



Young Carers **STRATEGY**



Introduction

Moray's vision from the Community Planning Partnership Children Services Plan is for Moray to be the best place in Scotland to grow up in.

This updated strategy reflects the commitments of the Children and Young People's Partnership to recognise young carers as children and young people first and foremost, with any caring role required to be appropriate in relation to age and maturity.

Although this strategy sits separately from Moray's current Adult Carers Strategy, *Carry on Caring 2016-19*, the delivery timescales are co-ordinated to match those of *Carry on Caring*, enabling an all-age strategy review for 2019, offering a joined up approach to supporting carers, and reflecting the holistic approach sought in legislation.

The Carers (Scotland) Act 2016, sitting alongside GIRFEC, the integration of Health and Social Care and Community Empowerment legislation and policy, offers an ideal opportunity to refresh and enhance collaborative working for the benefit of carers in Moray, and is a major feature of the context within which this updated strategy is presented.

'Sometimes young carers just need a break!' (Leon, 12)

A young carer is anyone under the age of 18, or 18 and still attending school, who provides, or intends to provide, unpaid care for another individual.

Moray's Young Carer Strategy 2018-19 builds on foundations established by the previous Young Carer Strategy, which was an intrinsic part of Moray's Carers Strategy, Caring Together in Moray 2011-15.

Asked what one thing they'd change about their lives, comments from young carers in Moray included:

- **More help**
- **More understanding from friends**
- **More respect from people**
- **More understanding at school**

Asked what the best thing is about being a young carer in Moray, responses included;

- **I feel good about what I do**
- **It's a great experience for the future**
- **Getting help has made all the difference**
- **It's brought me closer to my family**
- **I have a lot of responsibility**

Quotes and feedback from young carers in Moray have been incorporated into this document anonymously.

Strategic Context

The 2011 Census identified just over 10,000 people in Scotland aged under 16 identifying themselves as carers. The Scottish Health Survey (SHeS) estimates there are around 29,000 young carers aged under 16 in Scotland: 4% of the child population (aged 4-15).

Young carers are more common in lone parent families, and also contribute the most hours. 28% of young carers in the most deprived areas care for 35 hours a week or more, compared with only 17% of young carers in the least deprived areas.

We lack clarity of the exact number of young carers in Moray, with the 2011 Census identifying 281. This equates to 3.8% of the caring population, higher than the Scottish average of 2%.

Moray's first Young Carers Strategy suggests the numbers of young people in Moray formally identified as carers fluctuated in the previous ten years, never significantly exceeding 300. There are currently 123 young carers aged 7-16 registered with Quarriers; these being young carers with significant caring roles.

There are a significant number of young carers in Moray who remain unidentified, and therefore have little or no support with their caring responsibilities, with their needs only identified at crisis point. This is an area that we recognise in Moray needs to be addressed through this strategy.

A wide range of services and supports exist which Moray Children and Young People Partnership will continue to build on. We will work together to deliver new and innovative ways of offering support to young carers.

Legislation

There are a number of national and local policy drivers impacting on carers, and particularly for young carers. These include:

Self-Directed Support (Scotland) Act 2013

Children and Young People's (Scotland) Act 2014

Public Bodies (Joint Working) (Scotland) Act 2014

Carers (Scotland) Act 2016

The Carers (Scotland) Act 2016

The Carers (Scotland) Act was adopted onto the statute books on 04 February 2016, and will be implemented from 01 April 2018.

The Act sets out a range of measures to improve the identification of, and provision of support to, carers, so they can continue to care, if they wish, whilst maintaining their wellbeing and a life of their own alongside their caring role.

The Act defines a carer as someone who provides, or intends to provide, care for another person. There is no requirement for a carer to provide a substantial amount of care on a regular basis. A young carer is someone under the age of 18 (or 18 and still at school), who provides, or intends to provide, care for another person.

The Act introduces new duties on local authorities to meet the 'eligible needs' of carers. To do so, local authorities must establish eligibility criteria that determine whether they are required to support the carer's identified needs.

The Act also sets out the following conditions/changes:

- Replacing the current Carers Assessment with an Adult Carer Support Plan (ACSP) or Young Carers Statement (YCS), with all carers having the right to be offered, or request completion
- The person being cared for does not need to be in receipt of services
- A duty on local authorities to set local eligibility criteria frameworks, which will be used to determine the level of carer support entitlement, based on identified needs
- A requirement on health boards to involve carers in the hospital discharge process
- A requirement to develop local Carer Strategies, setting out the provision of services to adult and young carers in each integration authority. These will include plans for how carers will be identified and how they will receive information about support in their area.
- Provision of an information and advice service to carers, which must be accessible and proportionate to the needs of carers

- A duty on local authorities and health boards to involve carers of all ages, and carer organisations, in the planning, shaping, delivery and review of services. This will also influence preparation of Short Breaks Services Statements.
- A duty to support carers with identified needs that cannot be met through support provided to the cared-for person or through general local services, but only where those identified needs meet local eligibility criteria
- If a carer has eligible needs, the local authority must consider whether breaks from caring should be part of the support
- Local authorities must take into account the care provided by a carer when conducting an assessment of the person being cared for
- If a carer's identified needs do not meet the local eligibility criteria, support can still be provided, for example, information and advice and/or support in the local community

This strategy will be reflected in other Community Planning Partnership strategies including the Moray Children Service Plan.

Progress since Caring Together for Young Carers in Moray 2011-15

In that first strategy, Moray Council established 4 key objectives:

- Identifying those young carers who need or want support
- Ensuring that young carers needing support get the support they need
- Providing effective support
- Increasing the effectiveness of the support

These led to the commissioning of Quarriers to provide young carer support across Moray, the development of a toolkit for use in primary and secondary schools to aid identification and initial support of young carers, development of a national NHS Young Carer Pathway for School Nurses, and rollout of Moray GIRFEC Child Planning to encompass support for young carers.

Quarriers Carer Support Service (Moray)

Quarriers is commissioned to provide support to young carers in Moray, up to and including the age of 17, to:

- Help ensure children and young people do not have to sustain an inappropriate burden of care for other family or household members
- Reduce the adverse impact on their lives resulting from their caring role, so that their welfare and opportunities are comparable with those enjoyed by their peers.

In doing so, Quarriers provides a direct-access service offering:

- Completion of a Young Carers Assessment and personal Support Plan, identifying the support needs of the young carer and the outcomes they seek to achieve
- 1:1 contact with a Family Wellbeing Worker, enabling emotional support, exploration of the caring role and discussion of concerns and issues impacting on the young carer
- Provision of age-specific training and skills activities, to help young carers manage their caring responsibilities and/or improve confidence and self-esteem, increase aspiration and enjoy the same opportunities as their peers
- Provision of social and leisure activities designed to enable young carers to share experiences, learn from each other, develop support networks and gain the confidence to participate in activities in the wider community
- Age appropriate information and advice, to help young carers understand their role, the condition of the person they care for, the supports available, and other aspects of their life as a young person
- Liaison with health, care and education professionals to help reduce the caring role and ensure appropriate alternative supports are in place within the family

There are currently 123 young carers, as of March 2018 registered with Quarriers, with personalised support plans enabling intensive, active, low and information only levels of support activity.



Moray Young Carers Schools Toolkit

The Moray Young Carers Schools Toolkit was developed for use in primary and secondary schools across Moray, to help staff and pupils understand and recognise the impact of caring on a young carer.

The Toolkit includes lesson plans and resources for use with different age groups, and its roll-out will be the focus of targeted work in schools during 2018-19, aiding implementation of the Carers (Scotland) Act 2016 and ensuring a consistent approach across all schools.

The actions within the strategy will ensure that the toolkit is used in all schools.

NHS Young Carer Pathway for School Nurses

Following the national review of school nursing a young carers pathway has been developed. This follows the GIRFEC principles and sets out the role of school nurses in identifying and supporting young carers. A working group has been set up in Moray to oversee the implementation of the young carers pathway along with other pathways for vulnerable children and young people.

Moray GIRFEC Pathway and Child Planning Process

This pathway and process uses the underpinning values and principles of GIRFEC to ensure that children and young people get the right support at the right time. It ensures that for children, young people and their family, needs are identified using the shared language of wellbeing. At the heart of the process are the premise of participation and consultation to enable the voice of the child and young person to articulate what they need to support them.



Objectives

It is recognised that this strategy needs to build on the 2011-15 strategy and is a statement of intent of what we want for Young Carers in Moray;

- This means ensuring that organisations, services and practitioners recognise the specific the specific needs and issues that affect young carers
- That all policies, guidance and procedures are young carer friendly and
- That all young carers are treated as young people first

The Carers Act focuses on identifying and achieving outcomes for carers, and based on conversations with young carers in Moray, this strategy will enable the formation of a more in-depth and comprehensive strategy from April 2019 onwards.

For 2018-19, we will establish the following objectives:

- Test and refine eligibility criteria for young carer support activity
- Enable early identification of young carers
- Provide effective support for young carers in Moray
- Develop plans to support young carers through transition
- Develop and implement workforce development programmes that embed young carer awareness and support across all disciplines

'It's so good to meet people in the same situation as you. I've made new friends, its great!' (Elizabeth, 14)

Test and refine eligibility criteria for young carer support activity

The Carers (Scotland) Act 2016 places a duty on Moray Council to develop Eligibility Criteria by which it will determine the level of support required by individual young carers, as identified in their Young Carer Statement. Under the legislation, all young carers have the right to access advice and information relevant to their role, with further support as required for their circumstances and the impact their caring role has on their wellbeing.

We will base our eligibility criteria framework on the Moray GIRFEC Pathway, which is used to enable support, guidance and resources at various levels of wellbeing need for any child or young person and their family. Our eligibility framework will take account of the specific circumstances experienced by young carers, and the impact this has on their wellbeing, and enable identification of those young carers for whom targeted, specialist support is required to protect their wellbeing.

Our eligibility criteria will also make clear what support and advice is available for young carers not meeting the threshold for targeted support.

Eligibility Framework

Moray's eligibility framework for young carers has five categories for impact/risk, and links with Moray's GIRFEC Pathway as follows:

Risk/impact category	GIRFEC Pathway
Caring has no impact/no risk	Universal
Caring has low impact/low risk	Universal
Caring has moderate impact/moderate risk	Universal with Support
Caring has substantial impact/substantial risk	Targeted Support
Caring has critical impact/critical risk	Targeted Support

These categories will be applied to seven key aspects of a young carer's life:

- Health and Wellbeing
- Relationships
- Living Environment
- Employment and Training/Education
- Finance
- Life Balance

These categories are set alongside the **GIRFEC wellbeing indicators** and the **National Practice Model**.

*‘Local authorities should consider the **impact** of the caring role on the individual carer and their family, and should address the following questions;*

- Is the caring role sustainable?
- How great is the **risk** of the caring role becoming unsustainable?’

Identifying young carer need

The Young Carer Statement (YCS) will set out a young carer’s identified needs, personal outcomes and the support required for the young carer to achieve these.

We will develop a Young Carer Statement (YCS) template that provides a framework for the identification of individual needs and personal outcomes, based on the SHANARRI wellbeing indicators, to enable support for young carers who have been identified by professionals or have self-identified.

The YCS will be separate from other forms of assessment that a child or young person may be entitled to, e.g. Child’s Plan or Co-ordinated Support Plan (CSP). Careful consideration will be given as to how the YCS sits alongside such other forms of assessment.

The YCS will include:

- the nature and extent of care provided, or to be provided
- the impact of caring on the young carer’s wellbeing and day-to-day life
- information about any arrangements in place for emergencies (sometimes referred to as emergency, or contingency, planning), future care planning, anticipatory care planning and/or advanced care planning (when the person being cared for is receiving end of life care)

- whether support should be provided in the form of a break from caring

We will implement clear procedures regarding who will complete the YCS, how it will be completed and by when. We will consider the role of the Named Person, School Nurses, commissioned services and others, to ensure the most appropriate person undertakes completion of the YCS.

Young carers will be provided with information about what to expect when they request, or accept the offer of, a YCA. All YCS will be reviewed within a specified timeframe, particularly if the health of the young carer or the cared for deteriorates, or if the cared for person is being discharged from hospital.

Enable early identification of young carers

GIRFEC in Moray is about “Getting It Right” for all children and young people; it reflects early intervention and prevention as well as the promotion of wellbeing.

Early identification of young carers is essential to ensure support can be put in place to reduce the impact of caring responsibilities as quickly as possible. The earlier a young carer is identified, the less likely an inappropriate role will become ingrained, increasing the opportunity for the young carer to have a life of their own away from caring.

In Moray, the duties in relation to identifying and supporting those children and young people undertaking a caring role sit with the NHS (for pre-school age) and the Moray Council (for all other children up to the age of 18, and beyond if still in education), other than in exceptional cases.

We will employ a range of initiatives to improve early identification of young carers in Moray, working across health and social care and with a particular focus on developments in schools. Young carers will be encouraged and supported to complete an YCS, enabling access to universal advice, guidance and support and the identification of targeted support needs.

Practitioners in Moray will be supported to be pro-active in identifying young carers as early as possible, and we will create a secure and welcoming environment and culture that empowers young carers and families to feel comfortable enough to self-identify.

‘Schools/teachers need to understand better what it’s like being a young carer. Fitting schoolwork in can be a problem, but I don’t like to explain why I can’t get it done.’ (Amy, 14)



Provide effective support for young carers in Moray

Through completion of the YCS and applying eligibility criteria young carers in Moray will be able to access the most appropriate services for their individual needs. This will range from universal to targeted, as defined within **Moray's GIRFEC Pathway**.

Supports to young carers will be delivered by universal services, and where a young carer's needs are more complex, by services in conjunction with our commissioned Carer Support Service, to focus on meeting the assessed needs of the most vulnerable young carers.

Universal Services

'Transport is a problem. Even if there were things to go to, I couldn't get there.' (Iain, 16)

All universal services for children and young people will be accessible for young carers. These include community activities such as uniformed youth organisations, youth clubs, Active Schools activities, YPODs, services such as Elgin Youth Café and The Loft in Keith, and school nursing services etc. All offer a range of activities and access to age appropriate information for children and young people.

Increasing levels of awareness and understanding of young carers and their lives amongst staff and volunteers in universal services will ensure young carers accessing are welcomed and supported appropriately, and opportunities to refer on for additional support are recognised.

Universal with Support

'It's difficult, dealing with the stress of mum not being well. I don't like seeing her upset.' (Hannah, 12)

For those young carers with more specific needs, access to additional support can be facilitated, and may include referral to the Quarries Carer Support Service (Moray) for specific young carer support, information and advice.

We will ensure staff and volunteers in services able to offer additional, specific, support to young carers are trained to recognise and understand the particular challenges young carers face and the impact their caring role can have on them.

Targeted Support

'Quarriers are good at giving me moral support and someone to talk to. I'm more confident now to talk to other people.' (Gemma, 9)

Young carers with demanding caring roles or experiencing difficulty in relation to caring responsibilities may be referred for more targeted support, including that available from Quarriers Carer Support Service (Moray) in relation to young carers with significant caring responsibilities.

We will continue to commission targeted support services for young carers from the most appropriate provider, and will regularly review unmet need requirements to identify opportunities for increased/changed commissioning.

Breaks from caring

'Having the opportunity to get away from routine and have some fun has made me realise its ok to do things for me.' (Aimee, 17)

Improving opportunities for young carers to maintain good health and wellbeing is an important element in our strategy to supporting them in their caring role.

We recognise that being able to take a break from caring, having the opportunity to work, access education and leisure opportunities are vital to maintaining and improving the health and wellbeing of young carers.

We are committed to exploring flexible break options which enable carer choice as well as value for money. Young carers have told us how important it is-

- To have breaks from their caring role
- To meet with other young people,
- To take part in activities,
- To be supported by staff who understand their needs,
- To know the person they care for is safe when they are not there.

Develop plans to support young carers through transition to adulthood

Children and young people experience several different transition points in their lives. For young carers, these can cause increased anxiety and challenge:

- Moving from primary school to secondary may mean spending each day further away from home than before
- Uncertainty about new teachers, new classmates and the decision of whether or not to explain about their caring role
- Rejecting the idea of further or higher education in a different area because it means moving away from the person they care for
- Moving between Children's and Adult Services for support as a carer

Preparing young carers for transition means recognising the particular concerns they may have, and enabling access to appropriate supports to help them discuss these well in advance.

We will ensure there is preparation and planning for transitions, including early involvement of Adult Services, either in relation to supporting the needs of the cared person for, or the young carer where appropriate.

Where the young carer is already supported by Quarriers Carer Support Service (Moray), links will be developing with Adult Services, however, if the young person is new to a caring role, or their role is likely to increase due to their age and maturity, then contact with Quarriers Carer Support Service (Moray) should reflect the need for joint working across Children's and Adult's disciplines.

1. Learner Pathways for young carers

A Careers Adviser from Skills Development Scotland should be invited to Team Around the Child meetings from S3 onwards, to provide career advice and guidance.

The 16 plus Named Person will be notified if the young person is likely to leave school before their 18th birthday and there are wellbeing concerns.

As part of the Family Firm commitment in Moray, young carers are identified as an equalities group and their identified needs discussed within the pathway planning process across all Moray schools.

Pathway planning meetings are held 4 times a year within each school. For priority groups, each individual pathway plan is discussed and additional support and flexible work-related learning put in place, if required.

The Family Firm offer will include the option to take part in a Family Firm group programme from S3 onwards, providing additional vocational opportunities to support career pathways. This will include the option of a lifecoach (volunteer) to provide additional support as they progress with their pathway in and post-school. The universal offer in connection with the Moray Skills Pathway for all pupils will ensure all are provided with flexible curriculum options.

- Family Firm group programme starts January 2019
- Pathway Planning – already in place. Young carers identified as an equality group.

2. Moving into Adult Services

For young carers with significant caring roles, the move into Adult Services for support is a major transition. Consideration should be given to involving Adult Services in Child's Plan meetings as the young carer approaches 18.

As a young carer reaches 18, their Young Carer Statement will remain in force until replaced by an Adult Carer Support Plan.

We will develop protocols with Adult Services that establish timescales within which young carers can expect to complete an Adult Carer Support Plan, and support good practice in information sharing to prepare young carers for the transition.

'It's good to know I'm not alone.' (Marc, 14)

Develop and implement workforce development programmes that embed young carer awareness and support across all disciplines

'Being a young carer can mean no social life. Where can I go?' (Donna, 15)

Achieving wide-ranging accessible support for all young carers, when they want it, where they want it, depends on Moray's workforce across universal and targeted services having a shared understanding and awareness of young carers and the issues they face, and the confidence and procedures in place to correctly refer on when necessary.

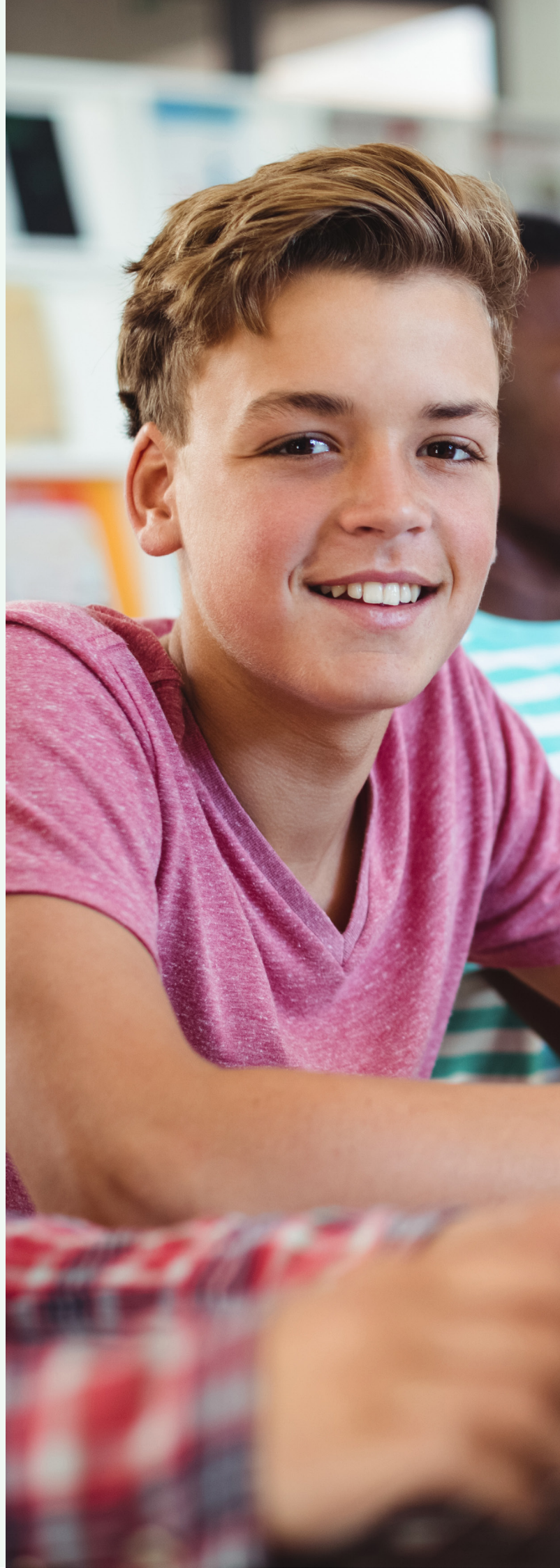
We will enable a programme of workforce development that ensures staff and volunteers across Moray are supported to increase their knowledge and understanding of young carers, and of the processes and practice required to ensure that the wellbeing of young carers are met within the Moray GIRFEC Pathway.

Complete the following form and return in the stamped addressed envelope provided.



Complete the form online at:
<https://www.surveymonkey.co.uk/r/9DMMCNY>

Email your comments to :
gappcyp@moray.gov.uk



Questions

Here in Moray we want to get it right for all young carers. This means we want to make sure those young carers who need support get it when they need it.

We want your views on four statements that form the basis of our young carer strategy and need these views to help us make sure our we have got the strategy right, continue answers on back page if required.

Thank you for taking part.

1. To be able to help young carers, we need to know who they are, but they also need to know they're a young carer. We want to know as early as possible that a young carer has a caring role.

What would help you know you're a young carer?

What would help someone else know you're a young carer?

2. Different young carers will need different types or amounts of help. We want to make sure young carers have the right help available to them.

What help do you think young carers need?

Who would you want to help you?

How will we know it's working for you?

3. There are times in a young person's life where things change and they have to make choices about the future.

What school/home/work changes might affect young carers?

What would make those changes easier?

What difference would it make?

4. We need to make sure that anyone coming into contact with young people in Moray is aware of young carers and able to recognise what support they need and where to get it.

What do people need to know about young carers to be able to help them?



