

# Young Carer Statement



## Guidance Notes for Professionals

## **The referral process**

- Parental consent must be sought for a referral to be made to PKAVS young carer's service if the young carer is under the age of 16.
- All referrals should be made to PKAVS in the first instance, where a decision will be made which services are best placed to support the young carer (PKC or PKAVS).
- Please complete as much of the referral form as possible – the more information received at this stage means the most appropriate support can be put in place.

<https://www.pkavscarershub.org.uk/Referral-Forms>

## **Sentence Starters**

We understand it can be difficult to bring up the subject of a child being a young carer with some families. This can be for a number of reasons, so for guidance we have included a few examples of some conversation starters below.

- *Having a child with additional support needs must have an impact on the whole family, does [name of other siblings] have any time out?*
- *I understand that you're trying to keep your own health concerns away from your children, but they might be picking up that something isn't quite right. It's worth considering putting some support in place for them too.*
- *Even though your child doesn't have to do anything to physically help you [or other cared for] your health condition might be affecting them emotionally so it's worth seeing if we can get them some support.*

## **GIRFEC 5 Key Questions**

It is useful before you complete an assessment and Young Carers Statement (YCS) to think about these questions in a self-reflective manner.

- 1 What is getting in the way of this child or young person's wellbeing?
- 2 Do I have all the information I need to help this child or young person?
- 3 What can I do now to help this child or young person?
- 4 What can my agency do to help this child or young person?
- 5 What additional help, if any, may be needed from others?

## **Completing the young carers assessment and YCS**

- Please follow your own agency protocol for confidentiality and consent while completing this assessment.
- Please note a designated professional could be a school nurse, guidance or deputy head teacher or other support worker.
- Please use multi-agency planning when appropriate – this could be with one or more other agencies.

- Please note the assessment and statement needs to remain a separate document from the children and young people's plan. The plan should indicate that a statement is in place or if a statement is required, but should not contain the statement within it.
- **The young carer's assessment and YCS must be completed within 12 weeks from receiving the referral.**
- Throughout the assessment you will notice boxes in the top right-hand corner of each section. This relates to the SHANARRI indicators that are covered by this section of questions. Please use these as a guide to completing the Wellbeing Web on page 11.
- Further guidance on completing the wellbeing web is included in this document.
- The purpose of the daily diary on page 6 is to establish if the young person already has any respite in place. Please include any groups, clubs, after school activities etc. they already attend to show how their week is filled. If the young person has no other activities, please write none at the bottom of the page so it is clear it has been asked.
- Please make sure you differentiate between the following two questions, as they are specifically outlined in the act:
  - Are you able to continue in your caring role? (*Asking about the physical and emotional capabilities of the young person to carry on providing care*)
  - Are you happy to continue in your caring role? (*Asking whether the young person is actually willing to continue providing care*)
- Once the assessment and statement has been complete, please use the eligibility criteria framework in this document to decide a level of impact. This will allow professionals to see what support is on offer to the young carer.
- A review date should be set to review the outcomes of the YCS. This date should be no longer than 6 months from the original statement being completed.

Guidance for scoring the MACA YC-18 – The Caring Jobs I do.

This is a multidimensional assessment of caring activity (MACA).

For the MACA YC-18 each of the items are rated on a 3-point scale. For scoring purposes:

'Never'	0
'Some of the time'	1
'A lot of the time'	2

The overall score (index) of caring activity is calculated by totalling the 18 items. The lowest a person can score is 0 and the highest is 36. For example, if the young person ticks 'never' for each of the 18 items, they would get a total score of 0 but if they ticked 'a lot of the time' for each of the items, they would get a score of 36. Of course, most children and young people will score somewhere in between these two extremes.

Please use the table below to interpret the scores on the MACA-YC18. Higher scores indicate greater levels of caring activity.

<b>0</b>	No caring activity recorded
<b>1-9</b>	Low amount of caring activity
<b>10-13</b>	Moderate amount of caring activity
<b>14-17</b>	High amount of caring activity
<b>18+</b>	Very high amount of caring activity

The following 6 subscale totals will also be useful to record for the young person. The numbers in the right-hand column represent the questions which relate to each subscale.

<b>Domestic Activity</b>	1,2,3
<b>Household Management</b>	4,5,6
<b>Financial and Practical Care</b>	7,8,9
<b>Personal Care</b>	10,11
<b>Emotional Care</b>	12,13,14,15,16
<b>Sibling Care</b>	17,18

## Guidance for completing the Wellbeing Web

You may wish to use these prompt cards for completing the wellbeing web. It should be used to open a window of discussion.

### I FEEL SAFE

#### I Feel Safe

**Feeling safe means:**

- You feel protected from harm within your home and school.
- The people who care for you teach you how to protect yourself from harm.
- You are not scared when you go out and about in your local area.
- You know when things are risky and try to stay away from danger.
- The people who care for you know who you are with and where you are when you go out.

### I AM HEALTHY

#### I Am Healthy

**Being healthy means:**

- You have healthy food to eat most of the time.
- You exercise a lot.
- You get the chance to spend time outside.
- The people who look after you make sure you get help when you feel ill.
- The people who look after you help to make sure you eat and exercise to keep you healthy.
- You enjoy life.
- You feel able to deal with difficult things that might happen in your life.

### I AM ACHIEVING

#### I Am Achieving

**Achieving means:**

- You are learning new skills in school.
- You are confident that you can do well.
- You do the best you can.
- You have hobbies and interests out of school that help you learn new skills.
- The adults in your life encourage you to do your best.
- If you are struggling with your homework someone can help you with it.
- You get the help you need to do well in school.

### I FEEL NURTURED

#### I Feel Nurtured

**Feeling nurtured means:**

- You feel cared for and supported by the people who live in your home.
- The people who care for you can afford to provide you with the right amount of food and clothing.
- You live in a home that is clean and warm.
- Someone at home listens when you want to tell them about things you need, like or dislike.
- You are learning to look after yourself and make decisions that affect your life.

### I AM ACTIVE

#### I Am Active

**Being active means:**

- You do things for fun in your spare time.
- You have the chance to take part in leisure and sporting activities in your area.
- The adults in your life help you find ways to do things that interest you in your spare time.

### I FEEL RESPECTED

#### I Feel Respected

**Being respected means:**

- You feel that people listen to you before they make decisions which affect you.
- You are involved in making decisions about your life.
- If you need it, you have help to tell people about your views and decisions.

### I AM RESPONSIBLE

#### I Am Responsible

**Being responsible means:**

- You listen to other people and try to understand their point of view.
- You know the difference between right and wrong.
- You can manage your behaviour.
- You are caring and helpful.
- Adults trust you to follow their instructions.
- You are able to follow rules in school and at home.
- You know what is expected from you and why.
- Adults in your life behave in a way that sets a good example for you.

### I FEEL INCLUDED

#### I Feel Included

**Feeling included means:**

- You feel that you belong when you are with your friends, family, in school and in your neighbourhood.
- You are able to take part in activities which let you be with people that you need in your life.
- You get to meet lots of different people.
- You feel that other people want you around.

## Eligibility Criteria Framework

	<b>GREEN/LOW IMPACT</b>	<b>AMBER/MODERATE IMPACT</b>	<b>RED/SUBSTANTIAL IMPACT</b>
<b>SAFE</b>	Young carers situation at home & within the community is currently stable and manageable	Young carers situation is less stable with a potential risk to the young carer and their cared for person	Young carers situation is unstable and there are safety risks for the young carer and cared for person
<b>HEALTHY</b>	Young carer is in good physical & mental health with no identified health needs	Young carer is coping with aspects of their caring role however there is some impact on their physical & emotional well-being	Young carer is having difficulty coping with their caring role and physical & mental health needs are very evident
<b>ACHIEVING</b>	Young carer continues to access education and has no identified difficulty in maintaining their learning alongside their caring role.	Young carer has difficulty managing their caring role, learning and/or their wider achievements	Young carer is not engaging with education and/or wider achievements which is proving detrimental to their learning and life opportunities
<b>NURTURED</b>	Young carers has positive emotional well-being and has a nurturing environment with positive relationships at home	The caring role is creating some negative impacts on the young carers well-being and on their relationships within the home	Caring is having a significant effect on the young carers well-being resulting in negative impacts on relationships within the home
<b>ACTIVE</b>	The young carers has many opportunities to take part in activities within school and/or their community	The young carer has few and irregular opportunities to take part in activities	The young carer has no opportunities to take part in activities
<b>RESPECTED</b>	The young carer has opportunities to be heard and they are involved in the decisions that affect them	The young carer has limited opportunities to be heard and involved in decisions that affect them	The young carer is given no opportunities to be heard and aren't involved in decision that affect them
<b>RESPONSIBLE</b>	The young carer has an active and responsible role in their home, school & community	The young carer struggles to maintain a responsible role within their home, school and community	The young carer rarely maintains a responsible role within their home, school and/or community due to a lack of support and guidance
<b>INCLUDED</b>	The young carer feels included and a part of their school and/or community regularly accessing extra-curricular activities	The young carer feels they have limited inclusion within their community	The young carer feels isolated and doesn't feel part of their community

### Examples of the kind of support that may be included in a Young Carer Statement

Please also note that support services detailed below are not restricted to one category. For example Adjustments to the School day is only mentioned in the GREEN column but could be made available to other young carers who may fall into the Amber or Red categories and so on.

<b>UNIVERSAL SERVICES GREEN/LOW IMPACT</b>
Information & advice (often condition specific to the cared for's diagnosis)
Supported to access local Leisure centres
Access to P&K Compass Cards (which allow discounted access to Live Active)
Supported to access other youth services/community groups
Libraries
Supported to access volunteering opportunities
Adjustments to the school day as and when required
Supported to attend homework clubs and other such extra- curricular school activities
Invited to PKAVS young carers large scale events such as the Consultation Evening & Christmas Extravaganza
Access to Young Carers Identification Card
Regular reviews of the caring role carried out
<b>SUPPORTIVE INTERVENTIONS AMBER/MODERATE IMPACT</b>
Access to support, information and advice via Community Link Workers
Access to support, information & advice via health sources particularly around the cared for's diagnosis and also the young carers own physical & mental well-being
Support to attend term time school activities/after school clubs
Short breaks from caring through accessing PKAVS young carers weekly respite groups/school holiday day trips & longer residential breaks
One to one support sessions
Access to training opportunities
Counselling/befriending and bereavement services
Befriending services
<b>COORDINATED AND TARGETED SUPPORT RED/SUBSTANTIAL IMPACT</b>
Coordinated full family support offered to the young carer and the cared for person
Access to regular short respite breaks from caring either at PKAVS or through being supported to access a hobby of the young carer's choice.
Emergency care planning
Hospital discharge planning
One to one support sessions
Transport services provided to access respite activities
Access to a Young Carers Identification card
Regular reviews of the caring role carried out

This list is not exhaustive. Appropriate support and services to meet identified needs and personal outcomes will be considered during the completion of the Young Carers Statement.

### **Further information**

All young carers will be offered support through PKAVS Young Carers Service, Lewis Place, North Muirton, Perth, PH1 3BD. A PKC young carer's support worker based at Woodlea Cottage, 54 Muirend Road, Perth, PH1 1JU, will support some young carers at red level. **All young carers should be directed to PKAVS in the first instance for allocation of appropriate support.**

Joint allocation meetings will be held on the first Monday of each month and it will be at these meetings it will be decided who best should be allocated any particular referral. In cases where it is decided that it would be best for the PKC support worker to be allocated the referral PKAVS will contact the parents involved to ensure that they are happy for this to happen.

### **YOUNG CARERS ID CARD**

PKAVS can issue a Young Carers Identification Card to any young carer. These are valid for 1 year and can be used in education settings to support the young carer to discuss their caring role at a time appropriate to them. It takes away the need for the young carer to say they are struggling or need help as it puts the responsibility onto the adult to approach them and check in.

