A quick checklist for supporting and signposting young carers

**Checklist for Health Professionals**

**Young Carers Projects. Is there one in your area?**
Information to help you find the nearest young carers project can be found at: -
www.youngcarer.com
www.direct.gov.uk/en/CaringForSomeone/CaringAndSupportServices/DG_4000194

**School.**
Is the child’s school involved or aware of what is happening? Do they or could they offer sensitive support? Discuss this with the young carer and their family. Contact the School Nurse for help or find out if the child’s school has a named teacher to support young carers.
www.connexions.gov.uk offer support for young people aged 13-19 years online and on the phone. Local advisors can be contacted through Children’s Services or school.

**Assessments:**
Contact your local Children’s Services Department for advice. Remember that some young carers and their families are reluctant to admit their role and fearful of seeking help but they would value sensitive support. The following may be useful: -
- Consider referring for, or offering, an initial assessment to the young carer following the Common Assessment Framework (CAF) guidance.
- If identified as a child in need, they must be referred for an assessment using the 1989 Children Act, Framework for Assessment of Children in Need and their Families.
- Referring the family member who has care needs for an assessment under the NHS and Community Care Act 1990. All young carers are entitled to a Carers Assessment under the 1995 Carer’s (Recognition and Services) Act, when the person they are looking after is being assessed under NHS and Community Care Act 1990,S47. Parents may value support to enable them to carry out their parenting role. Direct payments can be used for this purpose
- Carers aged over 16 are also entitled to a Carers Assessment from Children’s Services under the 2000 Carers and Disabled Children Act.
  www.carersuk.org and www.DisabledParentsNetwork.org.uk may be useful resources.

**Giving Information**
Encourage your client to explain their health condition to their child (or allow you to do it) Explain that lack of knowledge may be more damaging to the child than age appropriate information. The following may be useful: -
www.childrenfirst.nhs.uk tel. 020 7829 7895
NHS Children First, information about health issues for children and young people.
www.youngminds.org.uk tel. 020 7336 8445
Information on mental health issues for children and young people.
www.glosyoungcarers.org.uk tel. 01452 309399
‘minds, myths and me’ - Fact pack for young people who live with someone with a mental illness
www.riprap.org.uk a national website aimed at 12-16 year olds to help a young person cope when a parent has cancer.

www.macmillan.org.uk has an interactive site for children and young people to find out more about cancer and share their experiences with others in their situation.

When a sibling with a disability is being cared for the following may be useful: -
www.sibs.org.uk has information for children growing up with a sibling who has special needs, a disability or chronic illness.

www.cafamily.org.uk tel. 0800 808 3555 Contact a family, a charity which has local contacts, for families with disabled children.

When prescribing medication for your client, consider whether a young carer may be administering it. Is this appropriate? Do they need support?

‘The Whole Family Pathway’ is an online resource signposting practitioners to the support for families. It is also a useful map for families to follow to inform their choices. Access it at www.youngcarer.com

More useful resources
Drug and alcohol issues
www.adfam.org.uk tel. 020 7553 7640
Service and support for every family member facing problems with drugs and alcohol.


www.parentsusingdrugs.org.uk tel. 0115 9422 974
The Children’s Society Stars National Initiative.

www.talktofrank.com Confidential information on drugs

Refugees and asylum-seekers
Many young refugees support family members who suffer from mental distress, illness or disability. www.harpweb.org.uk is a website for professionals working with health issues of refugees and asylum seekers. NHS Direct (www.nhsdirect.nhs.uk) has a multilingual page.

Bereavement
www.rd4u.org.uk A website designed for young people by young people, offering support to people after the death of someone close.

www.winstonswish.org.uk Support for grieving children and their families

Please note that the above organisations and resources are listed for your information. The Children’s Society does not necessarily endorse them

For more information see the leaflet ‘Supporting young carers and their families: Information for health professionals’ included in the pack with this checklist.

www.youngcarer.com The Children’s Society Include Project website. Information for young carers, their families and those who work to support them.

www.youngcarers.net The Princess Royal Trust for Carers website for young carers offers useful information and support for young carers and their families.