

Parent & Guardian Information Pack

- 1. Who are Young Carers?**
- 2. Young Carer Stories**
- 3. How do we identify Young Carers?**
- 4. How does caring impact young people?**
- 5. Call to action for schools**
- 6. How to refer to Sefton Young Carers**
- 7. What support do we offer Young Carers?**
- 8. What can we offer school?**



**CARERS
TRUST**

Take action.

yc@carers.sefton.gov.uk

Reach out to us. 0151 288 6060

Who are Young Carers?

Young Carers (5-15) and Young Adult Carers (16-25) help to look after somebody in their household who is ill, has a disability, struggles with their mental health or substance dependence.

Young Carers have **responsibilities** to provide care at home, as without their support it can become difficult for that person to **cope**.

The care provided can be **practical, personal or emotional**. Young Carers may also help to care for **siblings** or take on part-time employment to provide **financial** support.

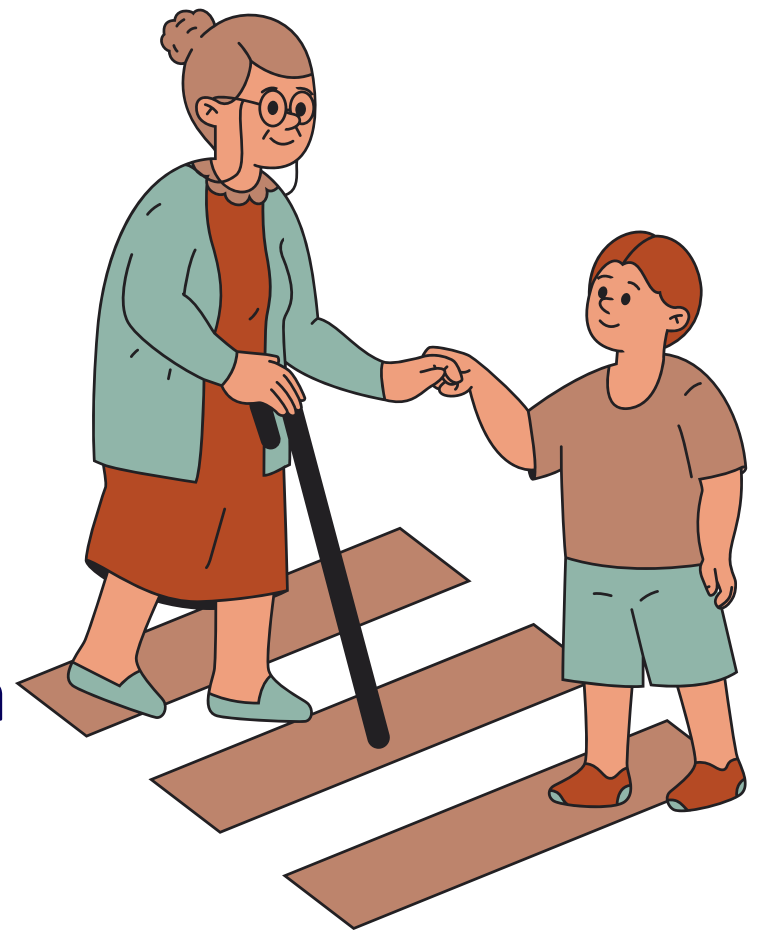


Young Carer Stories

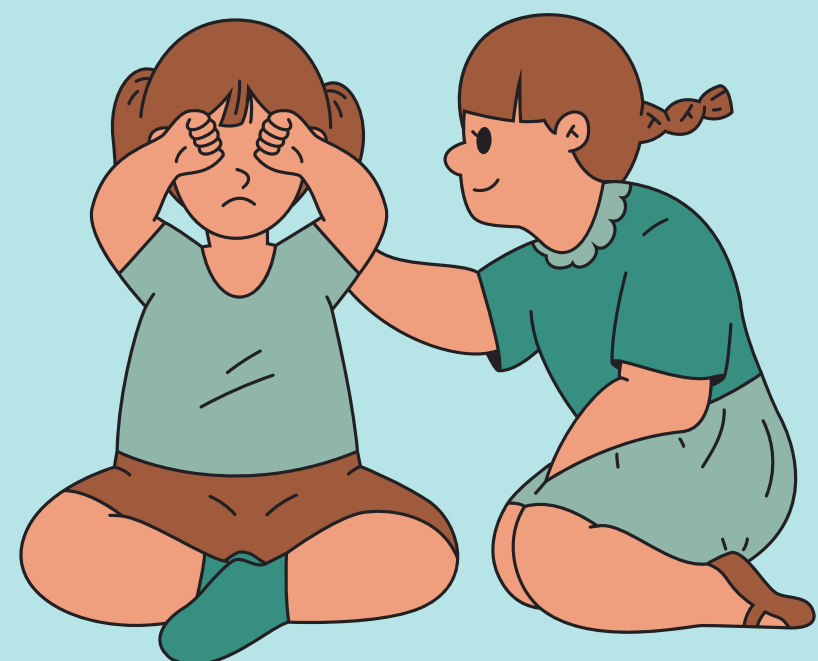


Nick's Mum has a diagnosis of bipolar disorder. Nick observes Mum's mood changes and checks in with her throughout the day. Some days Mum does not need much support from Nick, other days Sara orders food shopping, does laundry and picks up Mum's medication from the pharmacy.

Sam's Grandma had a stroke a couple of years ago. This has left her with reduced mobility and persistent headaches. Sam brings Grandma her breakfast and medication of a morning and assists with her physiotherapy exercises. Sam must be quiet at home when their Grandma is resting, this means they cannot have friends over to the house.



Mia's little sister has a diagnosis of Autism. Mia and her little sister share a bedroom at home. Mia's sister struggles with loud noises and likes strict routines. This means, Mia can not sing and play music at home and misses out on after school activities. Mia comforts her sister when she is upset and watches her while Mum is busy with housework.



Referring a Young Person to Sefton Young Carers



Before making a referral please ensure:

1. The Young person is between age 5-15 (Young Carers) or 16-25 (Young Adult Carers).
2. The Young Person's home address is in Sefton.
3. Parental consent has been granted for the referral.

Find our referral form online on the Sefton Young Carers Website under the Young Carers tab or scan the QR Code below:



If you think a child may be a Young Carer but are unsure, give us a call to discuss!
0151 288 6060



What support do we offer Young Carers and Young Adult Carers?

- **Social Inclusion**
- Bi-weekly after-school groups in Crosby & Southport
- Timetable of free activities during school holidays
- Residentials and short break opportunities



Personal Support

- Text/WhatsApp messaging support with their designated Young Carers engagement worker
- 1-1 individualised support sessions in school
- Six weekly check-in appointments for all secondary school age young carers

