

**Young  
Carers**



# Supporting Young Carers

A guide for  
Education Staff



Should you need any more information please visit  
[www.southtyneside.gov.uk/youngcarers](http://www.southtyneside.gov.uk/youngcarers)

# Introduction

This booklet is to support teaching and education staff to identify children and young people who have caring responsibilities and how they can be supported in an education or training setting. It will also introduce the Young Carer ID Card and outline what this may mean for your education or training setting and your learners.

## Who are Young Carers?

A Young Carer is someone aged 25 and under who helps to care for a parent, sister, brother, grandparent or another individual because they have an illness, disability, mental health difficulty or an addiction.

Older Young Carers, age 16-25, are also known as Young Adult Carers and they may have different support needs to younger carers.

Some children begin giving care from a very young age, and others become carers overnight.

### Young Carers can undertake a range of activities which might include:



Helping someone get dressed, undressed, get washed or move around safely



Helping with housework, cooking, shopping or other everyday tasks



Help to keep someone company or provide emotional support



Help to store and give medications or collect prescriptions



Help someone to communicate

There are thousands of Young Carers across the UK who provide care for family members or friends. According to the 2021 census there are around 144,000 young people providing at least 20 hours of unpaid care each week. This figure does not represent any of the hidden Young Carers who do not recognise that their home life is different from that of their friends and those who are not receiving any support. There are approximately 1,200 Young Carers in South Tyneside.

**Under the Children and Families Act 2014, all Young Carers have the right to a needs assessment from the local authority regardless of who they care for, what type of care they provide and how often they provide it.**

### **The assessment needs to consider:**



Whether it is appropriate for the Young Carer to provide care



The Young Carers need for support, and their other needs and wishes



If any of the Young Carers' need for support could be prevented by providing service to the person who is cared for, or another member of the Young Carers family

In South Tyneside, the Young Carers Service carry out all Young Carer Assessments on behalf of the local authority.

# How do I identify a Young Carer?



Do you have learners who are...

- ➔ Absent from lessons
- ➔ Struggle to take part in after curricular activities or trips
- ➔ Late with homework or coursework
- ➔ Tired or distracted
- ➔ Concerned about keeping their phone on them or staying in touch with a family member during curriculum hours

If you recognise these signs in any of your learners either on a regular basis or more prominent to specific days, they may be a Young Carer.

## What is the purpose of a Young Carer ID Card?

The Young Carer ID Card aims to:

- ✓ Raise awareness of their responsibilities and give formal recognition to their role
- ✓ Discreetly let people know about their caring responsibilities without having to repeatedly share personal details
- ✓ Give the Young Carer confidence to ask for help or understanding from professionals
- ✓ Help prevent issues around age and consent. The card does not give the Young Carer automatic right to information. If in doubt, ask

# Who will issue a Young Carer ID Card and what will it look like?

The Young Carer ID Card will be issued by the Young Carers Service in South Tyneside as part of the Young Carers Needs Assessment.

During this assessment a discussion with the Young Carer and often the person they care for will identify the needs of the Young Carer, which will be demonstrated by icons on the reverse of the card.



These icons will indicate the primary needs of the Young Carer, both in education settings and during an interaction with a healthcare professional. Use the icons as a prompt to discuss and agree how you can support the Young Carer within their learning.

If it is not possible to support all of the icons it is important to provide an explanation why and where possible to discuss an alternative.

**Please note: not all Young Carers will have an ID card. You may be the first person to recognise they are a Young Carer. In this instance, you can contact or refer to the Young Carers Service in South Tyneside for further support.**

**Contact details and QR code for referral can be found in the back of the booklet.**

# What does this mean for me, as a teacher or member of staff?

School, college or university can sometimes be one of the few places a Young Carer is away from their caring responsibilities. Teachers and school staff are in a unique position to recognise Young Carers and offer support to enable the Young Carer to reach their own goals.

- Take time to speak to the Young Carer to understand their caring role and responsibilities
- Be mindful of the Young Carer's home situation, and offer flexibility where possible. The Young Carer may find it difficult to:
  - Arrive on time
  - Stay late without earlier warning
  - Finish homework or coursework on time
- They may also need to carry a mobile phone (on silent) or have access to a phone to keep in contact with the person they care for
- You may need to consider whether the Young Carer has any siblings within the school or neighbouring schools. They may need to leave early to collect young brothers or sisters

It is unlikely the Young Carer will need all of these reasonable adjustments on a daily basis, it may be only in times of crisis or where other care provision fails. By providing a named staff member who is aware of the Young Carers situation and who they feel comfortable and safe to discuss their worries or problems with, you will be able to provide the correct provision early.

# What else can your education setting and staff do to support Young Carers?

Sign up to the South Tyneside Commitments to Young Carers in Education [www.southtyneside.gov.uk/article/18247/The-commitments-to-young-carers](http://www.southtyneside.gov.uk/article/18247/The-commitments-to-young-carers)

## Some of the things you can find in the commitments are listed here:

- Have a Young Carer Policy within the school, to outline the required and expected provision your school is able to offer to support any Young Carer with caring responsibilities
- Signpost the Young Carer to additional support or as required make a referral to the Young Carers Service on their behalf
- Appoint a Carers Lead or Champion to ensure policies and procedures are up to date and implemented across the school
- Ensure any caring responsibilities are documented on the Young Carer's school record and that all teaching and school staff involved with the Young Carer are made aware
- Have a dedicated noticeboard to display information about Young Carers and the Young Carer ID Card to raise awareness of your commitment to support them.
- Develop a Young Carer Group to offer a support network and activities for all Young Carers.
- Ensure all information about the Young Carers Service and other local support is up-to-date and visible
- Work with the Young Carer service or the Carer Champion/Coordinator of your organisation to deliver regular training and updates to your teams
- Work towards attaining Young Carers In Schools Award, which is a national recognition to raise outcomes for Young Carers

## Further support

If you require any further support or advice about Young Carers or the information within this booklet please visit

[www.southtyneside.gov.uk/youngcarers](http://www.southtyneside.gov.uk/youngcarers)



Carers Trust  
[www.carers.org](http://www.carers.org)

The  
Children's  
Society

The Children's Society  
[www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

**YOUNG CARERS  
ACTION DAY**

Young Carers Action Day at Carers Trust  
[www.carers.org/ycad](http://www.carers.org/ycad)





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South Tyneside Council



South Tyneside and Sunderland  
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