

DUMFRIES & GALLOWAY YOUNG CARERS CARD EDUCATION

Dumfries & Galloway Carers Centre and D&G NHS have been supported by Scottish Government to develop a Young Carers card.



Who is a Young Carer?

Young Carers are young people up to the age of 18 years affected by difficulties of illness, disability or addiction of a family member. Young Carers are often responsible for a great deal of their own care as well as carrying out significant or substantial tasks involved in caring for their family member. This often results in the child or young person assuming a level of responsibility usually associated with an adult.

The impact of this responsibility cannot be overlooked or undervalued.

Young Carers do not care in isolation from the rest of their family - a holistic approach should be practiced wherever possible.

Eligibility

- Cards are available for all Young Carers between the age of 7-18 years
- Cards identify 5 main areas:
 - Medication (storage/side effects)
 - Diagnosis (description of the illness)
 - Prognosis (what the future holds)
 - Support/planning (care plan)
 - Other details (i.e attendance at meetings)
- Cards are valid for 3 years

Dumfries and Galloway Carers Centre will work with parent/guardian, cared for and Young Carers to explain the purpose of the card and agree consent levels. If a Young Carers card is presented to you these are the steps to follow:

Step 1

Establish who they care for and what impact their caring role has on them (refer to Young Carers checklist and SEEMis).



Step 2

Clarify with the Young Carer what they would like from you or others within the school (consider if parent/guardians should be contacted at this point).



Step 3

Clarify with the Young Carer if they need help or additional support in order that they can complete homework tasks, arrive at school on time and participate in school activities/trip.



Step 4

Contact Young Carers Project to gain information about current involvement with young person with their consent — this will give an overview of support they are/are not receiving from the Young Carers Project.



Step 5

Agree with Young Carer how they will be supported in school, for how long and who the point of contact for this is.



Step 6

If you feel the Young Carer needs further support in relation to their caring role or any concerns that have been raised signpost to appropriate agencies e.g Young Carers Project, School Nurse, Social Work, GP etc.