

As a professional you may wish to consider offering an Early Help Assessment to a family when there is a young carer present. Early identification is vital to reduce negative impacts on young carers and improve outcomes for them and their families. The key to identifying young carers is raising awareness and being proactive, to give children and young people the chance to recognise their caring role and to feel safe enough to talk to someone about what is happening at home.

Some key indicators to look out for:

- Education – low attendance and attainment, lateness, behavioural issues, lack of concentration, unable to access extra-curricular activities.
- Training and employment – low aspiration, reduced access to voluntary experience or personal/skills development, barriers caused by poor flexibility in work practices.
- Physical health – injuries, strain, lack of exercise, unhealthy diet, lack of access to appropriate healthcare, or use of drugs, alcohol or self-harming or other potentially harmful coping strategies. Emotional well-being; stress, worry, tiredness, depression, insecurity, anxiety.
- Social isolation – lack of access to social activities, bullying, destructive behaviours, isolation from peers, and increased risks of criminal behaviour.
- Please be mindful that some young carers can be over resilient and therefore do not show any signs that they are caring.

Wellbeing and Young Carers Team

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# North Lincolnshire Council

Wellbeing and Young Carers Leaflet

## *Professional Edition*



## WHAT IS A YOUNG CARER?

The term young carer should be taken to include children and young people under 18 who provide essential care and or emotional support to a family member, who is physically or mentally ill, disabled, has a learning disability, long term health condition or misuses alcohol/drugs and or substances.

The term does not apply to the everyday and occasional help around the home that may often be expected of or given by children in families and is part of community and family cohesion.

The key features are that:

- Caring responsibilities are important and relied upon within the family in maintaining the health, safety or day to day well-being of the person receiving support or care.
- Please be aware that not every child with a family member with an illness or disability will be a young carer, in many circumstances there may be an impact upon the child due to these factors without a caring role being present.

Young Carers may be doing any number of supportive/ caring tasks including:

- Offering practical support within the home such as cooking and cleaning
- Offering physical care or emotional support to the person they care for
- Administering medication
- Emergency responding
- Looking after siblings
- Taking care of finances/managing the family budget
- Ensuring the health safety and wellbeing of others

## WHAT CAN WE DO?

North Lincolnshire Council's Wellbeing and Young Carer Team have two Wellbeing and Young Carer Practitioners who can provide information and advice to children and families where there is a young carer role evident. We support Young Carers aged from 5-18 years of age.

Any child who is providing care or is intending to provide care are entitled to request a Young Carers Needs Assessment. Our service aim is to reduce excessive or inappropriate levels of care given with a focus on identifying impact due to caring.

Key areas of support:

- Somebody to talk to
- Support around caring role
- Signpost to other services
- Support for the Cared for person
- Help to find activities in the young persons community
- Set up support within school

Please note that we do not offer regular activities or caring breaks.