




## YOUNG CARER VOICE: CONSULTATION EVENT

On 4 August 2021 we held our Young Carer Voice: Consultation Event as part of Scottish Young Carers Festival #SYCF2021. 50 young carers across Scotland shared their views and experiences.



Short breaks are important as they give young carers time to be with friends, rest and relax. Barriers to getting a break include anxiety around leaving the person being cared for or wanting to help family members who also need a break. Young carer services are important in breaking down these barriers.

Young carers feel supported in school when there is greater awareness and understanding of who young carers are, and supportive teachers. It helps when young carer services pass on information to schools or hold sessions to make friends and teachers more understanding.





Rural young carers face specific challenges. Transport and Wi-Fi issues impact young carers having a break or accessing their young carer services. The Young Scot Young Carers Package should continue digital benefits but also explore further discounts with local, independent businesses.

It is important that young carers are aware of their rights. To promote this, young carer sessions should be held in schools, with young carer services facilitating discussions with friends and family.

An online mental health service for young people is a good idea and should include opportunities to speak to professionals.

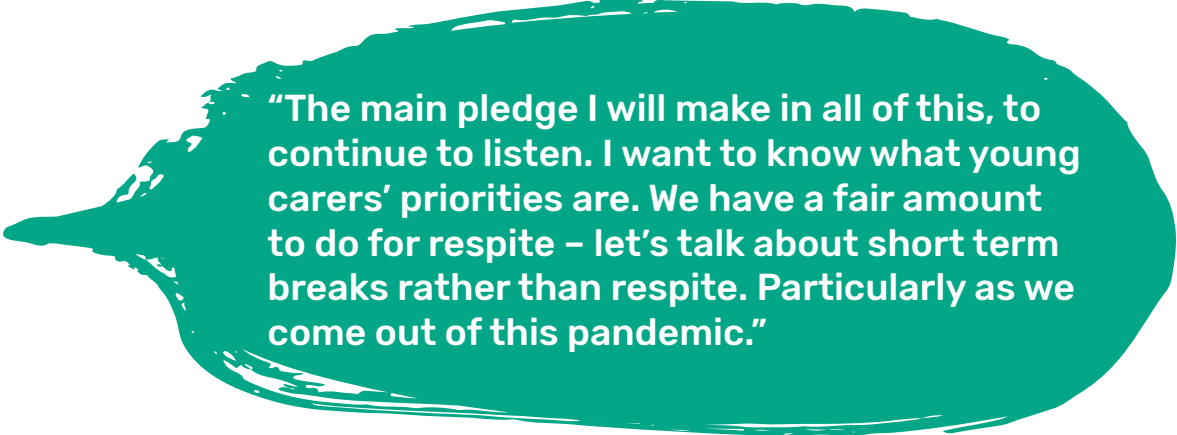
Greater financial support is needed for young carers. The Young Carer Grant should be made available to young carers caring for the same person. Greater awareness of the Educational Maintenance Allowance (EMA) is needed to ensure young carers are aware of their individual Learner's Agreement and the flexibility that is given to absences of young carers.



Carer Awareness training is needed for all staff in schools and health and social care services.

## OUR ACTION

- Carers Trust Scotland has shared this information with key decision makers and organisations who attended our event, raising awareness of the experiences of young carers and calling on decision makers to take action in their role.
- Carers Trust Scotland will continue to promote Carer Awareness training in schools and health and social care services so all staff have the knowledge and skills to support young carers.
- Feedback from the mental health workshop will inform Scottish Government's work as it creates an online mental health resource for young people.
- The Young Adult Carer Advisory Group will use these findings to shape its 2021 campaign.



"The main pledge I will make in all of this, to continue to listen. I want to know what young carers' priorities are. We have a fair amount to do for respite – let's talk about short term breaks rather than respite. Particularly as we come out of this pandemic."

**Kevin Stewart MSP, Minister for Mental Wellbeing and Social Care**

### FIND OUT MORE!

Visit [Carers.org/sycf21](https://www.carers.org/sycf21) for lots of useful links for help and support for young carers.