

Guidelines for referrers

These guidelines are intended for anyone making a referral to Fife Young Carers. Referrals are accepted for children and young people aged up to 25 years whose lives are affected by their caring role.

Please read these guidelines carefully before completing and returning referral forms.

What do Young Carers do?

- Practical Tasks
- Personal Care
- Emotional Care
- Financial Responsibility
- Look after siblings
- Look after themselves

How does this affect them?

Mental Wellbeing

- · Social Isolation
- · Stress/Anxiety
- · Depression
- · Low self-esteem/confidence issues

Physical Wellbeing

- · Tiredness/interrupted sleep
- · Difficulty concentrating.
- · Physical injuries (from physically supporting someone)
- Difficulties in School/work/college(absence/lateness/homework/ behavioural issues)

On receipt, referrals are allocated to a member of staff and placed on their waiting list. Due to the high demand for our service, we prioritise support for those young carers with the highest needs. We aim to carry out an assessment within 2 months, but this can vary due to service demand.

Young Carer Statement Guidance for professionals - The Carers (Scotland) Act 2016 states Local Authorities have a duty to offer and provide 'Young Carer Statements'. This information is used to identify needs and support required in order to achieve young carer's outcomes. This applies to any child or young person who is under the age of 18 or is still a pupil at school and who provides care to another individual.

More information can be found on Fife's GIRFEC website - https://girfec.fife.scot/girfec/resources-and-publications

If you are unsure whether to proceed with a referral or would like further information, please contact our office:		
Fife Young Carers	Telephone:	Email:
Unit H, Newark Road North	01592 407262	admin@fifeyoungcarers.co.uk
Eastfield Industrial Estate,		
Glenrothes KY7 4NT		