

### Ideas:

Professionals working with young carers during the C-19 pandemic may consider working with the young person to map out their activity and support during this time. 'Normal' networks or arrangements may need to be temporarily re planned and the young person may benefit from going through this with someone else. For example, thought might be given to:

- Emergency contacts and planning
- Taking time out / leisure time
- Accessing practical resources e.g. food, medicine, medical advice
- Staying safe if shielding
- Emotional support
- Digital access
- Learning support / ensuring continued education

This could be compiled on a personalised card, chart or booklet for the young person to refer to and may be reviewed during contact times if needed. This may also highlight any gaps in support during this time. This information does not replace a Young Carer's statement or a Young Carers Card that they may use in school.

The young carer could be encouraged to keep this emergency information in an easily accessible place so they can refer to it when they feel overwhelmed or in need for more support. Click [here](#) to view an exemplar editable template.