

Young Carer Statement

Guidance notes

Introduction

The carers (Scotland) Act 2016 states Local Authorities have a duty to offer and provide young carer statements. This information is to be used to identify needs and support required to achieve young carers individual outcomes. This applies to any child or young person who is under the age of 18 years or is still a pupil at school and who provides care or intends to provide care to another individual.

The 'statement' is to be based on a good conversation framework and completed confidentially. The statement should not be shared with their cared for person unless the young carer specifically requests it. If you work for Fife Council, please refer to the Named Person guidance and privacy notices in relation to consent. If you work for another agency, please refer to your own guidance on privacy and permissions to share information.

The initial conversation can also be supported using tools e.g MACA- YC18 assessment and the young carers profile (available: girfec.fife.scot – young carers section)

A judgement is also required as to whether child protection protocol should be followed, and procedure applied as necessary. For example, if the child's caring role is significantly impacting in their health and wellbeing to the point this is deemed inappropriate or unsafe.

This guidance is designed to support adults (for example, NHS, social care, education and third sector staff) to assist young carers to complete their young carer statement and to give the assessing adult enough information to consider the level of support required. This assessment should be focused on the needs of the young carer not the person they are caring for. Please link with the child wellbeing pathway as appropriate.

The conversation

Purpose and benefits

Please discuss with the young carer the purpose of the statement and the benefits of having one:

- It is beneficial to complete a statement so your views and opinions are heard specifically around your caring role
- It helps adults around you to work out what advice and information you may need in relation to your caring role
- It helps adults around you work out what support you require to continue in your caring role if you wish to do so

All about me

Ask the young carer about themselves:

- What do you like to do?
- what are your favourite activities/pass times?
- What do you enjoy doing?

My caring role

Information about the nature and extent of their caring role and the impact on the young carers wellbeing should be contained in this section. Find out what matters most to the child or young person.

- Tell me about your day? What does a usual week look like?
- Talk me through your routine at home?
- What do you do when you first get up/get home/before you go to bed?
- What is most important to you?
- What is difficult about your caring role?
- How do you feel about being a carer?
- Does it affect your day to day life?
- Why are you asking for a statement? (if requested)

(please remember you can use the 'I do' checklist and young carer profile here to aid conversation)

Support my family gets now

Please find out what help the young carer and cared for person currently have

- Has your cared for person had an assessment?
- What support do you have in place?
- Do paid carers visit the house?
- Does your cared for person have respite?
- What other informal support is around? (e.g family, friends, school support)

Help I need to manage my caring role

What things have worked for them in the past, what makes a difference.

Please consider the impact on SHANARRI indicators (see Appendix A)

Discuss the following:

- Relationships – Do people listen and are they aware of your caring role?
- Home environment – What help (if any) do you need at home?
- Education/employment – Are school/work aware of your caring role?
- Finances/budgeting – is there enough money for heating and food?
- Balancing my caring role -Do you get the chance to do the things you want to do?
- How do you feel about your caring role?

Please consider **assets** as well as risks – What is going well?

Willing and able

Under 'The Act' we need to ask:

1. Do you feel willing to continue caring?
2. Do you feel able to continue in your caring role?

In the future I would like to

Please discuss the young carers goals and aspirations. What they wish to achieve in the future.

- What would you like to be able to do in the future?
- What needs to be different for you to access activities?
- What would make life easier?
- Do you want more time for yourself?
- Do you feel like you need a break from caring? What would that look like?

Also consider the 5 key GIRFEC questions:

1. What is getting in the way of this child or young person's wellbeing?
2. Do I have all the information I need to help this child or young person?
3. What can I do now to help this child or young person?
4. What can my agency do to help this child or young person?
5. What additional help, if any, may be needed from others?

Please consider does the child have a plan in place? If not do they need one?

In an emergency and future planning

Please discuss with the young carer if they have an emergency plan in place (e.g if they could not get home to provide care for some reason) depending on age of the child please consider contingency planning into adulthood. (this may require a support from an advocacy service)

- What strategies/contacts do you have in place now?
- Do we need to make an initial plan together?
- Do we need to refer to Fife Young Carers for support with a formal emergency plan?

(FYC use an adapted plan from Enable Scotland – if FYC are completing the YCS information will be linked in this section)

Identifying impact (table)

Please use the eligibility criteria (Appendix B) to rate if support falls within universal, additional or intensive levels for each indicator on the criteria grid. Please link to the level of support and actions required to reduce risks and impact of the caring role. Complete the action plan in conjunction with the young carer where possible and link to their initial outcomes ('in the future I would like to') section. Please consider:

- Is the caring role inappropriate or excessive for age of the child or young person and is this impacting on their development?
- What is the risk of the caring role breaking down?

- If the young carer does not meet the criteria for additional/intensive levels of support please discuss what is going to be provided instead

If there are significant concerns the child protection process or Child Wellbeing Pathway should be followed.

Action plan and support required

Please share information about local supports available in the relevant local authority area (See appendix C – website list) When deciding what needs to happen next please consider:

- Is the nature and extend of caring role appropriate?
- Should support be provided in the form of a break?

After discussion with child or young person please decide the overall level of support required e.g universal, additional or intensive.

You may wish to complete the conversation over 2 sessions. The initial conversation to gain information, identify goals and the second session to check levels of support and action plan required. With young children it may be easier to gain all the information and rate the eligibility criteria with a colleague that knows the young carer well. Where possible encourage older children to rate their own health.

Review

Please set a review date with the young carer. If the young person is 18 years or above, consider if the statement needs to remain in place until an adult carer support plan is offered or requested. Encourage young adult carers to link in with adult services about their own needs (see: www.fifecarerscentre.org)

The statement should be reviewed within an agreed timescale with the young carer. The supporting adult/service who completed the statement is responsible for reviewing it. When reviews are completed by Fife Council the named person will be informed (with permission) and any statement offers/reviews will be logged on the electronic education system (SEEMiS). Subsequent reviews must contain information about if the support provided made a difference.

Please remember to sign the statement and give a copy to the young carer. A paper copy should remain in their file or be uploaded on each service electronic system as required.

How this information will be used

Please explain to the young carer how this information will be used and stored. Remind them that to provide the right support, it may be necessary to share the information on this form with people who work in other services such as education, social work, NHS Fife and the third sector. Information has been added to the end of the young carer statement relevant for Fife Council, for any other agencies please inform the young carer of your own privacy notices or permissions process.

Wellbeing indicator	Description to discuss with child/young person
SAFE	<ul style="list-style-type: none"> • You feel protected from harm at home / school. People around you teach you how to protect yourself • You are not scared when you go out in your local area. You know when things might be risky and stay away from danger • The people who care for you know where you are and who you are with
HEALTHY	<ul style="list-style-type: none"> • You have healthy food to eat and exercise. you get the chance to spend time outside • The people who look after you also encourage/help you with this • People who look after you make sure you get help when you are ill • You enjoy life and feel able to deal with difficult things that may happen
ACHIEVING	<ul style="list-style-type: none"> • You are learning new skills in school, have hobbies/ interests out of school • You do the best you can do and the adults in your life encourage you to do your best too • if you are struggling e.g with homework someone can help you and you can get the help you need in school too • I am developing the independence needed for my age
NURTURED	<ul style="list-style-type: none"> • You feel cared for and supported by the people that live in your home • People who care for you can afford to provide you with food/ clothes • Your home is clean and warm in the winter • Someone at home listens when you want to tell them about what you need • You are learning to look after yourself and make decision that affect you
ACTIVE	<ul style="list-style-type: none"> • You do fun things in your spare time • You have the chance to take part in leisure and sporting activities in your area • The adults in your life help you to find ways to do the things that interest you
RESPECTED	<ul style="list-style-type: none"> • You feel that people listen to you before making decisions that affect you • You are involved in making decisions about your life • You can get support to tell people about your views and decisions if you need to • You are treated with dignity and respect at home and in school
RESPONSIBLE	<ul style="list-style-type: none"> • You listen to others and try to understand their views • You know the difference between right and wrong • You can manage your own behaviour • Adults can trust you to follow instructions and you know what is expected for your age • Adults around you set a good example about how to behave • Travels independently if age appropriate to do so
INCLUDED	<ul style="list-style-type: none"> • You feel like you belong when you are with your friends, family and in school • You can take part in activities and spend time with people who are important to you • You get to meet different people and experience different things • You feel that other people want you around • You feel listened to and your views are taken seriously • You have meaningful and supportive friendships

Appendix B – Eligibility criteria

3. Wellbeing Indicators: impact on and risk to Y.C’s outcomes

	Universals support >local authority ‘power to support’			Targeted > local authority ‘duty to support’	
	No impact	Low Universal	Moderate/ Additional	Substantial/ Intensive	Critical/Child Protection
Rating Scale	1-2	3-4	5-6	7-8	9-10
Safe/Living environment	Y.C free from abuse, neglect or harm at home, at school and in the community	Y.C’s situation at home/within community is currently stable and manageable	Y.C’s situation at home is fluctuating and there is potential risk to Y.C and Cared for person	Y.C’s situation at home has potential to break down and there are safety risks which cannot be remedied in the short term	Young carer’s situation at home is unsuitable and there are significant safety risks for the Y.C and the Cared for person
Health	Y.C is in good physical and mental health with no identified medical needs	Y.C is able to manage some aspects of the caring/family/social roles / responsibilities and contact - there is a possibility of the Y.C’s health being affected	Y.C is able to manage some aspects of caring/family/social roles / responsibilities and contact - the Y.C’s health is being affected	Y.C is having difficulty in managing aspects of the caring/family/domestic/social roles/ responsibilities - the Y.C’s mental and physical health is affected as a result	Y.C has significant physical/mental difficulties due to the impact of their caring role - this may cause life threatening harm and negative impact on development
Achieving/education	Y.C continues to access education/ training and has no difficulty in managing caring and education.	Y.C has some difficulty managing caring, education/ training. There is a risk to accessing education in the long term	Y.C has difficulty managing caring, education/ training. There is a risk To accessing education in the medium term	The Y.C is missing education / training and there is a risk of this ending in the near future.	The Y.C is at significant risk or has had to give up education/training.
Nurtured/relationships	Y.C has positive emotional wellbeing. Has a nurturing place to live – Does not require additional help. Has a positive relationship with the cared-for person	Caring role beginning to have an impact on emotional wellbeing - May require additional help. Risk of negative impact on relationship with cared for person	There is some impact on the Y.C’s wellbeing and on their relationship with the cared for person resulting in a strained relationship. Need additional help in a suitable care setting.	There is a major impact on a daily basis to the Y.C’s wellbeing and impact on the cared for person. Y.C is unable to sustain many aspects of their caring role.	Complete breakdown in the relationship between the person and the Y.C, unable to continue caring/ has difficulty sustaining vital aspects of caring role. Input is needed for the Y.C wellbeing. Y.C

					never feels acknowledged, therefore feels excluded.
Active/life balance	The Y.C has opportunities to take part in activities such as play, recreation and sport at home, in school and in the community	The Y.C has some opportunities to take part in activities such as play, recreation and sport at home, in school and in the community	The Y.C has limited opportunities to take part in activities such as play, recreation and sport at home, in school and in the community	The Y.C has few opportunities to take part in activities such as play, recreation and sport at home, in school and in the community which may have a negative impact on healthy growth and development	The Y.C has no opportunities to take part in activities such as play, recreation and sport at home, in school and in the community and this is impacting negatively on healthy growth and development
Respect/Responsible	The Y.C has regular opportunities to be heard / be involved in decisions and have a responsible role to be involved in decisions that affect them	The Y.C has some opportunities to be heard and involved in decisions and have a responsible role to be involved in decisions that affect them	Due to their caring role, the Y.C has limited opportunities to be heard and involved in decisions that affect them	The Y.C has few opportunities to be heard and involved in decisions that affect them.	The Y.C has no opportunities to be heard and involved in decisions that affect them. This impacting significantly on their health and well being
Included/Finances	The Y.C feels accepted as part of the community in which they live and learn. Has time to become part of community activities. Free from financial stress	The Y.C feels some acceptance as part of the community in which they live and learn but is unsure how to participate in community activities. There is a small risk of financial stress	Due to their caring role, the Y.C has limited acceptance as part of the community in which they live and learn. There is a medium risk of financial pressure	The Y.C feels isolated and not confident in the community in which they live in. Lack significant connections with other young people. Need financial support	The Y.C does not feel accepted as part of the community in which they live in. The carer's financial position is severe - there is financial hardship

Appendix C: Local Organisations



Fife Young Carers: www.fifeyoungcarers.co.uk

Fife Young Carers supports children and young adult carers aged 8- 25 years who look after someone in their family who are ill or have a disability. It is a local charity committed to improving the support and information provided to young carers in Fife.

e-mail: admin@fifeyoungcarers.co.uk



Fife Carers Centre: www.fifecarerscentre.org

Fife Carers Centre will support adult carers in their caring role with relevant information as well as practical help. They give information and the means to use it to carers on a wide range of topics from applying for benefits to learning more about the condition affecting the person they care for.

e-mail: centre@fifecarers.co.uk



Homelands: www.homelands-fife.co.uk/

The Homelands Trust-Fife is an independent Fife based charity working to improve the quality of life of individuals affected by disability, people with life limiting conditions and their carers, through the provision of holiday accommodation.

e-mail: info@homelands-fife.co.uk

Crossroads

Fife Central

Crossroads: www.crossroadsfifecentral.org/

Crossroads Fife Central are a registered charity operating across Central and North East Fife, providing high quality person centred support to carers who are caring for someone of any age with any disability or illness. Support is provided in the form of Short Breaks.

e-mail: June@crossroadsg.co.uk



Kindred: <http://www.kindred-scotland.org/fife/>

Kindred is for parents of children with complex needs. Kindred provides practical information, advocacy, emotional support and guidance. They support families of severely ill and/or disabled children.

e-mail: fifeenquiries@kindred-Scotland.org



LINK: www.linkbefriending.org.uk/

East Fife And Levenmouth Mental Health Befriending Projects

The Adolescent Befriending Project working with 12 - 18 year olds in East Fife and Levenmouth. The projects aim to recruit, train and support volunteers who will be matched to people who are isolated due to issues with mental health.



On your doorstep: www.onyourdoorstepfife.org

On Your Doorstep Fife is a searchable database of community groups, organisations, information and support in local communities across Fife.



LEAD Scotland: <http://www.lead.org.uk/>

Lead Scotland, is a voluntary organisation set up to empower disabled young people and adults and carers across Scotland to access learning opportunities. Read more about our services



Enable: <https://www.enable.org.uk/>

Campaign on behalf of people who have a learning disability to live as equal members of society, Raise funds to support families and create more opportunities. Provide personalised support to people who have a learning disability

