

Gloucestershire

YOUNG

Carers

Cheryl Rhodes - CEO

Hana Gill - Director of Development & Engagement

Karen Horsted-James - Social Care Manager



Supporting the YOUNG in YOUNG CARER

National picture

- It takes on average 3 years for a young carer to be identified.
- Young carers miss an average of 23 days of school a year (over 1 month...)
- Almost half of secondary-aged young carers are persistently absent
- 72% of schools in recorded 0 young carers on their school census return
- Young carers are 38% less likely to get a degree and less likely to enter employment
- Young carers are more likely to report severe psychological distress

Young Carers In Gloucestershire

>1080

Young carers aged 8-24 known to GYC.

30%

Increase in referrals in 23/24.

Education



43%

Children's Services



14%

Self Referral



24%

Health



9%

Hidden Young Carers



Research suggests there could be up to

7000

young carers in Gloucestershire.



Families

Unlikely to recognise their caring role.
Unaware of services.
Don't 'identify' as a young carer.
Remain silent due to stigma and fear.



Services

Barriers to identifying, assessing or responding to the needs of young carers.
May fail to consult/inform young carer about care for.
Unlikely to be identified through provision of person with care needs.

Condition of cared-for (new referrals 23/24)

Physical ill-health & disability	48%
Mental ill-health	18%
Learning disability/neurodiversity	33%
Substance misuse	1%

What we do

- A young carers assessment (8 - 15) / young adult carers assessment (16 - 24) / transition assessment (Year 10 +) & support planning
- Respite social activity groups
- Activities in the school holidays
- Caring related 1-to-1 support
- Specialist support groups (eg.parental mental health)
- Caring-related wellbeing programme
- Young Adult Carer Service (YACS)
- Participation opportunities
- School liaison work
- Training to professionals
- National research and campaigning

Under 8s – who cares for the younger carers?

- GYC can provide information advice and guidance
- Young carers supported through Early Help and primary school
- National work and research around this including new resources



Transition Assessment

- **What is a Young Carers Transition Assessment?**

A transition assessment is how the local authority can find out if young carers need any extra support at transition to adulthood. It addresses future ambition and considers if they want to or are able to continue in their caring role when they turn 18.

- @ GYC the transition assessment is known as the 'Future Planning Tool' – used from Year 10
- **Legal responsibilities** under the Care Act 2014.
- **Who should be involved?** - Children's & adult services both have a role
- There are risks to **delayed or poor transition planning** (education, employment, mental health of young person).

MOU

What is "No Wrong Doors"?

- 👉 **No Wrong Doors** is a national commitment to ensuring **young carers and their families receive the right support, no matter which service they approach first**—whether that's adult or children's services.
- 💡 It recognises that **young carers often remain hidden** because they're supporting family members who are known to **adult services** rather than children's teams.



"The aim here is to help children's and adult services to work more closely together, and with health and education services as well, to take a whole family approach in meeting needs"

Association of Directors of Children's Services (ADCS)

MOU: Who is 'No Wrong Doors for Young Carers' Aimed At?

Key Signatories:

- Directors of **Adult & Children's Services**
- Chair/Chief Executive of the **Integrated Care Board**

Other Relevant Organisations:

- Carer support & local carer organisations
- Health services (hospitals, mental health, primary care)
- Education providers
- Drug & alcohol services

Memorandum of Understanding (MoU) – Why It Matters

✓ The MoU is a formal agreement between adult and children's services that ensures:

- **Early identification** of young carers.
- Better joint working between services (so young carers don't fall through the gaps).
- **Clearer referral pathways** for professionals.
- Consistent support as young carers **transition** into adulthood.
- **Preventing Inappropriate Caring** – No young carer should take on excessive responsibilities
- **Whole family approach** – support considers the needs and strengths of the entire family

Mosquito Mission @ SW Academy



Issues professionals should consider

- **Older Siblings as Protective Factors** – Professionals should not rely on older siblings as ‘protective factors’ for younger siblings, as it impacts their own future and needs
- **Parental Recognition of Caring Role** – Professionals should recognise that parents may not acknowledge the young person’s caring role
- **Balancing Involvement in Assessments** – Ensure young carers are included without placing inappropriate care responsibilities on them

Issues professionals should consider..

- **Late Referral** – Referrals should happen at the beginning of assessments, not at closure
- **Challenges with Parental Resistance** – If a parent refuses additional care support, how will you ensure the young carer does not remain responsible?
- **Parental Mental Health and/or Substance Misuse** – Recognise this can pose distinct and significant difficulties for identification, support & transition

Taking Action: Identifying & Supporting Young Carers

Training for Professionals

- Ensure **all staff** can identify young carers and understand their **legal rights**.
- Promote the "**No Wrong Doors**" approach—supporting young carers is **everyone's job**.

Referral to Gloucestershire Young Carers (GYC)

- **Refer as early as possible**—young carers shouldn't have to reach breaking point before getting support.
- Build **stronger links** between children's & adult services.

Taking Action: Identifying & Supporting Young Carers

Whole-System Approach

- Identifying young carers **across education, health, and the wider community.**

Professional Responsibility

- **Early identification is key**—don't wait for a crisis.
- Staff working with adults must **consider the impact on children.**
- Schools, GPs, and social care teams should work **together.**

What can you do to better identify and support young carers?

- **Raise awareness amongst your colleagues** eg. by using Young Carers Action Day as a focus point (12th March).
- **Encourage better identification of young carers** in your service.
- **Link up with YC Leads in schools**
- Invite our staff or 'mosquitos' to come and deliver **training** to your team
- Watch the **full learning lunch webinar** from SW Academy
- **THINK YOUNG CARER!**