

HANDS UP WHO CARES?

Are you a **Young Carer**?
Are you working with a **Young Carer**?

A Young Carer is a young person under the age of 18 years helping to care for a family member with a physical disability, mental health condition, illness or addiction.

For more information about support available, please contact the Lincolnshire Young Carers Service

Tel: 01522 553275
Email: youngcarers@lincolnshire.gov.uk

WE DO!



LINCOLNSHIRE YOUNG CARERS SERVICE

INFORMATION SHEET

The Lincolnshire Young Carers service is designed to help and support children and young people up to the age of 18 years who help to care for someone at home. That person may be a parent, sibling, grandparent, or any other relative who has a:

- Physical disability
- Mental health condition
- Learning disability
- Misuses alcohol or drugs
- Sensory impairment (hearing or sight loss)
- Life limiting condition
- Any other long term illness or condition

The role undertaken by young carers can include:

- Helping the person they care for to get dressed or washed
- Extra housework, shopping, or cooking
- Helping with medication
- Emotional support
- Helping a sibling with a disability

Young carers often take on responsibilities which affect their friendships and relationships, learning and development, health and wellbeing, or future career choices. They experience increased levels of stress or anxiety, feelings of isolation and loneliness, lack of time to take part in social activities, and difficulties in keeping up with their education or homework.

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Lincolnshire Young Carers offers a comprehensive service which will give young carers someone who will assess their needs, provide information, and make sure the right support is provided.

Young Carers are entitled to an assessment under the Children & Families Act 2014, which means that it is our collective responsibility to ensure that children and young people receive this assessment to identify and meet their needs.

“Ofsted take particular interest in the experiences of more vulnerable children, including young carers, during inspections.” (Hansard, 2012)

Referrals into the service are made via an EHA (Early Help Assessment) form with an identified need of support around the caring role undertaken by the young person. This can be evidenced on page 4, using the 3 columns, to capture the Voice of the Child.

For example:

- What worries or concerns does the young person have around caring for their family member; what tasks do they like doing, not like doing, and why?
- What do they feel that they would like some help or support around?
- What do they feel needs to change in their caring role to make things better for them?

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