


7. CASE STUDY 07: FIFE YOUNG CARERS

Code of the project: UK03	
Name of the project: Fife Young Carers	
	Country: United Kingdom
	Promoter organization: Fife Young Carers

7.1. The project characteristics

TITLE OF THE PROJECT/SERVICE	Fife Young Carers
CONTEXT	In July 2010 the Scottish Government launched Caring Together, a five year national carer's strategy, and Getting It Right for Young Carers, a five year national strategy for young carers. In response to these important documents Fife Council and NHS Fife published A Strategy for Carers in Fife in February 2012 and, along with Fife Young Carers, launched Getting It Right For Young Carers in Fife in June 2012.
DESCRIPTION	<p>a) Target area of needs / aims</p> <p>Young carers are either children or young people under the age of 18 years, whose life has been affected by their significant caring role for a family member who may suffer from one of the following:</p> <ul style="list-style-type: none"> Long Term illness Mental ill health HIV/AIDS Physical disability Learning disability Drug or Alcohol misuse <p>Young carers have a significant role in looking after someone else who is experiencing illness or disability. While we should not automatically assume that caring for others is a negative experience we must recognise that it can restrict young peoples' lives, and limit their experiences and opportunities as they grow up. Young carers are first and foremost young people and we should ensure that we have supports in place to enable them to</p>

enjoy as far as possible the same range of experiences as their peers, and to achieve their full potential in everything they do and aspire to. To this aim, the needs of young carers are identified as a priority in the Fife Children's Services Plan, 2011 - 2014. Many of these needs can be met through the effective provision of universal services, if we ensure that those services are familiar with and sensitive to the particular circumstances which young carers can experience.

b) Target population

Target population here is constituted by young carers, children and young people who in some way look after or support someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse. Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. The tasks and level of caring undertaken by young carers can vary according to the nature of the illness or disability, the level and frequency of need for care and the structure of the family as a whole. Sometimes young carers look after siblings, either because a parent is unable to due to their ill health or as respite for a parent who has a disabled child. The aim is to ensure these young carers are able to access the support they require.

c) Were users (families) involved in the finalization of the training programme/intervention?

No, the program concentrates on young carers only, and on supporting people which may be social experts and school operators.

d) Type of the intervention set up

Enhancement of service already provided by Fife Young Carers to include more strategic support for young carers in universal services in Fife. Development of young carers 'champions' in health, social work and education. These champions will be a point of contact for other staff with the aim that young carers will receive better support. Planned events to raise the profile of young carers and improve the understanding of young carers issues by professionals working in children and adults services.

e) Techniques, methodologies and tools used

	<p>School recording system was enhanced to include a section where young carers could be identified.</p> <p>Young carers profile document developed so that young carers could tell professionals how their caring role impacts on their lives – this informs the recording system as above.</p> <p>f) Professionals involved in the project/service</p> <p>Fife's young carers strategy group comprises of professionals from statutory agencies such education, health and social work as well as from the voluntary sector.</p> <p>g) What kind of training was delivered to the professionals? What's the knowledge and skills needed</p> <p>E learning resource made available, it concentrates on young carers issues.</p> <p>twilight CPD event planned for 11th June. Potential 'champions' invited to event, which is aimed at improving understanding of young carers and the support they find helpful. The event will be followed by more specific training event later in the year.</p> <p>information about young carers being added to child protection training which is mandatory for professionals</p> <p>h) Mainstreaming, communication strategy</p> <p>The strategy was promoted thorough health, education and social work – copies sent to key individuals in health and social work who then passed information on. the strategy was sent to all school in Fife.</p>
SPECIFICITIES / INNOVATION	<p>The strategy was an update of previous strategies but the development of this strategy was multi-agency and has been made more accountable as the strategy group is continuing to meet, develop and monitor the action plan which has been embedded in other key actions for Fife.</p>
SOURCES AND STARTING MODELS	<p>A working group was tasked by Fife Council to develop the new strategy for young carers in Fife, key professionals from a variety of agencies were asked to contribute to the development. The strategy was modelled around Getting it Right for every child.</p>
DURATION/ TESTING PERIOD	<p>Ongoing</p>

POTENTIAL AND ACTUALLY ACHIEVED TARGET POPOULATION	<p>It's estimated that there are 5,000 young carers in Fife.</p> <p>Fife young carers is a small charity which supports around 190 young carers by providing support groups, 1:1 support and advocacy. The aim of the strategy is to ensure that young carers get support from universal services in Fife, those young carers who need the most support/ are not coping with caring role will be supported by additional services that Fife Young Carers provides.</p>
ACCESS	<p>a) Is there a selective access? If so, describe how it works.</p> <p>Referrals to Fife Young Carers undergo an assessment of caring role.</p> <p>b) Access modality</p> <p>-</p>
COSTS AND FUND RAISING	<p>a) Cost supported by the promoter and the financing organizations</p> <p>-</p> <p>b) Cost and fares for the users</p> <p>Fife Young Carers service – no costs for users</p> <p>c) Financing organizations</p> <p>Strategy group is met from existing funds for agencies.</p> <p>Fife Young carers service – Fife Council, Carers Information Strategy funding, donations, grant applications</p>
PARTNERSHIP	<p>a) Name and description of the partners</p> <p>Fife's Young Carers Strategy Group-</p> <p>Fife Council - Learning and Education directorate</p> <p>Fife Council – Social Work service</p> <p>NHS Fife</p> <p>Fife Young Carers</p> <p>Fife Council – community learning and development</p> <p>Barnardos</p> <p>b) Functions within the project</p> <p>-</p>

	c) Coordination mechanisms The strategy group is led by an education officer from fife council.
STRENGTHS	-
WEAKNESSES	-
EVALUATION OF THE RESULTS	The strategy is monitored by the action plan, the group has taken responsibility for implementing the plan. In addition to this Fife Young Carers' Focus group of young carers have decided to monitor the action plan.
SUSTAINABILITY	The strategy is being implemented through existing funding. Fife Young Carers' service is planning to extend its service through an application to the Big Lottery. The service would expand its current capacity and extend to young carers aged 18-24 yrs old.
FORMAT TRANSFERRABILITY	There are various young carers' projects in the UK – service delivered depends upon funding available.
POSSIBLE DEVELOPMENTS	A/A
PRODUCTS	Young carers profile document E1 – educational marking system enhancement

7.2. The collected documentation

PRODUCTS AND DOCUMENTATION COLLECTED		
CODE	TYPE OF DOCUMENT	SHORT DESCRIPTION
P01_UK03	Informative brochure	Informative brochure on young carers in Fife



Getting it right for young carers in Fife 2012–15

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Introduction

In July 2010 the Scottish Government launched Caring Together, a five year national carer's strategy, and Getting It Right for Young Carers, a five year national strategy for young carers. In response to these important documents Fife Council and NHS Fife published A Strategy for Carers in Fife in February 2012 and, along with Fife Young Carers, launched Getting It Right For Young Carers in Fife in June 2012.

This strategy reflects the partnership work of a multi-agency group representing a range of statutory and voluntary organisations which link with and support young carers. Perhaps more importantly it also reflects the views, hopes and aspirations of young carers in Fife and has given them an opportunity to shape and influence how they are supported and how services are delivered to them.

Young carers have a significant role in looking after someone else who is experiencing illness or disability. While we should not automatically assume that caring for others is a negative experience we must recognise that it can restrict young peoples' lives, and limit their experiences and opportunities as they grow up. Young carers are first and foremost young people and we should ensure that we have supports in place to enable them to enjoy as far as possible the same range of experiences as their peers, and to achieve their full potential in everything they do and aspire to.

We have developed our strategy around the Getting It Right For Every Child framework. This national initiative guides how we identify and meet the needs of all children and families, with a particular emphasis on those who are most vulnerable and in need of support. It encourages a child centred approach in which service delivery is the product of genuine partnership working and undertaken in as straightforward and accessible a manner as possible.

The needs of young carers are identified as a priority in the Fife Children's Services Plan, 2011 - 2014. Many of these needs can be met through the effective provision of universal services, if we ensure that those services are familiar with and sensitive to the particular circumstances which young carers can experience. We know that the more informed, knowledgeable and skilled services are at the universal level the less need there is to access additional or more specialised supports. This is less intrusive for children and families and allows key resources to be used as efficiently as possible. Key to our strategy therefore is building the capacity of all services which work with children and young people. However we need to make sure that appropriate additional support is easily available when required.

We have built our strategy around the GIRFEC well-being indicators – Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible, Included (SHANARRI). Under each of the indicators we describe broadly what the indicator means for all children, then outline how it might have particular relevance to young carers. We then report what young carers themselves

tell us about the indicator – what it means to them and what supports and services they feel would be helpful in achieving a good outcome in terms of the indicator. Finally we describe in general how we will support young carers in relation to that indicator. We conclude the strategy with a statement of our key goals, which will be underpinned by a more detailed action plan. These goals represent what we aim to achieve over the next 3 years to get it right for young carers in Fife and they provide a framework against which our progress can be evaluated. The Young Carers Strategy Group involved in creating this strategy starter paper includes members from all Fife Children's Services. The group will be responsible for developing the joint action plan, for monitoring progress and evaluating the impact of the strategy.

The strategy begins with a more detailed definition of a young carer followed by two essential elements in getting it right for our young carers: identification and assessment.

Definition of a young carer

Young carers are children and young people who in some way look after or support someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse. Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. The tasks and level of caring undertaken by young carers can vary according to the nature of the illness or disability, the level and frequency of need for care and the structure of the family as a whole. Sometimes young carers look after siblings, either because a parent is unable to due to their ill health or as respite for a parent who has a disabled child. We need to ensure these young carers are able to access the support they require.



Identification

Critical to the success of any young carers strategy will be our ability to accurately identify young carers in our communities. We therefore require to develop a robust process which will enable us to ensure that we know which children and young people have active caring responsibilities, and to take this into account in our delivery of any service to them.

Through this strategy we are committed to raising awareness of the needs of young carers and establishing the principle that being a young carer might be a significant contributing factor in a young person's circumstances. We always need to be prepared to consider the possibility that being a young carer might be significantly impacting on a young person's behaviour, relationships or development, particularly when the young person is experiencing difficulties of some sort.

Of course while identification is important we need to recognise and respect the rights of a young person not to be identified or labelled as a young carer and always to see them as a whole person. However, it is important to help young people to realise the potential benefits of their status and responsibilities being recognised.

Named persons, as identified by Getting It Right In Fife guidance, have a key role in the process of identification. For children and young people of school age the named person will be a teacher, and schools therefore have a key role to play in identification. When a young person is known to be a young carer their status will be recorded as such on the Education Service management information system.

In some cases a young person will identify themselves as a young carer or be identified by family or friends. In other cases, knowledge about a young person's caring status will be held by other adults that might be working with the young person or the person they care for such as health staff. All partners have a responsibility to share such knowledge, particularly with their school and also with the adult being cared for, with the permission of the young person concerned.



What young carers tell us about identification

Megan,
Fife
Young
Carer

I don't always tell people I am a young carer as I feel it would sometimes make both the person and myself feel uncomfortable.

Don't jump to conclusions in terms of 'excuses' for poor attendance, punctuality, following deadlines.

Lee, Fife Young Carer

My guidance teacher and head teacher have regular meetings with me to see how I am feeling about school and my problems.

They try to help me if I have trouble in my classes. If I am having a bad day I just have to tell my registration teacher and she emails the teachers I have that day so they know what is wrong without me having to broadcast it to the whole class because they will ask too many questions.

Larissa, Fife Young Carer

Assessment

The Community Care and Health (Scotland) Act 2002 outlines the entitlement of all carers – including young carers – to an assessment of their needs. Such an assessment, which can be requested by the young carer in their own right, should be offered by services as it is a statutory requirement to have a carer's assessment made available to those providing regular and substantial care to the cared for person.

How is assessment carried out?

The GIRFEC wellbeing indicators offer a general framework around which assessment can be structured, with more specific tools offered by the 'My World Triangle' and the 'Resilience Matrix'. Familiarity with these approaches will allow key adults working with young carers to make informed judgements about their need for support without engaging in a formalised process. In some cases however the need for a more structured assessment will be unavoidable and will ensure the delivery of focused and co-ordinated support in response to a young carer's needs.

In Fife a more structured assessment model has been developed by Fife Young Carers and this is available to all agencies who work with young carers, on the Fife Young Carers (www.fifyoungcarers.co.uk) and Getting It Right In Fife (www.GIRIF.com) websites. Standardising the assessment process in this way facilitates recognition of the need for all relevant agencies to be involved in the assessment process and to ensure that responsibility for delivering support is not divorced from assessment of need.

What young carers tell us about assessment

Elinor,
Fife
Young
Carer

Try to have more understanding/ awareness that different people have different situations at home.

There are people at school whom I know do have disabled family who I think have never heard of Fife Young Carers.

Neil, Fife Young Carer

It would help if you could develop a young carers profile that we can fill in and give to teachers which will give them information about what young carers have to do at home.

Sophie, Fife Young Carer





Safe

All children and young people should be protected from abuse, neglect and harm by others at home, at school and in the community. They may be in need of protection when their basic needs are not being met or they may be at risk from deliberate acts of harm.

How being a young carer can impact on being safe

There are a variety of ways in which a young carer's safety and wellbeing may be compromised because of their role. For example:

- The physical tasks of caring may put a physical demand upon a child which they are unable to safely undertake. Young carers may experience physical ill health and/or injury because of their caring role.
- A parent's circumstances might limit their capacity to meet their child's emotional needs exposing them to the risk of emotional abuse or neglect.
- Young carers whose parents have a substance misuse problem may be exposed to a particular range of risks potentially exposing them to a number of sources of harm.
- When caring for someone with mental health issues or brain injury, a young carer may be exposed to unpredictable and potentially violent behaviour.
- A young carer may be caring for someone who is a victim of domestic abuse. Directly or indirectly this may pose a risk to the young carer.
- Young carers may be bullied at school because of their status or because their peers are unaware of the demands they face at home and do not appreciate why they are unable to "join in and be one of the gang".
- Young carers may be expected to take on responsibilities which are age inappropriate but this may also lead to a lack of boundaries in other areas of their lives, which could lead on to risk taking behaviours leading to increased risk.
- Young carers may be more vulnerable if their caring role involves them in intimate and personal care of an adult.

What young carers tell us about being safe

Sophie, Fife Young Carer

Sometimes I don't feel safe because my parents go out for five minutes so I get left in charge and sometimes I can't look after them 24/7.

Sometimes when my brother goes into hospital I will get really worried and start to panic. I try to calm down and it doesn't work.

"I also don't like being away from home that long cause I will get worried to see if my mum's coping ...so I get very scared sometimes and find it hard to calm myself down.

Safiyyah, Fife Young Carer

How will we support young carers

The Lead Professional will ensure that where a young carer has a multi agency Child's Plan, their caring role and the supports they require, along with any potential risks to them, are clearly identified and reviewed regularly. Where a young carer does not have a Child's Plan and in cases when it is appropriate to do so, the Named Person will ensure that potential child protection issues are recognised and that action is taken to safeguard the young person.

However, child protection is everyone's responsibility and any adult with a concern about a young person's safety should ensure that this is shared appropriately with others.

Providers of services for adults with significant health issues should be aware of the caring implications for the children in those households, and alert colleagues as appropriate. Professionals involved in devising support plans for adults should not rely disproportionately on a young carer's contribution. If a young carer is involved, their contribution should be regularly reviewed.

Healthy

Being healthy, for all children, means that they should have the highest standards of health, access to suitable healthcare and support in making healthy choices.

How being a young carer can impact on being healthy

- Young carers may miss routine health checks, dental appointments and immunisations and this may result in neglect of their physical wellbeing.
- Young carers may not have the same levels and opportunities for parental guidance and support in making choices in terms of diet, physical activity, mental health and wellbeing and sexual health, all of which contribute to a healthy lifestyle.
- Young carers can suffer from stress, anxiety, low self esteem or depression. This may contribute to a feeling of low mood and isolation which in turn could lead to other emotional or social difficulties.
- Young carers often experience anxiety about the health of the person they are caring for. Information may not always be shared with young carers by support and health professionals in recognition of their age but not taking into account the caring responsibility.
- Young carers may experience anxiety or fear about their own health especially if the health issues of the cared for person are perceived (rightly or wrongly) to be hereditary.

What young carers tell us about being healthy

Lee, Fife
Young
Carer

My health can sometimes be affected by the fact that I am not always able to look after myself as I am often caring for my sister.

It would help if you would provide strategies for the carer to cope with things such as stress, confidence, self-esteem etc.

Julia,
Fife
Young
Carer

It would help to be told the full information about the person you are caring for and what other treatment and tests will be needed. This would make me feel less stressed and worried as I would understand and know the full situation of the person you are caring for.

Larissa, Fife
Young Carer

How will we support young carers?

All services have the responsibility to develop an awareness of the health issues that may potentially affect young carers and to help them achieve the highest attainable standard of physical and mental health. All services working with young carers can raise awareness of the services available to children and young people. Every effort needs to be made to ensure that young carers have access to suitable health care. This includes flexibility of service to meet their needs as young carers may be physically unable to get to health services, appointments etc due to their caring responsibilities.

All services can provide young carers with opportunities to discuss any concerns regarding their health and to make sure that they are involved in any decisions regarding their health. Services can provide support in learning to make healthy and safe choices including the provision of health related information in an accessible format. This may include health issues or topics which affect those they care for. In terms of sharing important information with young people about the person/s they care for, Fife is piloting a young carers authorisation card that will clarify the level of information to be shared with individual young carers. It is essential for all school nurses to have an awareness of a young carer's status so that they can offer relevant health advice.

Active

Being active means having opportunities to take part in activities such as play, recreation, learning and sport, this can contribute to healthy growth and development, at home and in the community.

How being a young carer can impact on being active

- Caring responsibilities often restrict the young person's opportunities to participate in evening and weekend activities.
- Within the household, income may be restricted due to the care receiver not being able to secure or sustain employment and households can be benefit-dependent. Financial support to participate in activities may be limited.
- Many young carers may be living in single parent households, or living with other family members in order to provide caring support. This may limit their exposure to positive role models/mentors who can encourage greater levels of involvement in active opportunities.
- Opportunities to participate in activities as a family may be severely restricted by the nature of the reasons for care.
- As a result of their caring responsibilities, young carers may have restricted peer and friendship networks, find it difficult to invite other young people to their home and may be more socially isolated as a result.

What young carers tell us about being active

It can be hard to spend time with my friends due to my caring commitments.

Anon, Fife Young Carer

People make fun of what you are; it is hard catching up with friends.

Jake Fife Young Carer

It's quite hard to do activities with my parents because there are so many things my parents can't do e.g. cycling, daytrips.

Neil, Fife Young Carer

How will we support young carers?

Through assessment of young carers' needs, both informally and formally, we will identify their interests and encourage and support them to become involved in relevant activities. We will invite them to consider involvement in other activities or pastimes which are available, and where necessary offer them support to engage in these. We will help them to overcome any practical or financial barriers to participation in activities. When a young carer is involved in an activity we will, with their permission, share relevant information about them with adult group or activity leaders so that account can be taken of any particular needs or circumstances in order to sustain their involvement.



Nurtured



The basic need for nurture is the same for all children. If a child is required to assume a level of responsibility beyond their years, this can deny them the necessary emotional support, praise, engagement and recognition they need to develop and thrive.

How being a young carer can impact on the need for nurture

- It is imperative that out with their caring role, a young carer must be given opportunities to be a child.
- Young carers may present as mature and show empathy for the person they are caring for, beyond their years.
- The additional responsibility of a caring role can be emotionally overwhelming when combined with other demands.
- There is a risk to emotional wellbeing when a child becomes a carer for their parent and normal adult / child caring roles are reversed.
- Children who are young carers may display behaviours which are challenging to deal with. These behaviours may be a child's way of signalling distress at the situation they are experiencing and struggling to cope with.

What young carers tell us about being nurtured

Sophie,
Fife
Young
Carer

As it is just me and my mum we both don't have any other support to help us. We have respite for both my little sisters but this only happens rarely. Me and my mum don't get anytime together and when we do it's very late at night.

I struggle a lot as I have to play the motherly role when mum goes out to either shop for the house or hospital appointments for my dad. I worry and stress a lot about it. I wish I had more time for me and my mum. But it's just the way things are.

Jake,
Fife
Young
Carer

There are people at school whom I know do have disabled family who I think have never heard of Fife Young Carers.

How will we support young carers?

Emotional failure to thrive will require the adults around a young carer to interpret what their behaviour is communicating and offer appropriate support. There is a need for all partners to be aware of the importance of nurture for healthy child development and the potential risks for children who have the role of young carer. Professionals will be required to ensure the young person's needs are considered in the wider context of the caring role and communicated to the family sensitively. There is a risk that the needs of the young carer are seen as secondary in certain caring situations where things may be quite critical for the family. Professionals should ensure that the welfare of the young carer is taken into account in support planning. Support should be agreed with this in mind and could be in the form of practical support within the home or direct support to the young person or a combination of the two. The aim should be to ensure the young person's need for nurture is met. The view of the young carer should be sought when support is being considered. Potentially challenging behaviour of a young person should be interpreted in the context of the young carer role and supported accordingly.



Achieving

All children should be guided in their learning, the development of their skills, confidence and self-esteem. They should be supported to achieve their full potential at home, in school and within their own community.

How being a young carer can impact on achievement

- Disrupted attendance and lateness at school – due to their caring responsibilities young carers may have difficulties attending on time and regularly. This could also prevent young carers from having better relationships with their teachers.
- Wider learning opportunities – young carers may find it difficult to attend activities such as music rehearsals or training for sporting events as these tend to take place after school or in the evenings.
- Peer relationships – young carers may not have the time or opportunity to get together with their peers or join in after school activities where many relationships are consolidated and confidence is built.
- Concentration – their ability to learn new skills may be affected by the concerns they have regarding their home situation and/or disrupted sleep.
- Homework and revision – time and opportunity to concentrate in a quiet area may be difficult to achieve in the home situation. If this is not identified, supported and managed effectively, it can spiral out of control. Many Study Support classes and school Homework Clubs take place after school which may not be accessible to young carers.
- Being a young carer might impact on a young person's opportunity to proceed to a positive destination on leaving school such as further/higher education or employment.

What young carers tell us about achieving

One of my teachers knows that I'm a young carer and she treats me special. She lets me get a drink of water if I am upset.

Saffiyah, Fife Young Carer

At 2am I am rushing to do my homework, as I know teachers won't understand if it isn't complete. I am always running for my bus after having to get my sister ready for school.

Lee, Fife Young Carer

How will we support young carers?

We will develop a greater understanding among staff of the needs of young carers, and how their caring responsibilities can impact on their attendance, punctuality, learning and progress. We will put a range of measures in place to support young carers educationally, with a particular emphasis on identifying them accurately. We will ensure that key information about their needs is shared at transition points between services, and take particular account of their status as carers when planning with them for leaving school.

Respected

All children and young people should have the opportunity along with their parents or carers to be heard and considered in decisions that affect them. Their rights and responsibilities are outlined in the United Nations Convention on the Rights of the Child (UNCRC) and many of the principles in the UNCRC are reflected in Scottish legislation and policies.

How being a young carer can impact on being respected

- A young carer may have limited involvement in decision making concerning the adult for whom they care or lack reliable information about them.
- Young carers may have reduced opportunities to meet other children and young people and to join groups and organisations.
- Young carers may be members of families in need of support and extra resources.
- Young carers may find it difficult to relax, play and join in a wide range of activities.
- Being a young carer might restrict access to and benefit from statutory services such as education.
- A young carer's family circumstances might limit their standard of living with implications on meeting physical and mental health needs.

I would appreciate if professional people who help out my family include me in discussions and decisions, even to offer.

Larissa,
Fife
Young
Carer

Samara,
Fife
Young
Carer

I feel sometimes I'm slightly excluded from more official 'adult' meetings and have to ask to get information instead of it been given freely.

How will we support young carers?

We will develop awareness raising in all services, particularly schools as the universal service for all young people, about the rights of young carers, entitlements and available support services. Young carers have the right to have an assessment for themselves as laid down in legislation (Community Care & Health Act (Scotland) 2002; The Children Act (Scotland) 1995).

Responsible

All children and young people should have opportunities and encouragement to play active and responsible roles in their schools and communities with guidance and supervision as required. Young carers' lives are characterised by an exceptionally high level of responsibility. This is usually in respect of the member of the family for whom they care and may limit their opportunities to be responsible in other areas in their lives.

How being a young carer can impact on being responsible

- Young carers' commitments may limit their opportunities to participate in a range of activities and to play active and responsible roles.
- Caring for others might exhaust a young person's motivation and capacity to engage positively in other areas of their lives.
- A commitment to caring for others in the family might limit a young carer's capacity to care for others or indeed themselves.
- If young people do not recognise themselves as young carers, or do not want to be seen as such, they will not necessarily know where to get the information or support that can help meet their needs.

What young carers tell us about being responsible

Sophie,
Fife
Young
Carer

My mask shows the way I appear to other people. I am upbeat and bubbly and won't let anything hurt me and I am happy. However, in my head I am full of worries and responsibilities that I wish could be lifted off me, even for a short while.

Megan,
Fife
Young
Carer

To be told everything I need to know to help at home and what else they are going to do to help and the changes that are going to be made. This will make me worry less.

How will we support young carers?

We will provide opportunities for young carers to play an active role in their communities and in addition to provide opportunities for young carers to get together to share experiences, receive support and to have fun. All services have a responsibility to ensure at all times that the caring responsibilities carried by young carers are proportionate, manageable and age appropriate at all times. Professionals should recognise the responsibilities that young carers carry and the immense contribution that they make to their families and communities at large.

Included

Being included means having help to overcome social, educational, physical and economic inequalities and being accepted as part of the community in which they live and learn.

How being a young carer can impact on being included

- A range of barriers and obstacles can limit young carers' participation and inclusion. These include having opportunities and necessary social and financial resources.
- Young carers may have a restricted lifestyle due to their caring commitments.
- Young carers may also have restricted social contacts and networks.
- Young carers might feel excluded from a range of activities through seeing themselves as different from peers.
- Limited contact with others in a similar situation can lead to feelings of isolation and loneliness.

What young carers tell us about being included

Neil, Fife Young Carer

At times I have had to help my parents go shopping instead of going cycling or do other things with my friends.

I don't tell everyone I'm a young carer, not even my friends. I tell them bits and bobs, but not everything.

Megan, Fife Young Carer

Jake, Fife Young Carer

I'm a young carer and my mother only gets a certain amount of money but tries her hardest to afford everything but I may not keep up with the fashion and this is why I do not feel included.

I think more awareness in schools - presentations, leaflets would help.

Elinor, Fife Young Carer

How will we support young carers?

All services can help young carers to overcome barriers and inequalities socially, educationally, economically and physically. At a universal level, all services need to ensure that the risks of social exclusion are recognised, understood and avoided and to enable young carers to express their views with confidence. Schools can continue to raise awareness amongst peer groups in order to promote understanding and inclusion. All services need to be aware of the possibility of a young carers status being hidden because of the stigma associated with their circumstances. When required, it is essential for Lead Professionals to put high quality multi agency support packages in place.



Goals of the young carers strategy

Identification

Establish an effective multi-agency process to identify young carers.

Assessment

Make available a range of approaches to assessment and support and evaluate their use.

Safe

Support all professionals working with young carers to be aware of child protection issues, and the need to ensure appropriate safeguards are put in place as required.

Healthy

Support all professionals working with young carers to be aware of potential health issues including the impact on young carers of the health issues of the people they are caring for, and the need to ensure appropriate support is accessed as required.

Active

Support young carers access to the full range of social, sporting and cultural activities available to all young people.

Nurtured

Support all professionals to be aware of young carers' needs to be nurtured, cared for and supported in all aspects of their lives.

Achieving

Support schools to take full account of young carers' particular needs, and the potential impact of their caring responsibilities on achievement.

Respected

Support all agencies to ensure that young carers are involved appropriately in all discussion and planning, and that they have access to the information they need.

Responsible

Raise awareness of the impact that caring responsibilities can have on a young carer and ensure they have the opportunity to make a wider contribution to society alongside peers.

Included

Commit to enabling all young carers to being fully included in all aspects of their communities, and able to access the same range of opportunities and experiences as their peers.

Useful information

Education and Learning Directorate

Tel: 01592 583372
Email: education.services@fife.gov.uk
Website: www.fifedirect.org.uk/youngcarers

16+ Learning Choices Support Team

Tel: 08451 555555 ext 442125/460832
Email: 16pluslearning.choices@fife.gov.uk
Website: www.opportunitiesfife.org

Psychological Service

Tel: 01592 583349
Email: psychological.service@fife.gov.uk
Website: www.fifedirect.org.uk/youngcarers

Social Work Service

Tel: 01383 441177
Email: sw.enquiries@fife.gov.uk
Website: www.fifedirect.org.uk/youngcarers

FifeYoung Carers

Tel: 01592 223893
Email: admin@fifeyoungcarers.co.uk
Website: www.fifeyoungcarers.co.uk

NHS Fife

Tel: 01592 648153
Website: www.nhsfife.org



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NHS Fife

Fife Council's Social Work Service

Voluntary Sector

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Chloe

Elinor

Jake

Julia

Larissa

Lee

Megan

Neil

Safiyyah

Samara

Sophie

Alternative Formats

The information included in this publication can be made available in large print, braille, audio CD/tape and British Sign Language interpretation on request by calling 08451 55 55 00.

Calls cost 3 to 7p per minute from a UK landline, mobile rates may vary.

Language Lines

کونسل ٹیکس کے متعلق اردو میں معلومات کے لیے 08451 55 55 66 پر فون کریں۔

یو کے لینڈ لائن سے کال کے نرخ 3 تا 7 پی پی ہیں، موبائل کے نرخ مختلف ہو سکتے ہیں۔

للمعلومات باللغة العربية عن ضريبة البلدية اتصل
08451 55 55 77

تکلفة المكالمات من 3 إلى 7 بنسات لكل دقيقة من الخطوط
الأرضية داخل المملكة المتحدة، الهواتف الجواله تكلفتها قد تتفاوت

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用固定電話的收費為每分鐘 3 至 7 便士，打手機收費各異。

কাউন্সিল ট্যাক্স এর ব্যাপারে বাংলা ভাষায় তথ্য পেতে চাইলে
08451 55 55 99 এ নাম্বারে টেলিফোন করুন।

ইউকে ল্যান্ডলাইন থেকে কলপ্রতি মিনিটে ৩ থেকে ৭পি খরচ
হবে, মোবাইলের খরচ ভিন্ন হতে পারে।

Informacje na temat **podatku lokalnego** w języku polskim
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Oplata za połączenie wynosi 3-7p za minutę z brytyjskich
telefonów stacjonarnych, koszty połączeń z telefonów
komórkowych mogą być różne.

BT Text phone number for Deaf people

18001 01592 55 11 91. (8am-8pm Mon to Frid).
If you require to use a text phone to contact us,
then please register for the service by contacting
us via SMS (Deaf people only) 07985 761908
and we will send you a registration form.

