

The Children's Society

Include service Supporting young carers and their families

An introductory guide for professionals

The Children's Society

It is a painful fact that many children and young people in Britain today are still suffering extreme hardship, abuse and neglect.

Right now, in this country, 3.9 million children are living in poverty. An estimated 16,500 are at high risk of sexual exploitation. Around 100,000 run away from home or care every year. 166,000 are caring for a family member. One in ten has a mental health problem.

The Children's Society is a national charity that runs local services to support children and young people who are at risk of exploitation or harm, living in care, or let down by the systems meant to protect them. They come to us when they are at their most vulnerable, when they're in desperate need of help, when they have nowhere left to turn.

At their moment of crisis we are with them every step of the way, until they're ready to share their experiences, often for the first time. We get to the heart of their problems, start to repair the damage, and help them get the services they need.

Across the country, particularly in the poorest areas, we're helping more than 18,000 children and young people through over 100 services run by almost 900 staff and more than 9,000 volunteers.

We work hand in hand with children to make sure their voices are heard, campaigning for changes to the law to stop the mistakes of the past being repeated in the future.

The Children's Society's **Include service** is home to the national Young Carers Initiative supporting children and young people who care for parents or siblings who suffer from chronic illness or disability.

We work with voluntary and statutory services across the country to support young carers. We campaign for change and promote best practice with central and local government.

We also help young carers by giving them a platform to share their experiences and raise awareness about the issues they face.

More information and a range of information materials and resources visit **youngcarer.com** or call **01962 711 511**.

If you would like find out about our full range of services that will help you achieve your outcomes, provide value for money and deliver local solutions contact us on **0845 612 9402** or visit **childrenssociety.org.uk/services**





Contents

Who are young carers?	6
What are the safeguarding issues for children's services?	7
What tasks might young carers carry out	10
What impact does this have on a young carer's life?	11
How can you identify situations where support for young carers and their families might be needed?	12
How can you offer support once you have identified a need?	13
Messages from young carers and disabled parents	18
Supporting legislation and guidance	19
Resources and further information	21
Key principles of practice for young carers and their families	22
References	23

Who are young carers?

Young carers: a shared understanding

A 'young carer' is defined in section 96 of the Children and Families Act 2014 as:

"...a person under 18 who provides or intends to provide care for another person..."

For the purposes of this document, this relates to care for any family member who is physically or mentally ill, frail, elderly, disabled or misuses alcohol or substances.

The key principle is that:

'Children should not undertake inappropriate or excessive caring roles that may have an impact on their development. A young carer becomes vulnerable when their caring role risks impacting upon their emotional or physical well-being and their prospects in education and life.'

Care and Support Statutory Guidance. Issued under the Care Act. DH 2014. Paragraph 2.49

The 2011 Census identifies 166,363 young carers aged under 18 years old in England. Research by the BBC in 2010 suggests a figure of 700,000 in the UK. Many of these young carers will have significant unmet needs. The negative impact of caring without essential support can be significant and enduring on the young person's physical and emotional health, social life and employment and life opportunities.¹

It is important that special consideration is given to specific groups to ensure inclusive practice, especially when undertaking an assessment of needs – for example:

- Black and minority ethnic groups
- Refugees and asylum seekers
- Very young carers
- Families in rural areas.
- Armed forces families

Resources and information regarding the needs of these specific groups are available at **youngcarer.com/resources** where you will find a 'Whole Family Pathway' section.

Children's welfare should be promoted and safeguarded by working towards the prevention of any child undertaking inappropriate levels of care and responsibility for any family member.²

What are the safeguarding issues for children's services?

This booklet is designed to raise awareness of young carers. It explains assessment entitlement and presents suggestions for good practice given by young carers and those who work with them and highlights useful resources for practitioners. Further information relating specifically to young carers in specific circumstances is available at **youngcarer.com/resources**

Research³ shows that young carers are no more likely than their peers to come into contact with support services, despite Government recognition that this needs to happen. There are many reasons why young carers may remain unsupported, taking on levels of care which are inappropriate for their age. These include:

- The structure of the family itself and the level of care needs.
- The nature of the illness or disability, including speed of onset, its acceptability, or whether it is an episodic illness.
- A lack of effective services from outside the family if the person does not meet eligibility criteria or the services are inflexible.
- Young carers may not be identified as a 'child in need' until crisis is reached.
- Lack of information-sharing between children's and adults' services and poor joint working with other professionals such as teachers and health services.
- Some young carers are very loyal to their parents and would feel guilty asking for help.
- Some young carers go to great lengths to conceal the illness, particularly where there is a mental illness, substance dependency, HIV or other blood-borne viruses, because they fear the stigma associated with it.
- Some families may not know about the services or support available to them. Some may be reluctant to acknowledge children's caring roles or involve agencies in their family situations, as they fear family break-up.

Young carers and the needs of the person for whom they are caring may only be identified when there is a crisis. Even then, the extent of the child's caring role and the impact that it has on their own development may not be recognised quickly or fully assessed, with the result that families may not receive the services they require soon enough.⁴

Additionally, parents whose personal care needs are assessed do not always have their parenting needs taken into consideration.

The key to change is the development of a whole-family approach and for all agencies – including children's and adult's services – to work together to offer coordinated assessments and services to the child and the whole family.⁵ 'It's not just the caring that affects you... What really gets you is the worry of it all. Having a parent who is ill and seeing them in such a state.'

Former young carer

How can the issues be overcome?

The Care Act 2014 requires a whole-family approach to assessing and supporting adults, considering the impact of the adults' care needs on the child, identifying any children who undertake caring roles and considering parenting responsibilities of the adult.

Local authorities should consider implementing a Memorandum of Understanding⁶ ensuring effective working between adults' and children's services, backed by an inter-agency steering and action plan, to support local areas in embedding whole-family working. All providers of services for young carers should have statements of purpose and accountability that state the intention to prevent children undertaking inappropriate care and reduce their levels of responsibility. All agencies providing support to families where there is a member in need of care should:

- have clear and accessible information for children and families
- have agreed inter-agency intervention strategies in place, so that those requiring assistance with care needs feel able to seek help before a crisis is reached
- have agreed identification, referral and assessment protocols between adults' and children's services (including schools and health care workers) when working with families where there is potential for children to undertake inappropriate levels of care and responsibility
- be able to identify if a child is undertaking inappropriate levels of care and have procedures in place that can be implemented in order to offer assessments that take into account the needs of the whole family.

Resolving tensions between child and parent

There may be differences of view between children and parents about what constitutes appropriate levels of care, and these may be out in the open or concealed. Resolution requires a whole-family approach and good partnership working.

'In whatever approach is used it is important that the entirety of each person's care and support needs are identified. Where there is also a carer, information on the care that they are providing can be captured during assessment, but it must not influence the eligibility determination.

'This whole-family approach to assessment can help identify individual needs, aspirations and goals of each member as well as collective strengths, resources and mutually desired outcomes.'

The Care Act and Whole-Family Approaches DH, LGA, ADASS, 2015

'I did not want my son to do my personal care needs. Social services do not seem to tie the two together, that I am disabled and that I have a son who has all the responsibility for me. It would have been useful if they had asked to speak to me and my son together – and in that way they might have realised how much he does for me.'

Disabled parent

Ascertain what needs to change

Providing an assessment only for the child will not necessarily resolve the situation that has caused their referral. All assessments should ascertain why the child is caring, and what needs to change to prevent them undertaking inappropriate levels of care and responsibility which impact on their well-being.

Barriers and difficulties

It may be difficult to engage with some families, and agencies must consider how best to meet need in such circumstances. It must also be recognised that being a young carer does not mean that a child or young person is automatically in need of protection.

What it does signify is that services must be vigilant and ensure that the family does not find itself in crisis, resulting in child protection procedures being triggered because of a lack of effective support being provided to the parent. 'Assessments are also important in order to meet the needs of us and our families. When doing an assessment, it is important to understand how the condition or illness can affect the whole family and how families' needs and individuals' needs may differ but also affect each other.'

Young carer

What tasks might young carers carry out?

Some examples of the tasks young people undertake are:

- Household chores including washing, cooking and cleaning on behalf of the whole family.
- Personal/nursing care such as giving medication, changing dressings, assisting with mobility.
- Intimate care washing, dressing and assisting with toilet requirements.
- Emotional support monitoring and meeting the emotional needs of the person.
- Childcare helping to care for younger siblings, including escorting to school, in addition to other caring tasks.
- Other household administration such as paying bills, accompanying the cared-for person to hospital, or acting as an interpreter for non-speaking sensory impaired, or those whose first language is not English.⁷

'I've gone from 12 to 30 and it's hard. I want to live a normal life. I want to be understood.'

Young carer

'It's not just the caring that affects you...What really gets you is the worry of it all. Having a parent who is ill and seeing them in such a state.'

Former young carer

What impact does this have on a young carer's life?

Inappropriate levels of caring impact on a child's own emotional and physical health, as well as their educational achievement and life chances.

Research shows us that the impacts on young carers can be significant and have long-term effects:

- 27% of young carers miss school or experience educational difficulties – this increases to 40% where children care for a relative with drug or alcohol problems.⁷
- They are 1.5 times more likely than their peers to have a special educational need or disability.³
- According to the 2011 Census they are twice as likely to report 'not good health' – this increases to five times as likely when caring for over 50 hours per week.
- Young carers said caring made them feel stressed. A school survey also found that 38% of young carers had mental health problems.¹⁰
- They have significantly lower educational attainment at GCSE level (the equivalent of nine grades lower than their peers), and are less likely to go on to higher or further education.³
- They are more likely to be not in education, employment and training between 16–19, and this is significantly more likely to persist over 6 months.³

Young carers have told us that the following examples also have an effect on them:

- Problems completing homework.
- Isolation from other children of the same age and from other family members, feeling that no one else understands their experience.
- Lack of time for play, sport or leisure activities.
- Conflict between the needs of the person they are helping and their own needs leading to feelings of guilt and resentment.
- Feeling that there is nobody there for them; that professionals do not listen to them and are working only with the adult.
- Lack of recognition, praise or respect for their contribution.
- Feeling that they are different from other children and are unable to be part of the group.
- Problems moving into adulthood, especially with finding work, their own home and establishing relationships.⁷

Some young carers experience being stigmatised or bullied. Some have behavioural difficulties. However, there are also positives for young carers who are well supported – for example, their caring role can equip them with valuable life skills and give them special relationships within the family.

Young carers should be treated as children first, and as such have a right to feel happy and well, to have adequate leisure time, good emotional and physical health and a family life. 'For five years my daughter did all the housework and took care of my personal needs, including going to the toilet and pulling my wheelchair up a flight of stairs. I now have direct payments and a personal budget and I feel able to fulfil my role as a parent. Kelly is now going to school and we both have a life.'

Disabled parent

'It's knowing that there is all this group behind you...There when you are feeling a bit low and all you have to do is phone someone up and you know that you have always got people stood behind you, who are caring for you.'

Young carer

How can you identify situations where support for young carers and their families might be needed?

A young person referred may be involved in the care of an adult or sibling who has:

- a physical disability or sensory impairment
- a learning disability
- a long-term illness
- a blood-borne virus such as HIV
- mental ill health
- drug and/or alcohol dependency
- any long-term illness or disability.

When a referral is made for a child who is caring, consider:

- the amount, nature and type of care which the young carer provides
- the impact of caring on the young carer's well-being, education and personal and emotional development
- whether any of the caring tasks the young carer is undertaking are excessive or inappropriate, having regard to all the circumstances
- whether a needs assessment of the cared for person (be they a child or adult) has been carried out, and if not, to request one
- whether any of the young carer's needs for support could be met by providing support or services to:
 a) the person cared for (by the young carer); or
 b) another member of the young carer's family
- what the young carer's needs for support would be likely to be if he or she were relieved of part or all of his or her caring role, and whether the young carer has any remaining unmet needs.

See the Whole Family Pathway for more information: youngcarer.com/sites/default/files/whole_family_pathway_2016_1st.pdf

When an assessment of an adult is being made, workers should likewise ask and record:

- 1. Do you have children?
- 2. What are their ages?
- 3. Is there a child in the family who may be helping to provide care?
- 4. Do they need and have they been offered an assessment?
- **5.** What additional support do you need to prevent your child from providing inappropriate levels of care?
- 6. How can we support you in your parenting role?
- 7. What can be offered to help the whole family?

Not all children in families where there is disability or illness are young carers. However, it is important to identify when a child takes on inappropriate levels of caring which impact upon their well-being. Recognise that there may be differences of view between children and their parents about appropriate levels of care.

How can you offer support once you have identified a need?

Whole-family support

Young carers and their families are the experts on their own lives and as such must be fully informed and involved in the development and delivery of support services.²

For services to provide effective support for young carers and their families, it is vital that all those working with them begin with an inclusive, wide-ranging approach that considers:

- the needs of the person in need of care (including any parenting needs)
- the child (including whether they are providing inappropriate levels of care either physically or emotionally)
- the whole family.

The key to change is the development of a wholefamily approach and for all agencies to work together, including children's and adults' services, to offer coordinated assessments and services to the child and the whole family.

Key Principles of Practice, principle 2²

Services and agencies must also recognise that:

- The reasons that children undertake inappropriate levels of care may be complex, and resolving them may require a multi-faceted approach.
- Agencies need to work together in partnership towards preventing children and young people having to take on a caring role to an unreasonable or unwanted degree, and to ensure their protection where necessary.
- There needs to be joint accountability from both adults and children's services in order to prevent children caring inappropriately and to enable holistic whole-family working.

'We need social workers to listen to our needs and our views and not to make up their minds of what we want.'

Young carer

Assessments

No care or support package for a parent, other adult or sibling should rely on excessive or inappropriate caring by a young carer to make it sustainable.

'No wrong doors: working together to support young carers and their families', 2015

Initial response to need in the family

You should ensure that the initial response to need:

- relates to the person being cared for within a whole-family approach that takes account of young carers
- puts in place support for the person being cared for that will also reduce the impact of caring on the young carer
- is undertaken by the service responsible for ensuring care needs are met
- ensures young carers do not take on inappropriate levels of caring with adverse impact on their development and life chances
- helps parents to enhance their ability to fulfil their parenting responsibilities (Putting People First, 2007).

Children's welfare should be promoted and safeguarded by working towards the prevention of any child undertaking inappropriate levels of care and responsibility for any family member.

Key Principles of Practice, principle 1²

Fuller assessment

Where there are concerns about the well-being and safety of children in the household, children's services must be informed and a fuller assessment undertaken using agreed local tools and processes.

Additionally local agencies should work together to put processes in place for the effective assessment of the needs of individual children who may benefit from early help services. Children and families may need support from a wide range of local agencies. Where a child and family would benefit from coordinated support from more than one agency (eg education, health, housing, police) there should be an interagency assessment (CAF). These early help assessments, such as the Common Assessment Framework, should identify what help the child and family require to prevent their needs escalating.⁸

Young carers are entitled to an assessment of their needs under the Children and Families Act and Care Act 2014.

For young carers caring for parents

When an assessment is undertaken, this should:

- include an assessment by adult services of care and parenting support needs
- include a review of how support will meet changing or episodic conditions, including plans for crisis provision
- promote inclusive practices by being sensitive to cultural perceptions and needs. Special consideration must also be given to the particular barriers faced by individual families.

Note: In some circumstances young carers may be caring for an adult who isn't their parent, such as a grandparent, the needs of these young people can often be overlooked as they are not recognised as being the carer.

For young carers caring for siblings

When a referral is made for a child with a disability or illness, agencies should consider whether there is another child in the family who is helping to provide care. If so, consider:

- What additional services are needed for the disabled child or parent carers to prevent the child caring inappropriately?
- Does the parent need support in their parenting role?
- What can be offered to help the whole family?
- Does that child need to be offered an assessment under the Children and Families or Care Act 2014?

Direct payments

The Health and Social Care Act 2001 also allows disabled parents to access direct payments to purchase services provided under the Children Act 1989, via an amended section 17a. This enables adult disability services – with input from children's and/or health services as and where appropriate – to put together a support package involving direct payments to support parenting, and thereby safeguard the welfare of children.

Multi-agency working

No wrong doors: working together to support young carers and their families (2015) offers a firm basis for children's services and adult social services to work together and in partnership with health and third sector partners. It can be varied to reflect local circumstances, and is unequivocal in stating that no care package should rely on a young person taking on an inappropriate caring role.⁶

'The main problem is that I am not ill all the time. That is why I do not get any support. I ask them to take into account the affect my illness has on my daughter as a young carer and they agreed to give her five minutes of their time and this has not happened until this day.'

Disabled parent

Thinking about schools

- Discuss with young carers and their families whether support has been offered in school. They may be reluctant to involve school, but many schools have had training on the issues concerning young carers and are able to offer discreet support.
- Consider whether the school nurse could provide a supportive link between health services, home and school.
- If there is a pre-school child in the family, have you contacted the health visiting team and local children's centre?

Young Carers in Schools is an England-wide initiative that equips schools to support young carers and awards good practice – visit **youngcarersinschools.com** for more information.

Thinking about Health Services

GPs have a vital role to play in young carers' lives, as health professionals are likely to be the first people that a family turns to for help with an illness or disability. They may also be the only person that families are in contact with who is able to ask the right questions in order to identify any children and young people taking on caring responsibilities. Timely intervention from health services and professionals could prevent a child undertaking inappropriate levels of care, and reduce negative impacts upon their well-being.

The Care and Support Statutory Guidance issued under the Care Act 2014 asserts that 'local authorities must carry out their care and support responsibilities with the aim of joining-up the services provided, or other actions taken, with those provided by the NHS and other health-related services (for example, housing or leisure services)'.⁹

- Implement or refer to your local NHS Memorandum of Understanding
- See the Whole Family Pathway and **youngcarer.com** for Health services resources.

Providing information

Encourage the families to explain their health condition to their children (or to allow you to do so). Young carers often say that they would like more information, and research indicates that giving information aids coping. Many support groups produce age-appropriate leaflets or web pages (see Resources and further information, page 21).

Some of the questions that trouble young people include:

- Can I catch it? Will it happen to me too?
- What caused it? Why us? Is it my fault?
- Can I do anything to make it better?
- Will the person I look after get worse or die?
- What should I do in an emergency?

'Young people have a right to know what is happening in their family...We should not have to sit outside doors and listen to find out.'

Young carer

Young carers projects

Local young carers services among other direct services should be available to provide safe, good quality support to children who continue to be affected by any caring role within their family.²

Young carers services have a wealth of expertise about young carers' issues and local needs. Evaluations have shown that the support and activities they provide are greatly valued by both the children and their families, as they are often the only or main source of support.

Young carers services also play a key role in raising awareness, offering training for other agencies that work with the family and identifying gaps in services, not just for young carers but also for the person in need of care.

Young carers services provide safe environments for children and parents to contact for information and support. They promote and protect the physical and mental well-being of young carers, and can provide a child-focused but preventative 'whole-family' approach by working in partnership with other agencies, including health services and schools.

A database of local young carers services is available on our website **youngcarer.com**

If there are no local young carer services in your area, link with other local groups who could offer support such as: the youth service, extended schools service or children's centre.

A range of focused briefings and resources outlining identification and support needs of specific groups of young carers and their families, are available to compliment this booklet at **youngcarer.com/resources**

Messages from young carers

From young carers

Young carers have made the following suggestions for social workers and health professionals:

- Make regular family visits.
- Offer us help around the home.
- Provide counselling when needed.
- Make sure we are getting extra help at school.
- Help us to be recognised as carers.
- Help me understand the illness myself.
- Help mum come to school meetings.
- Professionals need to check and ask us what we do and how we do it, and if we are OK.
- They need to assess the needs of the person needing care and the whole family, and give the right support so that we are not carrying out inappropriate care.
- They need to give us information and support to carry out tasks safely when some caring remains.

From Parents

Parents have made the following suggestions for social workers and health professionals:

- Talk to our children when you come to assess us.
- Ask us about our needs as parents.
- Assess the needs of each member of the family look at our family as a whole.
- Communicate between your different agencies we don't want to keep telling our story over and over again.

'In some instances, all that may be required of professionals is just a phone call... that's all it takes, a five minute phone call.'⁷

Supporting legislation and guidance

In 2014, landmark legislation ensured a joined-up and coherent framework for young carers in England. The Children and Families Act 2014 and the Care Act 2014 provide better, more consolidated rights for young carers, young adult carers and their families.

Compliance

To ensure compliance, local authority-run services and partner organisations will want to ensure that:

- The local authority has in place a Memorandum of Understanding ensuring effective working between adult and children services
- The local authority has in place an inter-agency steering group and action plan which include health and education, statutory, voluntary sector and private providers
- All relevant agencies have a stated purpose of preventing children undertaking inappropriate levels of care and ensuring that no care or support package relies upon excessive or inappropriate caring by a young carer to make it sustainable.

Duties

Part 5, section 96 of the Children and Families Act 2014 details the local authority's accountability to assess whether young carers in their area have support needs and if so what these are. They must carry out an assessment if they think the child has needs, the child asks them to, or their child's parents ask them to. The local authorities must also take reasonable steps to identify young carers in their area who have support needs.

The Care Act 2014 requires a whole-family approach to assessing and supporting adults, considering the impact of the adult's care needs on the child, identifying any children who undertake a caring role and considering the parenting responsibilities of the adult. In addition the local authority must consider how to support young carers in transition, and what support they may continue to need to raise and fulfil their aspirations. Under the Care Act 2014, the carer's needs may be met by providing support for the adult they care for, and the adult may meet the eligibility criteria for support on the basis of their parenting responsibility for a child.

Other Legislation and guidance to consider

- Care Act 2014 sections 63 and 64 outlining young carer's assessments (including transition assessments into adulthood)
- Children and Families Act 2014 section 96
- Care and Support Statutory Guidance issued under the Care Act 2014
- The Young Carers (Needs Assessments) Regulation 2015
- The National Carers Strategy
- Working Together to Safeguard Children
- NHS England: Integrated approach to identifying and assessing carer health and well-being
- Think Local, Act Personal (DH) 2011
- National Service Framework for Mental Health 1999

You can also access our resources, which share advice and good practice for implementing the duties in the Care Act 2014 and the Children and Families Act 2014 for young carers and their families at **youngcarer.com/resources/making-step-change**

Resources and further information

Include service

The Include service is home to The Children's Society National Young Carers Initiative, which provides a national focus for people who work to support young carers and their families across England.

It also has a comprehensive website **youngcarer.com** where you can find the contact details of the young carers services across England.

The Include service has a range of resources online including:

The Whole Family Pathway – a free online resource for ALL practitioners in a position to support young carers and their families, including those from health, education, adults' and children's services and the voluntary sector.



Key principles of practice for young carers and their families²

- Children's welfare should be promoted and safeguarded by working towards the prevention of any child undertaking inappropriate levels of care and responsibility for any family member.
- The key to change is the development of a whole-family approach and for all agencies – including children's and adults' services – to work together to offer coordinated assessments and services to the child and the whole family.
- Young carers and their families are the experts on their own lives and as such must be fully informed and involved in the development and delivery of support services.
- Young carers will have the same access to education and career choices as their peers.
- It is essential to continue to raise awareness of young carers and to support and influence change effectively. Work with young carers and their families must be monitored and evaluated regularly.
- Local young carers services or other targeted services should be available to provide safe, good quality support to those children who continue to be affected by any caring role within their family.

Useful websites

Download our range of focused briefings on specific issues to accompany this leaflet: **youngcarer.com**

carers.org

Carers Trust is for, with and about carers, working across the UK to improve support, services and recognition for anyone living with the challenges of caring unpaid.

sibs.org.uk

Information for children growing up with a sibling who has special needs, a disability or chronic illness.

youngminds.org.uk

A national charity committed to improving the mental health of all children and young people. t: 020 7336 8445

rethink.org/carers-family-friends/support-for-young-carers

Rethink Mental Illness's dedicated page, containing resources and support for working with young carers impacted by parental mental ill health, and to support young carers own well-being.

starsnationalinitiative.org.uk

Part of The Children's Society, Stars National Initiative is a hub of information, guidance and resources on parental drug and alcohol misuse, and the impact it has upon children and families.

scie.org.uk

The Social Care Institute for Excellence provides information and practice guidance for professionals working with children and families.

Please note these

organisations and resources are listed for your information. The Children's Society does not necessarily endorse them.

References

¹'There's nobody is there – no one who can actually help?' The challenges of estimating the number of young carers and knowing how to meet their needs. childrenssociety.org.uk/what-we-do/resources-and-publications/theres-nobody-is-thereno-one-who-can-actually-help. 2016. The Children's Society.

² Frank J and McLarnon J. Young carers, parents and their families: Key Principles of Practice. Supportive practice guidance for those who work directly with, or commission services for young carers and their families. 2015. The Children's Society.

³Hidden from View: The experiences of young carers in England. 2013. The Children's Society.

⁴TNS BMRB and Aldridge J. The lives of young carers in England. 2011. Department for Education.

⁵Leadbitter H. Whole Family Pathway. A resource for practitioners. 2015. The Children's Society.

⁶ ADCS, ADASS, The Children's Society, Carers Trust. No wrong doors: working together to support young carers and their families. 2015. youngcarer.com

⁷Dearden C and Becker S. Young Carers in the UK: the 2004 report. 2004. Carers UK

⁸Working together to safeguard children https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/419595/ Working_Together_to_Safeguard_Children.pdf

⁹ Department of Health. Care and Support Statutory Guidance issued under the Care Act 2014. 2014 London: Crown. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/366104/43380_23902777_Care_Act_Book.pdf

¹⁰ Carers Trust. Small scale in-school survey regarding well-being and mental health. 2014

Quotes from young carers in this document are taken from Making it Work¹⁰ or are messages from the Young Carers Festival, an annual event organised by The Children's Society and the YMCA.

Include service

The Children's Society's Include service is home to the national Young Carers Initiative supporting children and young people who care for parents or siblings who suffer from chronic illness or disability.

We work with voluntary and statutory services across the country to support young carers. We campaign for change and promote best practice with central and local Government.

We also help young carers by giving them a platform to share their experiences and raise awareness about the issues they face.

We create a national focus for young carers, their families and those who work to support them, to promote common standards and whole-family working.

We provide training and consultancy to Local authorities, health, statutory and voluntary organisations to implement best practice and improve service delivery, identification and support for young carers, those they care for, and the whole family.

More information and a range of information materials and resources – including a Good Practice Guide for Practitioners – are available at **youngcarer.com** or can be ordered by calling **01962 711 511.**



Contact us

The Children's Society Include service, Unit 4, Calford House, Wessex Business Park, Wessex Way, Colden Common, Hampshire SO21 1WP t: 01962 711 511 e: include@childrenssociety.org.uk

childrenssociety.org.uk/youngcarers youngcarer.com