Young Carers Project Workstreams

**Service Delivery**
- Assessment and support
  - Statutory Needs Assessment
  - One to one support
  - Targeted group work
  - 16+ Transitions assessment
  - Year 6 Transitions work
  - YAC 16-25

**Participation**
- Young Carers to have their say.
  - Open to all Young Carers – not just those who are supported by Centre 33.
  - A chance to make changes for all Young Carers in Cambridgeshire & Peterborough.
  - We co-produce workshops for Young Carers with Young Carers!

**Capacity Building**
- To develop strong working relationships with key partners where we raise awareness and provide knowledge, expertise, training and resources to enable professionals to identify and support young carers across all services and settings.
**BACKGROUND**

- YC identification in health settings remain low, especially in primary care.

- There are approximately about 130 different codes that can be used in primary care to identify a carer but no young care code.

- We know the most common place YC’s are identified is at schools and YC organisations (1000+ active but 2500 registered, 3500 YAC).

- In primary care for Cambridgeshire & Peterborough last year there were approx. 400 YC’s & 639 YAC identified. This is 16% YC and 18.26% YAC compared with Centre 33 numbers. We also did not know if carers in primary care are the same young people recorded at Centre 33.

Challenges in identifying YC’s in primary care:

- Length of GP appointments
- Awareness of young carers
- They may have the cared for records open and not young carers and time does not allow
- 130+ SNOMED codes for carers but no young carers code this has created inconsistency in coding for young carers.
- If a young person is self-identifying and informing the GP surgery, they need to inform someone who has the authority to add carer code.
- If identified, young carer alert sits on tool bar at top right of notes. If many health conditions, it may get lost and the health professional still not realise. Young carer alert is not linked to any health templates that is required to complete.
1 in 3 Young carers struggle with their own mental health

Half of all conditions supported by young carers involved physical health, but almost a third (29%) were for mental health problems.
Our task

Can primary care be informed of young carers registered at Centre 33 enabling correct coding and to increase awareness of young carers when records are accessed?

Can we also improve awareness and identification within primary care and use one code to code young carers?
What we did

- Created a health sub group with key professionals across NHS and Centre 33 to discuss issues and move things forward
- Spoke to young people to find out what support they wanted from their GP
- Pop-up statement created for when someone who is coded as a young carer has their record open, ‘I am a young carer. Check in with me today’.
- Code used for young carers: 224484003, ‘Patient themselves providing care’
- Webinars and training sessions with primary carer and GP practices
- Changed our internal consent form to enable us to share information with GP’s once a young carer is known to us.
- Created a separate referral pathway for GP’s
- Created a Referral Pathway Flowchart & Coding resource for identification and support.
- Young Carers Support Check List
- 1:1 support for GP practices and staff
I am a young carer.
Check in with me today.
We ran a pilot project Sept 22 - April 23 to improve identification of young carers within primary care. We saw a 23% increase in 6 months. We are now continuing to support GP practices to implement a system that works for them to identify, support and signpost young carers.

As a result we have seen some really positive actions from GP surgeries such as:
- Attended our training
- Mailouts to all their young patients and attached details of Centre 33 for anyone that confirmed they are a young carer, these patients have then been coded on their records to identify these for future reference.
- Linking in with school nurses for the schools in their areas and have requested posters from us and support.
- They also have a tick box on our new patient questionnaire forms to identify anyone that maybe a carer and they individually follow up on these. (children and adults)
- Set up a drop in for young carers
- Display boards and leaflets around the surgeries

We also work closely with CPFT (Cambridgeshire and Peterborough Foundation Trust) & hospital discharge teams as well as schools in the area to improve whole systems approach.
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REFFERALS
Complete the online form here:
www.centre33.org.uk/young-carers-online-referral-form
Any issues please contact:
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UPCOMING TRAINING

Session 1: Introduction to Young Carers
Date: 27th February, 21st May
Time: 09:30-10:30

Session 2: How to make a good referral
Date: 6th December, 19th March, 11th June
Time: 09:30-10:30

Session 3: How Centre 33 supports young carers
Date: 17th January, 9th April, 2nd July
Time: 09:30-10:30

Session 4: The Role of a Young Carers Champion (not for schools)
Date: 6th February, 29th April, 23rd July
Time: 09:30-10:30

All sessions will be conducted via Zoom and are designed to last up to 1 hour, making it easy for you to fit them into your schedule. To secure your spot in these invaluable training sessions, please book your place by scanning the QR code.
THANK YOU FOR LISTENING!