Improving support for young/young adult carers in Further and Higher Education

The event will start at 1:30pm

@YCAAlliance  @CarersTrust  #UniMentalHealthDay
Welcome and housekeeping

➢ Ensure microphones are on mute
➢ We will be recording the session
➢ Introduce yourself and make use of the chat
➢ Unanswered questions will be followed up after the event
➢ Join in the conversation on Twitter - @YCAliance @CarersTrust #UniMentalHealthDay
Setting the scene

- 39% of young adult carers struggle to balance caring with school, college or university work
- 28% say they ‘never’ or ‘not often’ get help from school, college or university to balance caring and studying
- 28% don’t have someone at school, college or university they can talk to about being a carer
- 23% say they ‘never’ or ‘not often’ have someone in school, college or university who understands about them being a carer
- 14% say they ‘never’ or ‘not often’ have enough time to spend on studying

“I did get a lot of help while at school... now at college, no one understands or really cares”

Our aim is for every school, college and university to have a young carer/young adult carer lead
Setting the scene

Supporting student carers in higher education

Going Higher in Scotland

Supporting student carers in further education

Going Further in Scotland

School Census
Department for Education
Holly’s Story – Part 1

Interview for the HE and carers webinar

2023-02-15 13:56 UTC

Recorded by
Andy McGowan

Organized by
Andy McGowan
Young adult carers & educational attainment in the UK

Rebecca Lacey
UCL

Baowen Xue, Giorgio Di Gessa, Anne McMunn
What is Eurocare?

Group of researchers from the UK, Germany, Norway and Spain

Aim is to investigate:
- **inequalities** in employment, social participation and health between carers and non-carers,
- as well as gender, socioeconomic and ethnic differences in the social, economic and health consequences of caring across European countries.

Adopting a life course perspective, to focus on the consequences of young adults providing care, alongside those providing care in mid- and later-life.
Focus of today

• Do young adult carers have reduced educational attainment compared to their peers who are not carers?
• Which groups of young adult carers might be most affected?
Young Adult Carers (YAC)

Becker & Becker (2008)

“People aged 18-24 who provide or intend to provide care, assistance or support to another family member on an unpaid basis.”

Different age ranges have been used for identifying YACs (S. Becker & Sempik, 2019; Dellmann-Jenkins et al., 2000; Fruhauf & Orel, 2008; Young et al., 2006)

Here, we consider YAC to be young adults aged 16-29
Young Adult Carers (YAC)

- Young adult caring occurs at a time seeking to complete compulsory education and establish themselves in the job market. Both immediate and longer-term effects given the key transitions generally made in this life stage.

- YAC juggle academic demands and caring responsibilities.

- Only a few studies on the influences of young adult caring on educational attainment (Kettell, 2018; Day, 2019; Cass et al., 2009). Qualitative or cross-sectional in small samples of carers.
UK Household Longitudinal Study (UKHLS)

- “Understanding Society”
- Household panel study, running since 2009
- Nationally representative of UK households
- All adults aged 16+ interviewed annually
- 11 waves of data available (2009-2020)
Info on caring in the UKHLS

“Is there anyone living with you who is sick, disabled or elderly whom you look after or give special help to (for example, a sick, disabled or elderly relative/husband/wife/friend etc.)?”

“Do you provide some regular service or help for any sick, disabled or elderly person not living with you?”

Plus:
• Weekly hours spent caring
• Number of people caring for
• Relationship to care recipient
• Place of care (inside or outside the household)
• Age of carer
• Duration of care

~8.5-9% of young adults aged 16-29 years were carers
# Caring characteristics among YAC

<table>
<thead>
<tr>
<th>Duration of care (year)</th>
<th>Weekly hours spent caring</th>
<th>Number people caring for</th>
<th>Place of care</th>
<th>Recipient of care</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4 h or less</td>
<td>2</td>
<td>3 or more</td>
<td>Parent</td>
</tr>
<tr>
<td>2</td>
<td>5 - 9 h</td>
<td>1</td>
<td>Inside only</td>
<td>Grandparent</td>
</tr>
<tr>
<td>3</td>
<td>10 - 19 h</td>
<td>2</td>
<td>Outside only</td>
<td>Anyone else</td>
</tr>
<tr>
<td>4+</td>
<td>20 - 34 h</td>
<td>1</td>
<td>Inside &amp; outside</td>
<td></td>
</tr>
<tr>
<td>4+</td>
<td>35+</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

UKHLS data (2009-2019)
Young adult caring & chances of obtaining a university degree

Data include those aged 16-29 in UKHLS 2009-2019. All analyses were weighted and adjusted for sex, ethnicity, mother and father’s occupational class, mother and father’s education, household income and # waves observed.
Young adult caring & chances of obtaining a university degree

Data include those aged 16-29 in UKHLS 2009-2019. All analyses were weighted and adjusted for sex, ethnicity, mother and father’s occupational class, mother and father’s education, household income and # waves observed.
Summary

- Young adult carers were less likely to obtain a university degree than their peers
- Especially if providing more intense care & had been a young adult carer for a few years
- Weekly hours spent caring are negatively associated with the likelihood of obtaining a degree qualification
- For young adult carers who get a degree, it seems to buffer the effects of caring on work opportunities
Implications

• Important to identify & support young carers in schools (ie via School Census)

• Welcome the introduction of young carer identification on UCAS forms – important that information is passed on to universities

• Need to better understand barriers & support for retaining young & young adult carers in education
Going Higher and Going Further for Student Carers (Scotland)

Paul Traynor, Head of External Affairs, Carers Trust Scotland
• Carers Trust Scotland estimates that there is 30,000-35,000 unpaid carers attending College or University in Scotland.

• Following research undertaken by Carers Trust, we found that student carers were four times more likely to drop out of Higher Education than those without caring responsibilities.

• The Bridging the Gap: Young Adult Carers in Scotland report highlighted recommendations for improved identification and support for student carers.

• The Going Higher campaign which was launched in 2015, aimed to raise awareness of young adult carers and the issues they experience. It highlighted the extremely challenging conditions endured by student carers that negatively impacted on them being able to enter, sustain and meet their true potentials in Higher Education in Scotland.
• In April 2017, the Going Higher for Student Carers Recognition Award was launched. The Award consists of three separate principles. To gain the award universities need to demonstrate that they are fulfilling and championing the following three principles:

**Identify:** Carers are being proactively identified and awareness is being raised throughout the university.

**Support:** Carers are being supported to give them a fair chance to be successful in their studies.

**Report:** Student carer progressions are showcased and evaluation tools are used to celebrate achievements and make improvements.
• The award is points based and in order to gain the award an institution must demonstrate that it has achieved 70 points, which is 70% of the total criteria points (100 points) available for the award. No cost to apply and complete

• Direct support from Carers Trust Scotland

• Clear guidance to develop student carer support.

• Raising awareness of students with an unpaid caring role.

• Encourages partnerships

• Recognises and celebrates good practice.

• **12 out of 19 of Scotland's Universities have currently achieved the Going Higher Award.** [goinghigherforstudentcarersrecognitionawardtoolkit.pdf](http://carers.org/.../goinghigherforstudentcarersrecognitionawardtoolkit.pdf)
In March 2019 thanks to funding from the Scottish Funding College, the Going Further for Student Carers Recognition Award for colleges in Scotland was launched.

It follows the same principles and pathway as the Going Higher award.

Out of Scotland’s 27 colleges, 7 have achieved the Going Further Award.

Though having achieved the award the University of Highlands and Islands Student Carer policy is also applicable to their 13 college partners. This means we have a total 19 colleges who currently have Student Carer Policy in place.

[Link to toolkit: going-further-for-student-carers--recognition-award-toolkit.pdf]
• Carers Trust Scotland teamed up with Open University Scotland along with student carers, and practitioners from University of Stirling, Heriot-Watt University and Glasgow Caledonian University to use funding from Scottish Funding Council to create a free online learning course for university staff. This enables staff across Scotland’s universities to identify, support and report students who have unpaid caring responsibilities.

• **Carer Aware at University** is a free online module available to all staff working in Scotland’s universities who have an Open University Open Learn account. The course will provide opportunities to reflect on the challenge’s students with unpaid caring responsibilities face, the impact on their education, and the important role they can have in supporting them at university.

• We have created free downloadable posters for university staff to use across their campuses to raise student carer identification and to increase awareness of the support available to their existing and prospective student carers at university:
• Carers Trust Scotland and College Development Network (CDN) developed Supporting Student Carers at College, a free digital training module for all college staff across Scotland, thanks to funding received by The Scottish Funding Council.

• The module helps college practitioners to better understand the challenges faced by many student carers, and it provides guidance on how to improve support for these students at college.

• We also created free downloadable posters for college staff to use across campus to raise student carer identification and to increase awareness of the support available to your student carers at college:

Resources for College and University Staff (Supporting Student Carers) - Carers Trust
In 2020, The Student Carer Experience in Scotland research was launched. The research made a series of recommendations to help support student carers in Scotland.

Student Carer Research - Carers Trust
Thank you!

ptraynor@carers.org
Any questions?

@YCAlliance  #UniMentalHealthDay
Comfort Break

@YCAlliance

#UniMentalHealthDay
Next Steps: What is the experience of young adult carers in education?

Holly Brown – Policy Adviser
Emily Bennett-Cox – Lead Data Scientist, UCAS
Nicola Turner – Senior Fair Access Adviser
Next Steps: What is the experience of young adult carers in education?

- UCAS 2023 applicant data
- Survey data
- Comparison to third-party research and national data
- Identification of hidden or potential barriers
- Recommendations for organisations across the sector

Read all our reports here: www.ucas.com/about-us/news-and-insights/ucas-reports
What the data shows

A preview of our research into young adult carers
The number of UK applicants sharing their status as a young adult carer

- 4% of those who applied by the October deadline
- 5% of those who applied by the January deadline

<table>
<thead>
<tr>
<th>Country</th>
<th>Proportion of Young Adult Carers</th>
</tr>
</thead>
<tbody>
<tr>
<td>England</td>
<td>3.8%</td>
</tr>
<tr>
<td>Northern Ireland</td>
<td>4.1%</td>
</tr>
<tr>
<td>Scotland</td>
<td>5.0%</td>
</tr>
<tr>
<td>Wales</td>
<td>3.5%</td>
</tr>
</tbody>
</table>
How is UCAS supporting young carers?

Our work to support disadvantaged and under-represented students
The Fair Access Programme: strategic objectives

1. Transform your understanding of students through new questions, data and insight
2. Bring the hardest to reach students to you, earlier
3. Help you understand what works in widening participation and access
4. Help bring schools, colleges and universities closer together
5. Remove barriers and inspire students
Challenges lay ahead

- An additional **300K** applicants by 2030
- Continued impact of **Covid-19** on pre-HE attainment and mental health
- The **cost of living** remains a barrier for disadvantaged students
- The **NHS crisis** will disproportionately impact carers and families
If you are supporting someone with their application

www.ucas.com/advisers/toolkits/adviser-toolkit-supporting-students-individual-needs

The UCAS Hub

The UCAS hub offers a personalised dashboard:

- Explore options – careers, pathways
- Quizzes to help decisions
- To do list
- Dates and deadlines
- Personal statement builder
- Profile and application
- Find and shortlist courses and unis
- Events and open days
- Hub live events and recordings
Good practice for HE providers

HE PROVIDER GOOD PRACTICE BRIEFING FOR
STUDENTS WITH CARE RESPONSIBILITIES

This good practice briefing is written for staff working in universities and colleges and supports the introduction of the new UCAS flag to identify students with caring responsibilities from 2023 entry. We have worked with the Carers Trust to outline the common challenges for these students, share examples of good practice being done around the UK to improve access to and success in higher education, and provide considerations ahead of the new question.

What's on this page?
- Who are carers?
- The UCAS application
- Three key challenges for student carers
- Considerations ahead of the introduction of the new question
- Examples of good practice and support for carers
- Useful links and support for providers

If you're a student, please visit our information and advice page for students with caring responsibilities.

If you're a teacher, adviser or parent, our adviser toolkit contains practical tips and advice on supporting students with caring responsibilities.

www.ucas.com/providers/good-practice/emerging-cohorts/care-experienced-students
Thank you
Any questions?
Supporting Young Carers into Higher Education

Anna Walpole, NERAP Project Coordinator
What is NERAP?

- A source of Higher Education information for young people
- Collaboration of the 5 universities in the North East
- Ensuring every young person has fair access to education
What is it?

Discover all about being a university student and what Higher Education can offer you!

Exciting on-campus events with personalised support sessions

Meet new friends!
Who is it for?

You must be aged between 11 and 18, and be a young carer or a care-experienced young person.

How much is it?

The activities and sessions are all completely FREE!
When is it?

Sessions will begin in September and run until July.

You will be given a personalised timetable with exact dates once you have signed up to the programme.
Choices Together 22/23 - Our year so far!

Total Young Carers: 61

- North Tyneside
- Sunderland
- Northumberland
- Hartlepool
- Durham
- Newcastle
- Stockton-on-Tees
- Gateshead
Choices Together 22/23 - Our year so far!
Choices Together 22/23 - Our year so far!
Choices Together 22/23 - Our year so far!

"I feel these sessions are invaluable... a wonderful opportunity"

"Really fun day. Informative and inspiring."

"The exposure to the different careers is amazing"

"Thank you so much to everyone for giving my child such a great experience."

Parent/carers of young people
Choices Together 22/23 - Our year so far!

"A really enjoyable day!"

"The people here are very nice and help you out when you are struggling"

"My favourite part is making friends"

Young person
Further support for Young Carers

- Bespoke Sessions
- Mini Guide Publication
- Collaboration with YC networks
Study Higher
Young Carers On Tour

Jess Hill & Gabriella Gabriel
Higher Education Liaison Officers
Study Higher is a partnership of Higher Education providers in Swindon, Buckinghamshire, Oxfordshire and Berkshire

We help students aged 11-18 to achieve their potential and make informed choices about their future.
• Online survey sent to young carers via schools and carer services across Study Higher regions
• 63 responses received
• Survey questions asked about the impacts of their caring role on their education, their current plans for the future and what activities they’d find useful
• Responses shaped the content and plans for the programme

![Bar chart showing Q11: What activities/information would you find helpful?](chart.png)
Fed back survey responses and set up regular meetings with regional carer services to gain information / bigger picture

Covid challenges - hybrid event: webinar series, virtual residential and visit to Buckinghamshire New University

5 young carers at our first in-person event in July 2021
Ways of working

• First year focused on university HE options and visits to partner universities - which is why they’re on tour!

• This year, the programme developed to also consider transferable, soft and social skills and how these can be applied to FE / HE, apprenticeships, employment and other areas of their lives.

• Events often take place at partner universities even if not fully university focused, as easier to secure venue space. This and working with Student Ambassadors, has been a positive and easy way of involving HEIs.

• Events take place on a Saturday which works well and means YCs can attend without impacting on school / college.

• Continuing to source match funding / seek financial support / attend collaborative events from university partners and other organisations such as Carers Trust and YCDT.

• Creating a sense of community has been essential to the success of the programme.
Examples of activities

July 2022
- Virtual residential & in person visit to BNU
- Visit to Oxford Brookes
- Visit to University of Reading
- Visit to University of Oxford & Natural History Museum
- 3 Day Residential at BNU. Creative respite, London theatre visit, support from Ravensbourne & UCA

July 2023
- Residential at RAU
- Visit to Uni of Reading
- YCDT YAC Aspirations Conference Uni of Bath
- Webinar series - uni student carers & apprentices
- Carers Trust x Movement to Work event
- Cotswold Wildlife Park & employer insight

March 2023
- Visit to Oxford Brookes

Nov 2022
- Visit to Uni of South Wales

August 2022
- Visit to Oxford Brookes
- Visit to University of South Wales
- Cotswold Wildlife Park & employer insight
- Carers Trust x Movement to Work event
- YCDT YAC Aspirations Conference Uni of Bath
- Webinar series - uni student carers & apprentices
- Visit to Oxford Brookes
• Q&As with young carer student ambassadors
• Creative themed 3 day, 2 night residential at Buckinghamshire New University - including taster sessions, visiting multiple HEIs, creative respite and a theatre trip
• Webinars - YC rights, subject tasters and hearing from university student carers and apprentices
• University life/Finance talks - including young carer specific information
• Subject taster sessions and skills based workshops
• Educational bus tours
• Museum workshops
• Cotswold Wildlife Park - employer insight days
• Carers Trust Focus Group
Impacts that the young carers have identified for themselves throughout the programme:

- Being able to engage with people similar to my situation and making the most out of my experience
- Learning about teamwork with different types of team building activities
- Meeting new people and making new friends
- Relating to student ambassadors and learning about university costs and how / what I need in the future
- Learning new things, enjoying myself, having a break and having fun
- Learning to be away from home and being away from my caring role
- All of the helpful conversations - it really opened my eyes
What else they’ve said!

“I loved the experience and felt it was really beneficial for me.”

“It was an excellent day with great insights of what it involves. All of the staff were excellent, including the student ambassadors and the lecturer.”

“I gained more knowledge and more confidence.”

“I really want to come to university now - just mainly from Ben’s talk and what he said. It made me realise I could actually do it if I tried and put myself first.”

“This type of visit is so important for young carers, as their home life responsibilities can make higher and further education seem a remote dream.”
Interview for the HE and carers webinar

2023-02-15 14:11 UTC

Recorded by
Andy McGowan

Organized by
Andy McGowan
Any questions or comments?

@YCAlliance  #UniMentalHealthDay
Thank you for attending
Upcoming Young Carers Alliance webinars

Young Carers Alliance (hosted by Carers Trust) Events | Eventbrite

Tuesday 25 April, 11am-12pm – Roundtable – young carers and employability

Thursday 11 May, 2-5pm – Young carers from under-represented backgrounds

Thursday 22 June, 1-4pm – Transitions – Opening up opportunities for young adult carers

Wednesday 12 July, 10am-1pm – A whole-family approach to supporting young carers
Thank you

To find out more about the Young Carers Alliance or become a member/subscribe to updates

www.youngcarersalliance.org
youngcarersalliance@carers.org
@YCAliance