

EAST RIDING  
YOUNG CARERS & SIBLING SUPPORT  
STRATEGY & DEVELOPMENT PLAN  
2014 - 2015



Participation and Rights Team

Supporting young people and young people who care



integrated  
children  
and young  
people's  
services



## 1. Introduction

The overall purpose of the Strategy is to raise awareness within the East Riding of Young Carers and Siblings and to ensure that they are firstly treated as children and young people and, as such, are able to fulfil their own aspirations. Their caring role must be acknowledged and appropriate support provided to ensure they are not providing significant and inappropriate levels of care.

We need to remember that Young Carers and Siblings are the responsibility of everyone who comes into contact with them and their families and we should all consider the support we can give to Young Carers and Siblings who use our services.

It is important that the Strategy is not seen as just a document. Achieving the actions set out in the Development Plan to improve the quality of life for Young Carers and Siblings is more important than the document itself. The Development Plan will focus on the needs of Young Carers and Siblings living in East Riding.

Young Carers and Siblings help out family members who have difficulties due to illness, disability or an addiction.

**“I feel protective and loyal to my family”**

Comment from a young carer

### A Poem by an East Riding Young Carer

I just feel so depressed and sad,  
Why did it happen to my dear dad?  
Why did he become so ill?

With an illness that is destined to kill.  
We were so close, when he was well,  
I remember the stories he used to tell  
About events and occasions in his life,

Now all he gives our family is strife.  
I know he can't help it; it's not his fault,  
But suddenly my life has been drawn to a halt,  
Every day he wishes he could die,  
But I know inside that he doesn't, that's a lie.

I have lots of support now and I feel really great,  
I feel like life is a thing to celebrate,  
Enjoy every moment while it's here,  
Because soon enough it will disappear.

Thanks to those who have helped me out,  
This poem is a way for me to shout,  
Tell other people how good you are,  
Tell them how you were my guiding star.

Many children and young people with caring responsibilities will not see themselves as carers; they simply see themselves as supporting another family member and doing what anyone else would do in their situation. This can be more so where parents have mental health or drug and alcohol problems and the parents themselves may not recognise that they need support, or that their child provides that support. This can mean that their role and their needs are hidden and they do not receive any support unless the situation reaches crisis point.

## 2. Definitions

A young carer is a child or young person (up to the age of 18 years) whose life is affected by caring for at least one family member, over and above just 'helping out'. Young Carers and Siblings will often be responsible for a great deal of their own care and carry out significant caring tasks taken by an adult.

The cared for person may need the help of a child/young person because of:

- A learning difficulty or disability
- Physical or sensory impairment
- Long-term and/or chronic illness
- Life limiting illness
- Mental illness
- Drug and alcohol related difficulties.

Young Carers and Siblings can live in lone parent families and be the main carer. Some help the well parent to care, some help both parents to care for another child and some have more than one person in the family who needs care. Family should be interpreted widely to include parents, siblings, grandparents and other close relatives, and to include situations where children are not carers but suffer from the emotional difficulties that emerge from having someone requiring care within the family.

Nationally children and young people in a caring role are recognised as young carers. In the East Riding, we still differentiate, providing young carers and sibling support. Previous consultations identified that parents do not always see siblings as carers; they do, however, accept the need for emotional support to understand the illness/disability and the benefits of time out to attend a group with other young people in the same situation.

Sibling support is for children and young people under the age of eighteen who have a brother or sister with a serious or life limiting illness or disability and where the caring responsibilities have a serious or significant impact on the child or young person's physical or emotional wellbeing.

Living with and caring for a brother or sister with a disability or illness can involve:

- Feeling they don't get enough attention from their parents due to their sibling's needs
- Spending a lot of time worrying about their brother or sister
- Not understanding the disability or illness
- Coping with difficult behaviour from their brother or sister as a result of the disability or illness
- Not being able to deal with their own emotions especially anger, guilt and isolation
- Being bullied or teased
- Not doing things like a normal family, going out together and on holiday
- Having disturbed sleep
- Not being able to do homework or study at home

**"I wish someone could help my mum about her bones"**

Comment from a young carer

### 3. Types of Caring

The care provided by Young Carers and Siblings ranges across a variety of tasks both in and out of the home and does not necessarily relate only to the person directly receiving care.

**The main categories of care are:**

<b>Domestic Tasks</b>	Including household chores such as: cooking, cleaning, washing, ironing, shopping, gardening
<b>General Care</b>	Tasks such as: administering medication, changing dressings, assisting with mobility
<b>Emotional Support</b>	Observing emotional state, providing supervision, trying to 'cheer up' the care recipient when they are depressed, talking, listening, witnessing parents in pain, pre-bereavement.
<b>Personal Care</b>	Lifting, washing, dressing, and assisting with toilet requirements.
<b>Child Care</b>	Helping to care for younger siblings in addition to other caring tasks
<b>Other Responsibilities</b>	Other miscellaneous tasks such as: bill paying, translating, accompanying to hospital, accessing help in an emergency e.g. phoning for an ambulance, finding another adult to help.

**“It’s good knowing that you are not the only child going through all of this and not feeling so isolated”**

Comment from a sibling of a disabled child

### 4. Effects of Caring

Caring responsibilities should not be assumed to be a problem. Many Young Carers and Siblings would be reluctant to give up their responsibilities as they are pleased to help and proud that they are able to provide support. However, where the level of care being provided is inappropriate, this can result in isolation from peers, reduced self-esteem, poor educational attainment, and limited aspirations. It is important to consider not only the type and level of caring, but also the actual and potential impact on the young person.

The positive impacts of caring can include maturity, responsibility, life skills and a close and loving relationship with parents. The negative impacts can include stress, depression, restricted social, educational and career opportunities, and less time for oneself which may be accompanied by resentment and guilt for having those feelings.

All children and young people whose parents have a disability or illness will not inevitably need to provide care for them or experience difficulties resulting from their situation. Disabled parents may be eligible for support for their needs and those who need help with the task of parenting may be entitled to an assessment. However for many children and young people growing up coping with the disability or illness of a family member does cause difficulties which can significantly affect their lives.

Young Carers and Siblings may experience some or all of the following:

#### **Social Effects**

- Emotional anxiety, stress, guilt, self-blame and an obligation to care
- A sense of embarrassment and stigma
- A sense of being ostracised by their peers and/or local community
- An overwhelming sense of isolation and loneliness
- A belief that they are the only one in this situation
- A reluctance to take friends home
- A lack of recognition, praise or respect for their caring contribution.

## Effects on Physical and Emotional Health

- Being tired
- Feelings of loss, grief and sometimes bereavement
- Feelings of anger at other people's reactions
- Reluctance to seek help/reveal their caring status
- The difficulties of providing intimate or personal care
- Physical and mental health problems e.g. back injury
- Powerlessness to change things for themselves and/or parent.

## Concerns about the Future

- A fear of what the future may hold
- Feeling restricted in educational opportunities
- Feeling restricted in career choice and opportunities
- Difficulties with making and sustaining positive relationships
- Feeling restricted in life choices.
- Genetic/hereditary links

## 5. National & Local Context: the Legal Framework

Young Carers and Siblings are identified by legislation and multi-agency guidance as a group of young people in need of support. The agencies involved with this Strategy acknowledge their statutory responsibilities and in the preparation of the Strategy, a range of legislation, regulations and national guidance with regard to Young Carers and Siblings has been taken into account including:

- Mental Health Act 1983
- The Children Act 1989
- Carers (Recognition and Services) Act 1995
- Framework for the Assessment of Children in Need and their Families (DoH 2000)
- Carers and Disabled Children Act 2000
- Young Carers and Siblings Service Framework (Quality Protects 2003)
- Every Child Matters 2004
- The Children Act 2004
- Carers (Equal Opportunities) Act 2004
- Working Together to Safeguarding Children 2013
- Carers at the heart of 21st-century families and communities

- National Service Framework Mental Health Standard 6

Under current legislation (the Children Act 1989 and the Carers (Recognition and Services) Act 1995), Young Carers and Siblings have the right to and should be encouraged to ask for, an assessment of their needs.

In June 2013, an amendment to the Children and Families Bill was announced, the aim of which will be to give all young people looking after a parent or sibling a legal entitlement to assessment and support so they have the same right to help from the Council as Adult Carers. It is unclear; however, how this will impact until the Bill has been finally agreed.

## How many Young Carers and Siblings are there in the UK?

The Census 2011 gave a figure of 177,918 Young Carers and Siblings in England and Wales caring for someone with a disability or mental health problem. This figure is certainly under estimated as it was based on answers given by parents, with their perceptions of their children's roles and the number of hours they spend caring.

## Local Picture

Information from Census 2011 indicates there are 15,733 Young Carers and Siblings across the Yorkshire and Humber region. It also indicates that there are 63,965 people with a disability in the East Riding.

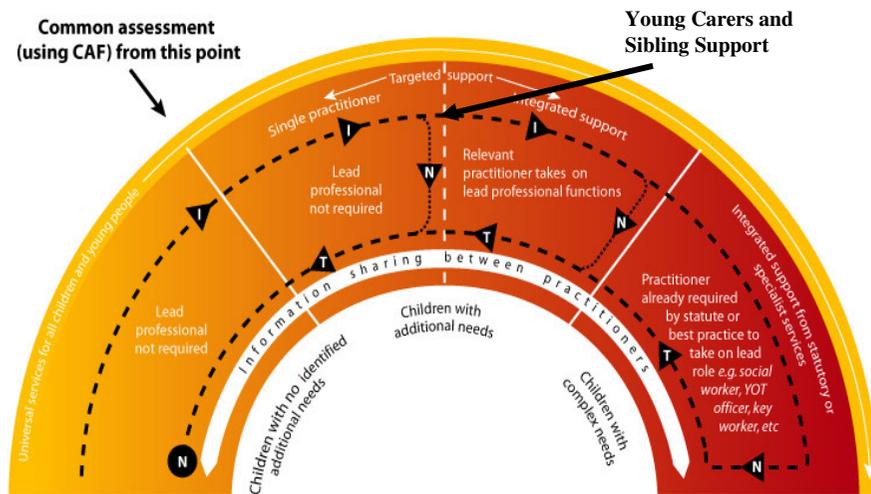
On 1 April 2013 the responsibility for delivery of the Young Carers and Sibling Support Service transferred from Action for Children to the East Riding Children's Participation and Rights Team (who are based at the Anlaby Children's Centre). This Strategy & Development Plan acknowledges the support already being provided to Young Carers and Siblings via the Children's Participation and Rights Team and seeks to build on the success of the work undertaken.

The Children's Participation and Rights Team currently (January 2014) supports 62 young carers and siblings. Of these, 35 have been identified as young carers, 23 as siblings and 3 as both.

## 6. Service Provision in the East Riding

Support to Young Carers and Siblings should be available from universal services and for those children where the physical and emotional impact of caring is greater, targeted and complex support is available.

The Children's Participation and Rights Team offer targeted support to Young Carers and Siblings.



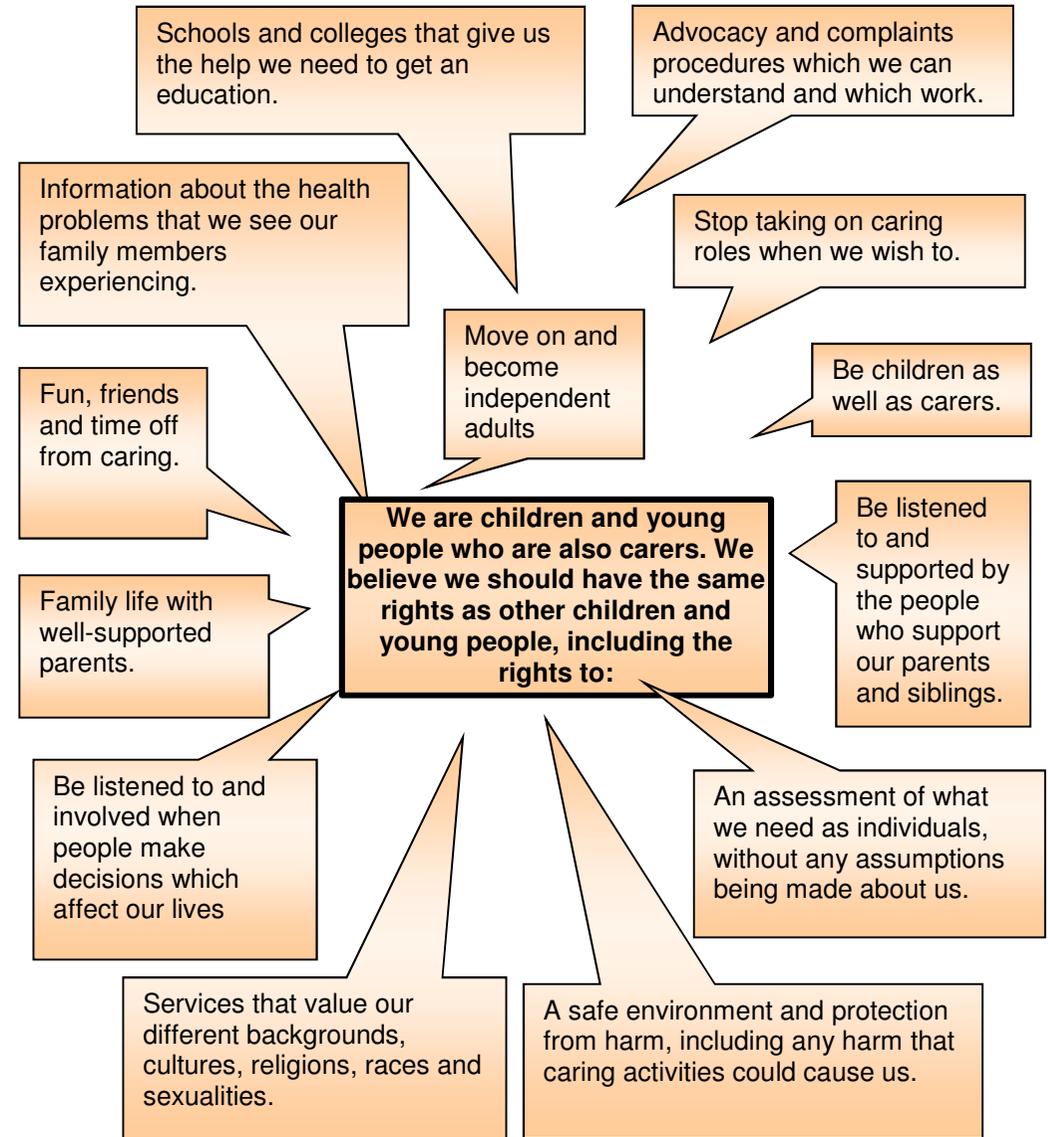
For more information regarding the continuum model and the different types of service provision within the East Riding, please see the Guidance for Thresholds of Need and Intervention. <http://www.erscb.org.uk/procedures-and-guidance/>

**"I can feel like a young person when I do have time out"**

Comment from a young carer:

## 7. Vision

The vision for Young Carers and Siblings, as described by children and young people would look like:



## 8. What do we need to do?

This document sets out a multi-agency cross cutting vision for improving outcomes for all identified, actual and potential Young Carers and Siblings in the East Riding. The real challenge is to ensure that children and young people are able to make a choice as to the level and the type of care that they provide. Services for adults and children must provide the support needed to ensure that children and young people can balance their caring roles with a fulfilling life, ensuring they can reach their full potential and have the same opportunities and choices as their peers, who do not undertake caring roles within the family.

Professionals need to be aware of families anxieties about the possibility of children being 'taken away', being accused of child abuse and fears of family breakdown. Workers involved with families need to be sensitive to these fears and worries when recognising and identifying Young Carers and Siblings in a family.

In order to reduce the possible effects of caring and to maximise their life chances, children and young people who provide care need:

- **Recognition of their role**
- **Support with caring tasks**
- **Information about support available to them**
- **Emotional support including someone they can talk to about their feelings**

Support for a disabled parent to be a parent is also crucial – this is not just about 'parenting' but assistance when barriers exclude them from being involved in their child's life e.g. attending school open evenings.

### Assessment and Referral Process

Prior to a child or young person being referred for support, an assessment is undertaken to ensure all the family's needs are identified. This would generally involve the completion of a Common Assessment Framework (CAF). Where there are any safeguarding concerns, a referral to the Safeguarding Team should be completed. Where appropriate, a single assessment should then be completed. The Assessment with a Referral Form would then be sent to the Children's Participation and Rights Team. The Team would then meet with the child or young person to complete either the young carers or sibling assessment.

When a professional from another service, for example Adult Services, requests a service a joint assessment takes place and a Team Around the Family meeting may be arranged to ensure an appropriate plan of support is in place. Parents may also self-refer for Young Carers and Sibling Support.

**Indicators that a child or young person may be undertaking a caring role include:**

- Unexplained/unauthorised late or missing days or weeks off school
- Social isolation/victim of bullying
- Physical or mental health problems
- Reluctant to engage/tired or withdrawn presentation in the class room/ difficulty in joining out of school activities
- Behavioural problems
- Anxiety or concern over ill/disabled relative
- Under achieving in school
- Anxiety about money

**"It's an emotional burden"**

Comment from a young carer

### Current Support

On successful completion of the assessment process, the service provision the Children's Participation and Rights Team can offer Young Carers and Siblings will include home visits, one-to-one support with the child or young person, attendance at groups (4 to 8s, 9 to 12s and 13 to 18s) and telephone contact. We also involve other agencies as appropriate e.g. Health, Adult Services, Youth and Family Support, Children's Centres, Schools, Carers Support Service and the Voluntary Sector.

**"I don't have to wear a mask at groups, I can be the real me – people there understand what my life is like."**

Comment from a young carer

## 9. Outcomes

These are the three priority outcome areas identified from the Strategy and the vision described by children and young people.

### Identification of Young Carers and Siblings

<b>OUTCOME FOR CHILDREN &amp; YOUNG PEOPLE</b>	Early support for Young Carers and Siblings who could become at risk of physical or emotional harm by offering early or preventative support.
--	---

We believe there is a large number of unidentified Young Carers and Siblings who would benefit greatly from being offered information, advice and practical support. Opportunities and encouragement should be given to children and young people to identify themselves as Young Carers and Siblings. This is closely linked with raising the profile of Young Carers and Siblings particularly in the school environment and clearly identifying routes to support.

The first contact a family may have is with their GP or other community health professionals. It is crucial that these workers are aware of and can help the family ensure that the needs of the young carer or sibling to access advice, help and support are not overlooked.

**“The help with things in the house have helped mum and it makes me worry less.”**

Comment from a young carer:

### Joining up and Working Together

<b>OUTCOME FOR CHILDREN &amp; YOUNG PEOPLE</b>	Services work together to identify and support families in order to avoid young people becoming established in, inappropriate caring roles.
--	---

In order to meet the needs of Young Carers and Siblings, a range of key agencies must work together. An effective and willing relationship between Adult and Children Services must form the foundation for this. This is essential both in identifying Young Carers and Siblings, providing services and in negotiating transition arrangements for young people with caring responsibilities as they move towards adulthood. Adult services are a key agency in identifying and helping Young Carers and Siblings.

Although the focus of their role is upon the adult, these services are often best placed to recognise the caring role a child or young person may have. They are also the agencies with the greatest potential to shift the load of caring by providing the support that enables the adult to be less dependent on the child or young person

### Transition to Adult Life

<b>OUTCOME FOR CHILDREN &amp; YOUNG PEOPLE</b>	Supporting Young Carers and Siblings with the transition to adulthood, and helping them to access training and employment opportunities.
--	--

Many Young Carers and Siblings will go on to be adult carers and it is important that they are linked into available support as they make the transition to adulthood. We need to ensure that Young Carers and Siblings aged 16 and above are informed about the transition from young carer to adult carer, have access to adult carers' assessments and appropriate support.

For the three outcome areas listed above, delivery will be taken forward through the Development Plan.

## 10. The Children and Young People's Strategic Plan

The Young Carers and Siblings Support Strategy supports the overarching Children and Young People's Strategic Plan 2013 – 2016 which focuses on the six core themes listed below.

- Integration
- Early help/prevention
- Educational outcomes/maximising potential
- Health and wellbeing
- Staying safe
- Supporting the most vulnerable

It must be remembered that Young Carers and Siblings are the responsibility of everyone who comes into contact with them and their families. Securing a shared vision is vital, along with a commitment to supporting Young and Carers and Siblings in achieving their full potential.

## 11. Governance, Monitoring and Review

The Development Plan takes into account the vision and views identified by Young Carers, Siblings and their families and will be reviewed monthly by the Young Carers and Sibling Support Development Group which will include professionals from the Council, Health, Voluntary Sector and a Parent. The group will be reporting to the Vulnerable Children and Young People Group chaired by the Head of Children and Young People, Specialist Services (Interim)

## 12. Links to Other Key Documents

Child Poverty Strategy	2014-2017
Anti-Bullying Strategy	2014-2017
Early Intervention Strategy	2013-2018
Strategy for the Emotional Health and Wellbeing of Children and Young People	2012-2015

## 13. Further Information

The key contacts for this strategy are:

### Janet Gravel

Manager  
Participation and Rights Team  
Anlaby Children's Centre  
First Lane  
Anlaby  
HU10 6UE  
Tel – (01482) 565560  
Email – janet.gravel@eastriding.gov.uk

### Local Support for Young Carers and Sibling

#### Participation and Rights Team

Anlaby Children's Centre  
First Lane  
Anlaby  
HU10 6UE  
Tel – (01482) 565560  
Email – rights4u@eastriding.gov.uk

## 14. Useful Websites

Young Carers and Siblings Initiative	<a href="http://www.youngcarer.com">www.youngcarer.com</a>
Carers Trust	<a href="http://www.carers.org">www.carers.org</a>
Carers UK	<a href="http://www.carersuk.org">www.carersuk.org</a>
Disabled Parents Network	<a href="http://www.disabledparentsnetwork.org.uk">www.disabledparentsnetwork.org.uk</a>

East Riding of Yorkshire Council will, on request, provide this document in Braille, Audio or LARGE print format.

If English is not your first language and you would like a translation of this document please telephone 01482 393939

The Strategy is due to be reviewed in June 2014 (to reflect the outcome of the Children and Families Bill)

**“I don’t have to worry about things because I know I can tell someone”**

Comment from a young carer

EAST RIDING  
YOUNG CARERS & SIBLING SUPPORT STRATEGY  
DEVELOPMENT PLAN  
2014 - 2015



**Participation and Rights Team**

*Supporting young people and young people who care*

## Governance, Monitoring and Review

The Development Plan takes into account the vision and views identified by Young Carers, Siblings and their families and will be reviewed monthly by the Young Carers and Sibling Support Development Group who will report to the Vulnerable Children and Young People Group chaired by the Head of Children and Young People, Specialist Services (Interim)

Development Area Identified	Outcome to be Achieved	Action	Responsibility	Timescale	Progress
Ensure that staff across all agencies are aware of the needs of Young Carers and Siblings and are able to provide appropriate support and signpost to other services as required.	Early support for Young Carers and Siblings who could become at risk of physical or emotional harm by offering early or preventative support.	The delivery of Workshops across East Riding for Professionals with the aim of raising awareness re young carers and siblings. The Carers Support Service, Early Help and Advice Team (EHAT), FISH and the Children's Participation and Rights Team will be delivering presentations.	Carers Support Service EHAT FISH P&R Team – Young Carers and Sibling Support	Monthly from March 2014	
Identify children and young people who are carrying out significant caring responsibilities for parents and/or other family members.		To explore, through the workshops, ways of identifying young carers and siblings, using case studies, the CAF approach and involving appropriate agencies.	Carers Support Service EHAT FISH P&R Team – Young Carers and Sibling Support	Monthly from March 2014	
Enable and support disabled parents in their parenting role.	Services work together to identify and support families in order to avoid young people becoming established in inappropriate caring roles	Support parents through completing referrals to appropriate services, ensuring that meetings take place at times and locations which are suitable and accessible for parents. Raising awareness with other professionals about the needs of parents with disabilities.	All Professionals P&R Team – Young Carers and Sibling Support	Ongoing – to review March 2014	
Ensure the needs of Young Carers and Siblings are effectively met by a wider range of agencies, working collaboratively.		Co-ordinate/attend Team around the Family meetings, ensure the needs of all the family are identified and appropriate support is in place to meet the needs.  To continue to promote and support the attendance of children and young people at meetings, which will build on the increase in numbers of children and young people who have been able to contribute and have their voices/views, heard.	All Professionals EHAT P&R Team – Young Carers and Sibling Support	Ongoing – to review March 2014  Ongoing – to review March 2014	
Develop and deliver targeted services for Young Carers and Siblings most in need of support who are risk of failing to achieve their potential.		To continue the close working with EHAT and FISH to promote awareness of Young Carers and Siblings, their needs and the support available to them.  To increase the support for young carers and siblings on an individual	EHAT FISH P&R Team – Young Carers and Sibling Support Janet Gravel  P&R Team	Monthly  May 2014	

		<p>basis and in the groups, we plan to recruit and train a number of volunteers.</p> <p>Advocacy support is available through the Children's Participation and Rights Team.</p> <p>Consulting young carers and siblings to identify the support they want and develop services accordingly.</p>	<p>P&amp;R Team</p> <p>P&amp;R Team – Young Carers and Sibling Support</p>	<p>Ongoing – to review March 2014</p> <p>Monthly</p>	
<p>Ensure a smooth transition process between being a young carer and becoming an adult carer.</p>	<p>Supporting Young Carers and Siblings with the transition to adulthood, and helping them to access training and employment opportunities.</p>	<p>Whilst developing the provision we have been working with the Carers Support Service, the aim being to provide a smooth transition when the young people reach 18 years old.</p> <p>To establish a link with the Carers Advisory Group (CAG), with the aim of feeding young carers and siblings views into the meetings.</p>	<p>Carers Support Service P&amp;R Team – Young Carers and Sibling Support</p> <p>Carers Support Service CAG P&amp;R Team – Young Carers and Sibling Support</p>	<p>March 2014</p>	
<p>Young Carers and Siblings are supported to access further/ higher education or training.</p>		<p>The Children's Participation and Rights Team to work with named members of staff in schools and colleges to develop ways of identifying and supporting young people in accessing education or training.</p>	<p>P&amp;R Team – Young Carers and Sibling Support Schools Colleges</p>	<p>Monthly</p>	
<p>Young Carers and Siblings are supported with the transition to adulthood and independence.</p>		<p>Supporting and advocating for young carers and siblings with agencies, professionals and their families, ensuring that the wishes and feelings of the young carers and siblings are listened to. Supporting young carers in developing their own plans for the future, making appropriate, relevant referrals and ensuring appropriate support is in place.</p>	<p>P&amp;R Team – Young Carers and Sibling Support</p>	<p>Ongoing – to review March 2014</p>	