

Young Carers Draft Action Plan

2011-2014



INTRODUCTION

The Young Carers Sub Group reports to and is mandated by the Children and Young People's Strategic Partnership (CYPSP). The Sub Group has been charged by the CYPSP with drawing up a plan for integrated commissioning of supports and services for young carers, which will improve their outcomes. The work is Northern Ireland wide. Membership of the Group consists of representatives from the Statutory, Voluntary and Community sectors. Current membership can be found at Appendix xxx. The participation of young carers and their families in all stages of this process is paramount.

The following draft action plan sets out how the Young Carers Sub Group will contribute towards the implementation of the Northern Ireland Children and Young People's Plan 2011-2014. The draft plan includes the priorities that need to be taken forward to improve the six high level outcomes for young carers.

This draft action plan should be read in conjunction with the overall NI Children and Young People's Plan. This overall plan sets out that all CYPSP planning work will contribute towards a shift to early intervention, and to integration of resources from all possible sources in order to improve outcomes for children and young people.

This action plan is one document in the suite of action plans, which, together, make up the NI Children and Young People's Plan. The Young Carers Sub Group will collaborate with the other Regional Sub Groups, the CYPSP Groups and the 5 Outcomes groups in order to implement the overall Plan, under the leadership of the CYPSP.

The Plan is therefore a live document – at any one time the latest version of the overall Plan and the Action Plans of all of the planning groups will be available on our website, at www.cypsp.org.

Young Carers are defined as children and young people aged up to 18 years who have a substantive caring role for a member for their family and Children and young



persons aged up to 18 years whose health or development is affected due to their caring responsibilities.

Given the importance of their role within the family context and the effect that this level of responsibility may have on their development and emotional well-being, it is vital to ensure that Young Carers receive additional support they may require.

Outcome *Healthy*

What do we know about children and young people...

Quantitative Information

- % of referrals to CAMHS (Child and Adolescent Mental Health Services of young carers
- % of young carers caring for someone with Hidden Harm (i.e. with a parent or carer with drug or alcohol difficulties) issues
- % of young carers caring for someone with mental health issues

Qualitative Information

- Physical health- young carers accessing universal services such as dental care and nutritious meals. Young carers report concerns about often being responsible for preparing meals
- Many young carers report that their caring role can adversely affect their emotional wellbeing as they are constrained from leading a 'normal' lifestyle (Becker and Becker 2008). This leads to stress, isolation, bullying, 'no-one to talk to' which are key concerns.
- When trying to access CAMHS services, some young carers can be referred directly; however, others have to be referred through a GP. Often there is no one to take them to a GP except a young carer worker. Access to CAMHS is beneficial not only for the mental health and emotional wellbeing of the young carer but also in understanding the mental health of their parents, which would be better explained by CAMHS

What we will do

There is a regional service that provides emotional and practical support for young carers. The group will ensure and promote access to this service.

Ensure equity of access to CAMHS services across the region.

Outcome: *Healthy*

Actions:	Implementation Milestones	Lead person/ other groups	What difference will it make to children and young people	Other outcome s	By when
Promote access to Regional Young Carers Service	<p>Develop use of the Outcome Star Assessment Tool</p> <p>Obtain a more comprehensive picture of the situations faced by young carers in their caring .</p> <p>Develop local volunteers to help link young carers to existing community networks and facilities</p>	Young Carers Regional Sub Group/ Regional Young Carers Service	<p>This will ensure young carers are able to obtain supports and services that will improve their emotional wellbeing.</p> <p>To ensure young carers do not experience isolation detrimental to their health.</p>	LSS, LSSR, EEEW EEEW, LSSR	2011-2014
Ensure equity of access to CAMHS services across the	Obtain and track information on young carers accessing CAMHS services across Northern Ireland to determine		Young Carers have the right to, and receive the same appropriate CAMHS	LSSR	2011-2014

Outcome: <i>Healthy</i>					
Actions:	Implementation Milestones	Lead person/ other groups	What difference will it make to children and young people	Other outcomes	By when
region	<p>the detail of regional disparity.</p> <p>Address this regional disparity by coordinating with the relevant Trusts to promote young carers' access to CAMHS in their area.</p> <p>Link with the ongoing work that will ensure a CAMHS representative in Family Support Hubs and promote this service for young carers to ensure early intervention when required</p> <p>To collect information about young carers and Hidden Harm and feed into the Regional Hidden Harm Quality Assurance Group</p> <p>To collect information about young carers and parents/carers with mental health difficulties and feed into the established protocol regarding link between Children's and adult's mental health services.</p>	<p>Young Carers Regional Sub Group/ HSC Trusts/ Family Support Hubs/ Regional Hidden Harm Sub Group</p>	<p>support as their peers, improving their own mental health and wellbeing and also enhance their understanding of parental mental health issues.</p>		<p>2011-2014</p>

Outcome *Enjoying, learning and achieving*

What do we know about children and young people...

Quantitative Information

- School attendance rates of identified young carers
- % of young carers referred to services through education
- Research highlights that 27% of young carers of secondary school age experience educational difficulties or miss school. This rises to 40% when caring for someone with Hidden Harm issues. Furthermore 68% experienced bullying at school and 39% said that nobody was aware of their role as a carer (Princess Royal Trust for Carers, 2011).

Qualitative Information

- Young carers report that the education is a very important issue for them and supporting them to remain in school will have long-term benefits.
- Young carers are restricted from participating in community-based activity due to their caring role.
- Young carers often experience barriers to learning. The impact of these barriers includes low attainment, social isolation, school absence and behavioural issues. This can consequently affect future wellbeing, life chances and fulfilling potential (The Princess Royal Trust for Carers 2011)
- Research suggests that there are contrasting experiences in school for young carers between those who had support and those who did not (Becker & Becker 2008)
- There is a need to raise awareness within schools about the issues young carers face and to show sensitivity and flexibility with these issues. This is particularly important as young carers report their problem as not so much attendance but rather with being late and facing punishment as a result. Often they are not able to participate in extra curricular

activities

What we will do

The group will aim to promote the identification of young carers in the school population appropriately through the development of a toolkit/ resource pack for teachers and a rolling programme of awareness raising within schools.

This group will encourage and support young carers in accessing community based activities.

Outcome: <i>Enjoying, learning and achieving</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
Develop a toolkit/resource pack for teachers with resources	<p>Research and review any existing toolkits designed for teachers in relation to young carers</p> <p>Update existing schools information packs for regional use</p>	Young Carers Regional Sub Group/ Regional Young Carers Service	Teachers and other educational professionals have efficient access to resources that will ensure the additional needs of young carers within the school environment are met	LSRR, EEEW, H	2011-2014
Develop a rolling programme of raising awareness	Roll out of awareness raising programmes within schools	Young	Awareness raising sessions will raise the profile of young carers as a group	LSRR, EEEW, H	2011-2014

Outcome: <i>Enjoying, learning and achieving</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
<p>within school</p> <p>Encourage and support Young Carers in accessing community based activities</p>	<p>As part of the awareness raising programme, highlight the need to collect and collate data in order to support referrals to other support services</p> <p>Build links with Youth and community based services</p> <p>Promote the Family Support website in young carers information materials</p> <p>Awareness raising seminars/workshops aimed at community organizations, voluntary sector organizations, and youth services.</p>	<p>Carers Regional Sub Group/ Regional Young Carers Service/ ELBs</p> <p>Young Carers Regional Sub Group/ Relevant community and voluntary organizations.</p>	<p>who may be in need of additional support. Furthermore, it will ensure that teachers have an enhanced understanding of the needs of young carers and can provide flexibility that will ensure the education experience of young carers is supported.</p> <p>This will reduce the social isolation that young carers can experience and facilitate young carers individually to access social networks in the community and to help them develop independence</p>	<p>LSRR, EEEW, CPCS, H</p>	<p>2011-2014</p>

Outcome *Living in safety and with stability*

What do we know about children and young people...

Quantitative Information

- % of identified young carers on the Child Protection Register
- % of young carers with siblings who have behavioural difficulties
- % of young carers who have a child protection plan/ care plan/ family support plan
- User feedback regarding services, health and wellbeing, education and ability to learn, assistance in caring, information and advice, guidance and practical assistance, signposting and participation.

Qualitative Information

- There is no consistent carer if a parent is hospitalized and young carers may have to go into care
- There is a need to provide support for young carers where there is a child with behavioural difficulties in the family. Young carers report being physically assaulted by them
- Absence of services for parents of children with social and emotional behavioural difficulties
- Child protection plan/case plans/ advice to gateway/ Family Intervention Services (FIS)
- Voices of children/young people affected by substance misusing parents/carers gathered from Young Carers
- Services and Addiction Services.

What we will do

Raise awareness of issues, and promote support for, young carers face regarding Hidden Harm, living in a family in which an individual has a disability and young carers with a sibling who has behavioural difficulties.

Collate and track information in relation to numbers of young carers with siblings who have behavioural difficulties and who have a child protection plan/ Care Plan/ Family Support Plan

Outcome: <i>Living in safety and with stability</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
Raise awareness of issues, and promote support	Develop awareness raising strategy regarding Young Carer Hidden Harm issues across the region.	Young Carers Regional Sub Group / Regional Young Carers Service	Reduce detrimental effects of Hidden Harm on young carers and encourage them to access supports and services that they have the right to.	H, LSRR	2011-2014
Collate and track information	Track numbers of young carers who have been admitted to care				

Outcome: <i>Living in safety and with stability</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
	<p>Collect data on number of young carers with siblings who have behavioural difficulties</p> <p>Collate information on number of young carers who are on a child protection plan/ Care Plan/ Family Support Plan</p>	Young Carers Regional Sub Group	With more information on young carers, more action can be taken to ensure better outcomes for this group.	H, LSRR	2011-2014

Outcome *Experiencing economic and environmental wellbeing*

What do we know about children and young people...

Quantitative Information

- % of identified young carers not in employment, education or training at 16 years
- % of young carers (16+) receiving benefits
- % of young carers with inadequate housing
- % of young carers over 16 years and study 20 hours or less
- % of young carers offered adult carers assessments at age 18

Qualitative Information

- Young carers (16+) are not receiving benefits that would enable them to pursue further education
- Young carers often live in poor housing conditions
- Young Carers need to be supported with the transition into adulthood
- This includes supporting them into further education, training or employment
- Support for young carers 18+ who may still be at school
- No Education Welfare services for year 13 and 14 (16+)
- Young carers have been reported to be one of the groups most likely to fall into the Not in Education, Employment or Training (NEET) category. Furthermore, young carers are twice as likely as their peers to be NEET (Princess Young Carers Trust 2011)
- Young carers often report financial difficulties as they

balance part time employment and their caring role (Becker and Becker 2008)

What we will do

This group will develop a strategy for improving resources and expertise with Young Carers services for the 16-18 age group.

Build upon young carers projects regarding transition to ensure the development of preparation programmes e.g. job/ course search skills, grant and applications for further education, preparing CVs, first aid, benefits, relationships and adult social services.

Outcome: <i>Experiencing economic and environmental wellbeing</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
Improve resources and expertise for working with young carers aged 16-18	<p>Direct help and advice from young carers, particularly at early stages to prevent them becoming NEET,</p> <p>Awareness raising with schools, colleges, training and employment agencies</p> <p>Employers to raise young carers issues</p> <p>Improve links to Health and Social</p>	Young Carers Regional Sub Group/ relevant education/employment agencies	Ensuring that Young Carers in this age group receive the specialist supports and services they need to access further, education, employment, training and benefits.	LSS, H, LSRR, ELA	2011-2014

Outcome: <i>Experiencing economic and environmental wellbeing</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
Build upon Young Carers Transition projects	<p>Care services for adults services, in relation to the period of transition.</p> <p>Improve equity of access to available grants e.g. Belfast up to £100 for young carers for equipment for college- need to improve equity across Northern Ireland.</p> <p>Link with Multi-agency liaison group, Trust Carers Coordinator</p> <p>Linking with work of Regional Young Carers Service, which supports young people to access benefits and adequate housing</p>	<p>Young Carers Regional Sub Group/ Regional Young Carers Service / Multi-agency Liaison Groups/ Trusts Carers Coordinators</p>	<p>Young Carers will be better prepared for this important transitional phase in their life and be supported in balancing their caring role with their new role and experiences into adulthood.</p>	<p>LSS, H, LSRR, ELA</p>	<p>2011-2014</p>

Outcome *Contributing positively to community and society*

What do we know about children and young people...

Quantitative Information

- % of young carers engaged in civic activities (survey)

Qualitative Information

- Young carers, by virtue of their caring role continue to contribute massively to society as they undertake many caring roles that would otherwise have to be provided by others.
- Due to their caring role, young carers do not get the opportunity to take part in civic activity as easily as their counterpart and are excluded from activities such as Youth Forums.

What we will do

This group will ensure that the contribution that young carers make to society continues to be promoted and recognised.

Develop a strategy to improve the engagement of young carers in civic activities.

Outcome: <i>Contributing positively to community and society</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
Promoting and recognising young carers contributions	Link with Regional Young Carers Service to promote the work of young carers	Young Carers Regional Sub Group/ Regional Young Carers Service	Young Carers will be recognised for their continuous efforts in contributing positively	H, ELA, EEEW, LSS, LSRR	2011-2014
A strategy to improve engagement with civic activities	Engaging with, influencing and participating in civic and political activities	Young Carers Regional Sub Group	Ensure young carers have the same access to opportunities as their peers	H, EEEW, LSRR	2011-2014

Outcome *Living in a society that respects their rights*

What do we know about children and young people...

Quantitative Information

- % of young carers from the BME community
- Number of young carers per Trust area compared with incidence from the research.
- % of young carers offered carers assessments

Qualitative Information

- Young carers are children in need and as such they are entitled to a UNOCINI assessment and to avail of supports and services. There is regional disparity in the number of assessments offered to young carers with young carers in some areas more likely to be offered an assessment than those in another area.
- Small number of young people from the BME community accessing Young Carers services however, with the increasing population of the BME community in Northern Ireland it is likely that BME young carers exist and therefore this proportion should be higher
- The caring role that young carers undertake means that their rights are not fulfilled as highlighted in the previous outcomes. They are often not able to enjoy their rights in the same way as their counterparts because of this..

What we will do

Develop a strategy to increase engagement with the BME community ,through BME organisations, and to enhance understanding of BME young carers' issues.

Working with statutory agencies and the Regional Young Carers Service to ensure that supports and services are in place that mean the rights of young carers, highlighted in previous outcomes, are respected, protected and fulfilled.

Outcome: *Living in a society that respects their rights*

Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
Develop a strategy to increase engagement with the BME community	Link with BME organisations	Young Carers Regional Sub Group/ BME organisations	Ensure that young carers from the BME community have access to the same supports and services as their peers	H, ELA, LSS, EEEW, CPCS	2011-2014
Working with statutory agencies and the Regional	Protocol issued from Health and Social Care Board to Health and Social Care Trusts regarding the duty	Young	Ensuring that every young carer has their needs assessed means that they	H, ELA, LSS, EEEW, CPCS	2011-2014

Outcome: <i>Living in a society that respects their rights</i>					
Actions:	Implementation Milestones	Lead person/other groups	What difference will it make to children and young people	Other outcomes	By when
Young Carers Service to ensure that supports and services are in place that mean the rights of young carers, highlighted in previous outcomes, are respected, protected and fulfilled.	<p>to offer assessments to young carers due to their legal status as children in need.</p> <p>Young carers will be supported, through clear arrangements for young carers through Trusts</p> <p>Regional equity will be promoted regarding assessments for support for young carers.</p>	Carers Regional Sub Group/ HSCB/ HSC Trusts	will be able to access services and supports to which they have a right to access.		

CONSULTATION RESPONSE FORM

We would be very interested in your feedback on these initial priority areas as set out above. These will inform the action plan for the Young Carers Sub Group. It is important to us to hear what you have to say about what the Group has planned to address for young carers across Northern Ireland.

We are happy to receive comments in any format. If you require this document in an alternative format (such as large print, Braille, disk, audio file, audio cassette, easy read or in minority languages to meet the needs of those not fluent in English please contact us at the details provided below.

Please return your response by TUESDAY 25th SEPTEMBER 2012 to

**Andrew Hawthorne
Children and Young People's Strategic Partnership
Health and Social Care Board
12-22 Linenhall St.
Belfast
BT2 8BS
Telephone: 028 90553979**

Email: Andrew.hawthorne@hscni.net

Thank you very much for your response

YOUR CONTACT DETAILS

NAME (if wishing to provide)

ADDRESS

(if wishing to provide)

TELEPHONE:

(if wishing to provide)

EMAIL

(if wishing to provide)

Text Phone:

Please select one:

I am responding from an organisation

I am responding on behalf of myself as a parent

I am responding on behalf of myself as a child or young person

I am responding on behalf of a group of children / young people