



Education  
Scotland  
Foghlam Alba

# Supporting Young Carers in Education



## Who are Young Carers?

A young carer is someone under 18<sup>1</sup> who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. They can also have emotional as well as practical caring responsibilities. The level of responsibility that is sometimes placed on young carers would normally be associated with that of an adult.

## What do Young Carers do?

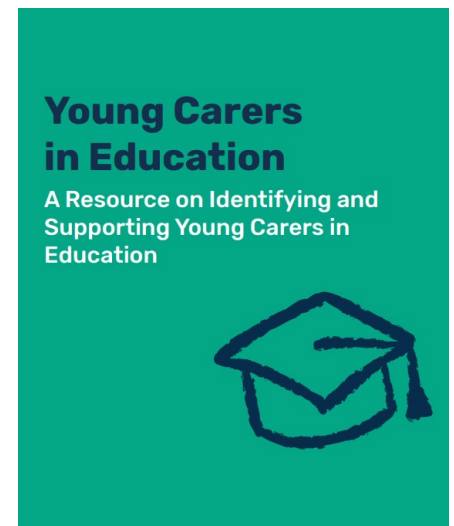
- Domestic activities - cleaning, laundry, washing
- Household management - food shopping, lifting, cooking
- Financial and practical management - withdrawing cash, paying bills
- Personal care - washing, bathing and giving medication
- Emotional care - making sure the person they care for is okay
- Sibling care - looking after a brother or sister
- Act as communication brokers for the cared for person, for example, those with language barriers

Some young carers look after more than one person and may have health issues of their own. Some young carers start giving care at a very young age and don't know they are carers. Other young people become carers overnight.

## Hidden Young Carers

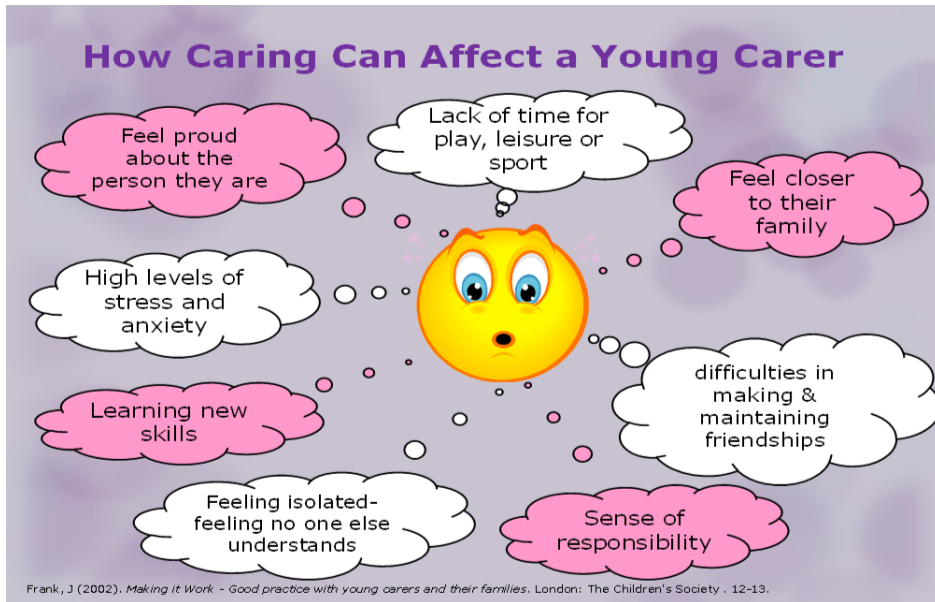
Often the condition of the person they care for is not obvious so people don't think that the young person needs any help and/or the young carer:-

- does not realise that they are a carer or that their life is different to their peers.
- does not want to be any different from their peers or draw attention to their caring role.
- wants to keep their identity at school/college separate from their caring role.
- does not feel they can discuss with their friends.
- has not had an opportunity to share their story.
- is worried about bullying.
- is worried that the family will be split up and that they will be taken into care.
- wants to keep caring a secret and/or are embarrassed.



<sup>1</sup> [or has attained the age of 18 while a pupil at a school, and has since attaining that age remained a pupil at that or another school](#)

## Impact of Caring?



Diagrams provided by [Perth and Kinross Association of Voluntary Service](#)

The bubbles in pink illustrate some of the positive impact that caring may have on a young carer and the bubble in white illustrate some of the negative impacts.

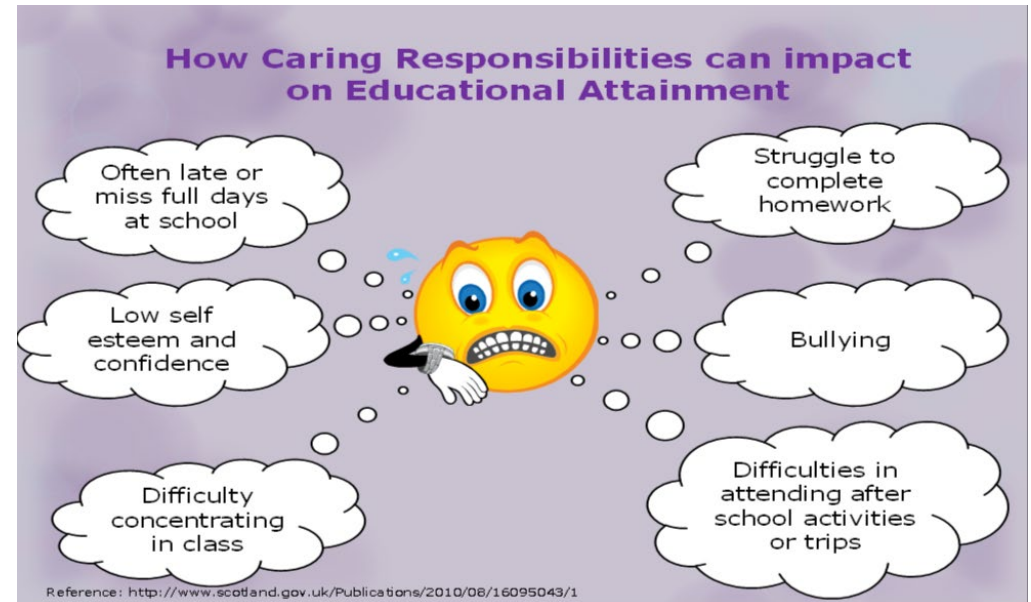
“ I struggle to complete homework and on bad days I can't leave the person I care for so it impacts my education significantly.”

Young carer, 15



Quote taken from Carer's Trust: [Young Carers in Education Toolkit](#) A Resource for identifying and supporting young carers

## Why Young Carers can be vulnerable learners?



In addition to these factors young carers can:

- be distracted (for example, checking their phone often)
- be quiet/withdrawn
- be secretive about their home life
- get no time at home to study due to hectic or chaotic home life
- lack support for school activities such as parents nights/open days
- feel pressured to remain in a caring role and not progress onto further education

## The Practical Bit for Practitioners - Ways to support Young Carers in education

### Be aware

- notice young carers, get to know them, support them

- [Things Teachers Should Know About Young Carers](#)
- [Carers of Dundee – Support in School](#)
- You Tube: Perth and Kinross Young Carers Awareness [Podcast](#) 2020
- [Professionals Pack](#): Working together to support young carers in Perth & Kinross
- [Young Carers Awareness Training](#) – for practitioners, student teachers, and probationers

### Raise awareness

- promote self-declaration

- share this [film](#) with your learners in a PSE class or assembly to encourage young carers to identify themselves

### Change the narrative

- celebrate young carers and the valuable work that they do

- [BBC Scotland - The L.A.B Scotland, Young Carers Festival 2022](#)

### Be creative

- in how we support young carers

- [PKAVS: Education Attainment Service](#)
- during COVID we adapted and had to use innovative ideas
- [West Dunbartonshire – Y Sort It](#)
- [Renfrewshire's Young Carers Packs](#)
- [Stirling's Young Carers Service](#)

### Listen

- encourage young carers to have their say

- [Children's Parliament Survey – report summary](#)
- [Carers Trust Scotland Survey](#)

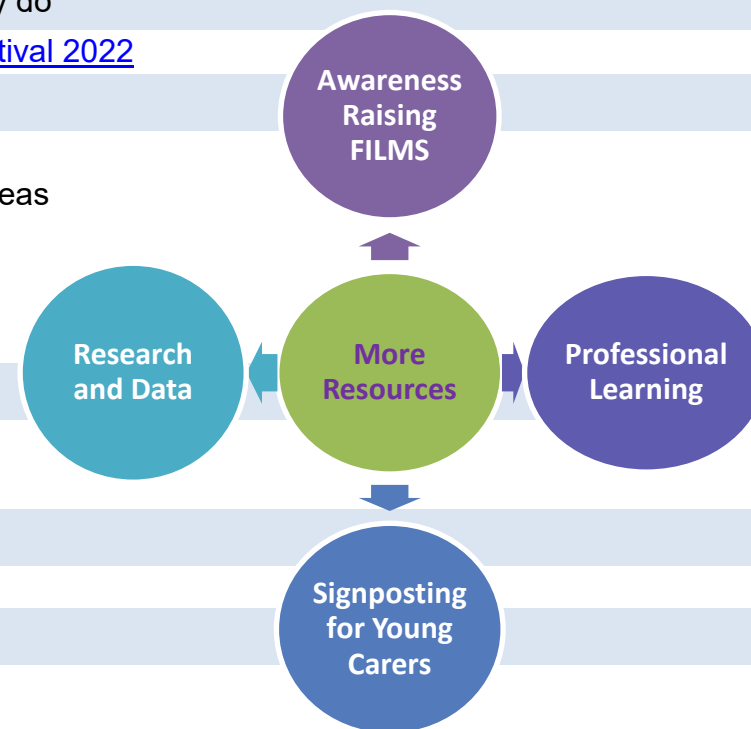
### Stay connected

- proactively engage young carers and their parents

### Plan ahead

- for emergency situations and family support

- Exemplar: [Personalised Emergency Information](#) Sheet
- Exemplar: Perth and Kinross – [Young carers ID Card](#)
- [Signposting to Family Support Helplines](#)



## The Legal Bit - Legislation, Policies and Guidance

The [Carers \(Scotland\) Act 2016](#) was designed to support carers' health and wellbeing and help make caring more sustainable. The Act was implemented effect from 1 April, 2018 and measures include:

- a duty for local authorities to provide support to carers, based on the carer's identified needs which meet the local eligibility criteria
- a Young Carer Statement to identify carers' needs and personal outcomes
- a requirement for local authorities to have an information and advice service for carers which provides information and advice on, amongst other things, emergency and future care planning, advocacy, income maximisation and carers' rights

The key provisions are summarised in the [Carers' charter](#) which sets out carers' rights under the Act. (Further [links](#) to relevant legislation)

### Young Carer Statement

Responsible authorities must offer a 'Young Carer Statement' to anyone they identify as a young carer. For any young carer who accepts this offer they must prepare a statement which should contain information about the young carer's circumstances and caring role such as:-

- the nature and extent of the care provided and the impact on the young carers wellbeing and day-to-day life
- the extent to which the young carer is able and willing to provide care
- whether the responsible authority thinks that it is appropriate for the young carer to be a carer for the person they care for
- emergency and future care planning, including any arrangements that are in place
- what 'personal outcomes' matter to the young carer in order continue to provide care, where that is appropriate, to have a life alongside caring, and to improve their health and wellbeing
- support available if they live in a different local authority are from the person you care for
- whether support should be provided as a break from caring
- support available locally
- any support which the responsible authority intends to provide to the young carer
- the circumstances in which the Young Carer Statement is to be reviewed.

When a young carer turns 18 their statement will continue until they are provided with an adult carer support plan. If they do not wish to continue providing care, they can choose not to have an adult carer support plan.

## Who is responsible for preparing the Young Carer Statement?

The 'responsible authority' can be:-

- education, social work or a commissioned service
- the health board – where a young carer is a pre-school child
- another local authority – where a young carer attends a local authority school away from the area they normally live or
- the young carer's grant-aided school or independent school

Your local authority will be able to tell you who is leading on Young Carer Statements for your area ([COSLA – Links to Local Authorities](#)). When and how the young carer statement conversation is to take place will be agreed with the young carer. The responsible authority will normally provide a copy of the young carer statement to the young carer and any other person that the young carer requests, unless there is a reason that the responsible authority decide this would not be appropriate. For example, it might not be considered appropriate (or there may not be consent) to share sensitive medical information about the person who is cared for.

### Key Policies and Guidance

<b>Policy</b>	<a href="#">Carers (Scotland) Act 2016</a> <a href="#">Carers' charter</a>	Overview and actions Sets out carers' rights under the Act
<b>Guidance</b>	<a href="#">Included, Engaged and Involved Part 1</a> <a href="#">Children Missing from Education</a>	Guidance for promoting and managing school attendance
<b>Other Relevant Legislation</b>	<a href="#">Children and Young People (Scotland) Act 2014</a> <a href="#">Education (Additional Support for Learning) (Scotland) Act 2004</a> <a href="#">Additional support for learning 2017 (Code of Practice)</a> <a href="#">Getting It Right For Every Child (GIRFEC)</a>  <a href="#">United Nations Convention on the Rights of the Child 1989</a>	Legislation for children's services provision Legislation for educational provision for any learner considered to have additional support needs including young carers Statutory guidance. Policy supporting families to receive the right help, at the right time, from the right people. Treaty to uphold the rights of children

Resources		
Films for INSET awareness raising sessions	<a href="#">Kaleb's Story</a> <a href="#">Carers Week: What's it like to be a Young carer?</a> <a href="#">Being a Young carer and the Carers Allowance</a> <a href="#">The Challenges of Being a Young Carer</a> <a href="#">Scottish Young Carer's Festival</a> <a href="#">Things teachers need to know about young carers</a> <a href="#">Caring for Young Carers Webinar on Vimeo</a> <a href="#">Caring for Young Carer's</a> <a href="#">The importance of respite for young carers</a>	<p>Video by NES for Health and Social Care Staff</p> <p>Video by Young Carers</p>
Professional Learning for Practitioners	<a href="#">Carer's Trust Young Carers in Education Toolkit</a> <a href="#">Highland Connecting Young Carers E-Learning Module</a> <a href="#">West Lothian E-Learning Module</a> <a href="#">Inclusive Education</a> <a href="#">Engaging Parents and Families</a>	<p>Professional learning and resources for educators.</p> <p>Online learning resources on inclusive education</p> <p>A toolkit for practitioners</p>
Signposting for Young Carers	<a href="#">Carers Trust Scotland</a> <a href="#">Young Scot – Young Carer</a> <a href="#">Young Carer Package</a> <a href="#">Young Carer Grant: Questions and Answers</a> <a href="#">Reach &amp; Enquire</a> <a href="#">The Mix</a> <a href="#">Childline</a>	<p><a href="#">Digital Education Hub</a>: Links to local supports services</p> <p>Advice for young carers</p> <p>Bundle of treats specifically for young carers</p> <p>Financial support for young carers</p> <p>Advice service about additional support for learning</p> <p>Support for under 25s.</p>
Research and Data	<a href="#">Young carers: review of research and data – Scottish research</a> <a href="#">Perspectives on mental health and wellbeing of young carers</a> <a href="#">A Costly Youth: The Impact of Caring on Young People</a> <a href="#">There's nobody is there – no one who can actually help?</a> <a href="#">Hidden from View</a>	<p>Coping with Care by Children and Young People's Commissioner, Scotland</p> <p>By Scottish Youth Parliament</p> <p>Insight into the daily lives and outcomes for Young Carers</p>