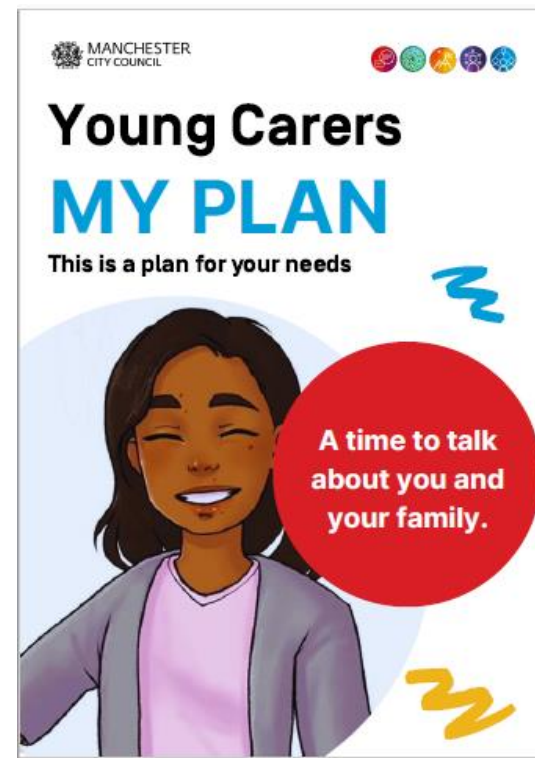
The Positive and Negative Outcomes of Caring is a questionnaire to be completed by young carers with their professional and can be used to provide an index (or score) of the subjective cognitive and emotional impact of caring in young people.

The MACA and PANOC should be used in conjunction with each other.  
*Guidance on use and access to the tools can be found on [HSM – Young Carers](#)*

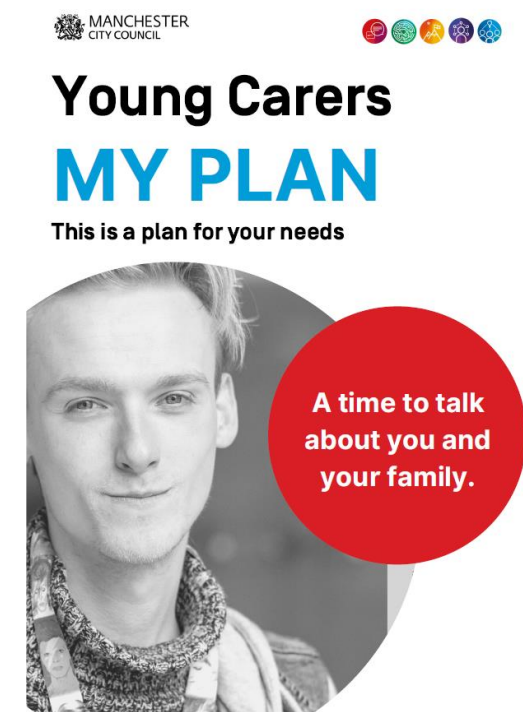


## My Plan

- My Guide to Support
- Linked to the Skills for Life Programme.
- Helps Young Carers and their families to keep well but also know where they can get help and support when things are not going so well.
- Supports Young Carers to think about their hobbies and interests to support positive wellbeing.
- Ensures consistency !



Age 5-11



Age 11+



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# Young Carer Support in Practice Manchester

# Practitioners

- Should adopt a multi-agency approach, housing providers, youth, schools, health professionals.
- Adopt whole family approach, community include family and friends as the assessed family feel appropriate.
- Challenge and advocate for the child/ young person and their family where needed. (example – appointments)
- Ensure the young carer has a emergency plan and means to make contact etc.
- Ensure transparency, adopt strengths based approach –family are the experts!



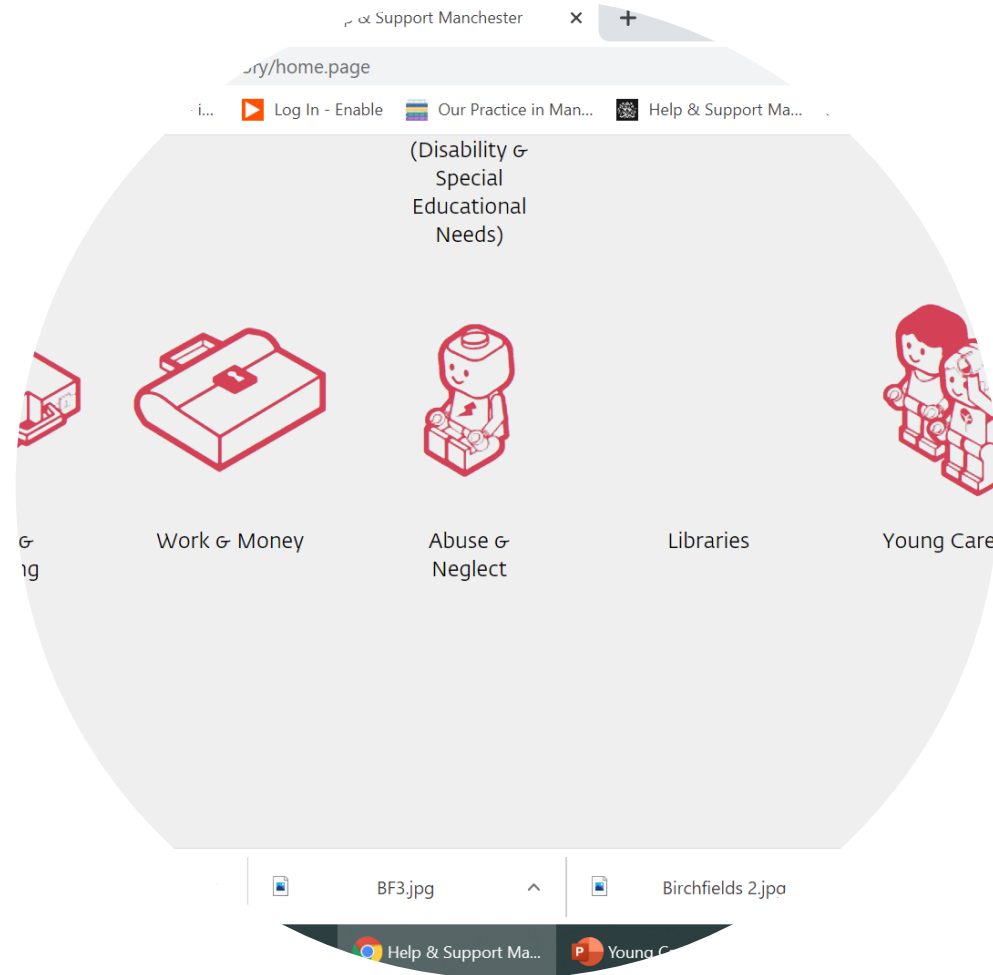
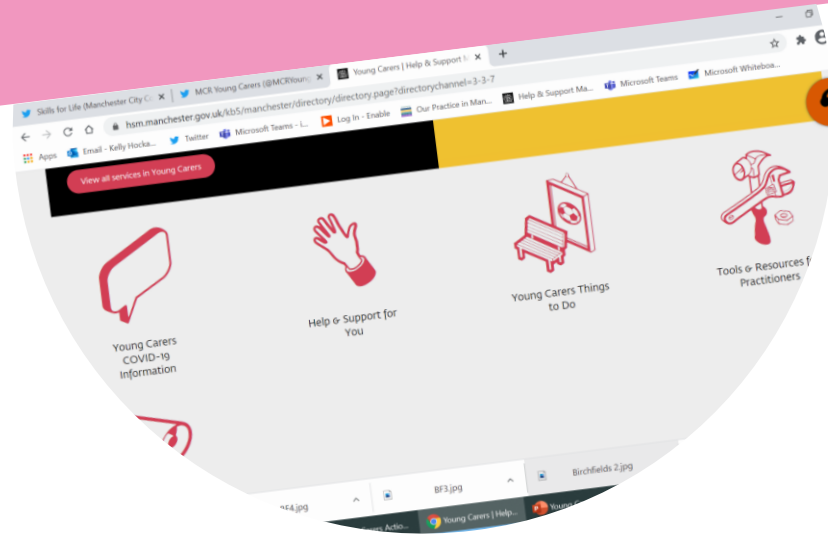
**Role Young Carers Coordinator**  
**Kelly Hockaday – Young Carers Coordinator.**  
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**07971 487 587**

- Support all schools, colleges and providers to recognise, identify and support young carers.
- Help develop tools and resources to aid assessment and support of young carers
- Support Young Carer Hb Leads
- Deliver training and consultancy to internal and external partners.
- Ensure the strategy aims and objectives are being met.
- Grow and develop the offer for young carers
- Connect agencies, through training and advice on young carers
- Work with GP and NHS England to improve offer and identification of young carers
- Work with national agencies and partners
- Host young carer events to raise awareness
- Young carer participation model of support – Young Carer Ambassador Award

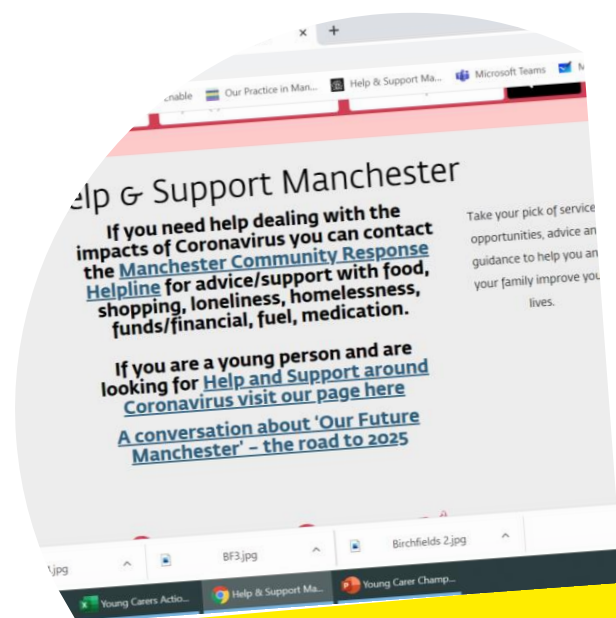
If you are working with a young carer who attends a Manchester school where there is no named young carers champion, please link the school to Kelly so she can reach out to them to support.

The following slides include some of the work Kelly is leading on, including the Support Not Sympathy for Young Carers Campaign





## Help & Support Manchester



# Questions ?

### Further Reading for Practitioners and Social Workers :

[Manchester Young Carers Strategy - 2020-2023](#)

[The Young Carers \(Needs Assessments\) Regulations 2015](#)

[Young Carers Needs Assessment – Supporting information 2015](#)

[GP Patient Survey: Experiences of young carers](#)

#### **The Voice of Manchester Young Carers:**

[Manchester Young Carers, Letters to Professionals 2020.](#)

[Manchester Young Carers Be Bothered Campaign Booklet 2017](#)

[Addressing the Issue of Transition for Young Carers in Manchester 2018](#)