



Young Carers Policy

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Approved by	Headteacher

Definition of a Young Carer

'Young carers are children and young people under 18 years old who provide unpaid care to a family member who is physically or mentally ill, disabled or misuses substances' Carers Trust, 2015

At this school, we believe that all children and young people have the right to an education, regardless of what is happening at home. When a young person looks after someone in their family they may need a little extra support to help them get the most out of school.

Caring Tasks

The caring tasks that a young carer has to deal with can range from:

- **Nursing care** – giving medication, injections, changing dressings, assisting with mobility etc.
- **Personal intimate care** – washing, dressing, feeding, and helping with toilet requirements.
- **Emotional care** – being compliant, monitoring the emotional state of the person cared for, listening and offering emotional support to a parent or sibling with poor mental health.
- **Domestic care** – doing a substantial amount of housework, cooking, shopping, cleaning, laundry etc.
- **Financial care** – running the household, bill paying, benefit collection etc.
- **Child care** – taking responsibility for younger siblings in addition to their other caring responsibilities.

Possible Effect on Education:

We recognise that there are young carers among our pupils, and that being a young carer can have an adverse effect on education. Because of their responsibilities at home, a young carer might experience:

- Being late or absent due to responsibilities at home.
- Concentration problems, anxiety or worry in school.
- Emotional distress.
- Lack of time for homework.
- Poor attainment.
- Physical problems such as back pain from lifting.
- False signs of maturity, because of assuming adult roles.
- Behavioural issues (taking out their anger or frustration).
- Lack of time for extra-curricular activities.
- Isolation, being embarrassed to take friends home.
- Limited social skills.
- Bullying.
- Low self-esteem.

Our school:

- Has a member of staff with special responsibility for young carers and lets all new pupils know who they are and what they can do to help.
- Runs PSHE lessons on the challenges faced by young carers.
- Can put young carers and their families in touch with other support services.
- Is accessible to parents who have mobility and communication difficulties and involves them in parents' evenings.
- Respects your right to privacy and will only share information about you and your family with people who need to know to help you.
- Allows young carers to telephone home during breaks and lunch time.
- Information and signposting is available for pupils, staff and families to access regarding the identification of young carers and how to self-identify.
- Identification of young carers during the enrolment process is in place to actively monitor attendance, attainment and wellbeing to ensure that they reach their full potential.
- Support for young carers and their family during the transition process is available to share agreed information with their new school/college about their caring role.
- Complies with the Disability Discrimination Act (2005) by offering disabled parents support to get their children into school.

Legislation

The Care Act 2014 states that:

- Young carers under 18 have the right to a young carers needs assessment, no matter who they care for, what type of care they provide, or how often they provide it.
- The assessment looks at appropriate levels of caring, the young carer's needs for support, their other needs and wishes, their education or work, health, hobbies or activities and also looking at a whole family approach.

Further information

Carers UK have information about young carers on their website;

<https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/young-carers-and-carers-of-children-under-18>

Young Minds have advice for young carers regarding maintaining positive mental health;

<https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/>

NHS website has information about young carers' rights;

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/>