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This strategy contains a number of links to websites where you can find more information. Any link is highlighted with the following symbol 

This document is also available in large print, other formats and languages on request. Please email the **Carers Strategy Team**:

[Carersupport@aberdeenshire.gov.uk](mailto:Carersupport@aberdeenshire.gov.uk) 

## 1. Foreword

Welcome to Aberdeenshire's first Young Carer Strategy underpinned by the Carers (Scotland) Act 2016. This strategy covers the period from 1st April 2018 to 31<sup>st</sup> March 2020, is for all young carers up to the age of 18 years old and has been developed through discussions with young carers and other key partners in social work, education, health and the third sector.

There are many young carers in Aberdeenshire and they often find themselves excluded from personal and social opportunities including time in education. This may inhibit their development, ambitions, involvement in hobbies, and potential to achieve.

Young carers should have the same rights and access to opportunities as all children and young people, however they may need support to enjoy positive, healthy childhoods just like other children. We want all young carers in Aberdeenshire to receive the right support, in the right place, at the right time to be able them to be children first and foremost and ensure that they are not held back by inappropriate levels of caring.

Many young carers have told us that they value their caring roles and are proud of what they contribute to their families.

The Carers (Scotland) Act 2016 places a number of statutory duties (or responsibilities) on all local authorities and this strategy will enable Aberdeenshire Council to meet these duties by:

- **Information and Awareness** – we will improve our awareness of young carers and information available for young carers so that more young people will self-identify, and our schools and services will be able to identify young carers earlier.
- **Early Support** – we will improve support available to young carers in our schools through the embedding of the Young Carers Toolkit. Our aim is to ensure that all agencies who come into contact with young carers and their families are aware of their needs and the pathways to support.
- **Young Carer Statement** – all young carers will be offered a Young Carer Statement that will identify their personal outcomes and needs for support to promote their physical, mental and emotional wellbeing.

**Aberdeenshire Council**  
**Education & Children's Services**  
**1 April 2018**

## 2. Strategy on a Page

### Increase Identification of Young Carers

- Informed communities/raise awareness
- Children and young people to be more aware
- Promotional material e.g. Medical Practices, schools, dentists and libraries
- Professionals awareness i.e. social workers, guidance teachers and medical professionals

### Effective Support in line with *Getting It Right For Every Child*

- Young Carers Support Service
- Multi Agency Working (professionals working together)
- Use of Young Carers Toolkit in schools
- Information, advice and signposting
- Implementation of Young Carer Statement in Aberdeenshire
- Breaks from caring
- Access to transport in more rural areas

### Support Transitions into Adulthood

- 16+ planning
- Smooth transitions from Children's to Adult Services
- Support access to Foundation Apprenticeships
- Career Ready – helping young people to prepare for employment
- Sutton Trust – charity which supports young people (considering higher education)
- Improve employment opportunities


### Raise Profile of Young Carers

- Give young carers a voice – Quarriers focus/support group(s)
- Consider young carers in all aspects of the Children's Services Plan
- Recognition of caring role – SVQ Level 2 in Social Service and Healthcare

### 3. Introduction

Aberdeenshire Council has consulted with young carers for their views to reflect the opinions of young carers across Aberdeenshire and this is our plan of what we are going to do over the next two years to best support children and young people who look after someone else due to illness, disability, mental health or addiction to alcohol or drugs.

**The Aberdeenshire Local Young Carers Strategy Group believe that we have to work *“in partnership, to achieve the best for our young carers”***

Caring for others is not always a negative experience and a new law has been passed to make sure the lives of children and young people are not restricted, and their experiences and opportunities are not limited as they grow up. The Scottish Government understand that children and young people should enjoy the same range of experiences as others of their age and, to make sure this happens, they are introducing a new law, or can be called an Act which is coming into effect on 1<sup>st</sup> April 2018. This new law is the Carers (Scotland) Act 2016 and makes sure our young carers are supported to achieve their full potential. [Young Scot](#)  has developed information on the meaning of the Carers Act to young carers.

#### Vision for Young Carers by Young Carers

***“Our hope is that all young carers will receive appropriate information and support to allow them to feel valued and confident in their caring situation and have achievable dreams which they are able to work towards and have a voice”.***

#### Why supporting Young Carers matters:

- To protect young carers’ health and wellbeing
- To enable young carers to care if they are willing and able
- Young carers – caring to be appropriate
- So that more people can be cared for at home
- Young carers are essential to the health and social care sector
- Supporting carers supports children’s rights and the economy
- Young carers should be children and young people first and foremost

#### 4. Carers (Scotland) Act 2016

There is a responsibility (or duty) for Aberdeenshire Council to prepare a Local Carer Strategy for young carers under the Carers (Scotland) Act 2016 to be put in place on 1st April 2018. This new law (or Act) places a number of new responsibilities on all Scottish local authorities and health and social care partnerships to support unpaid adult and young carers in a different way.

Other duties included in the Act are:

- Young Carer Statement (YCS)
- Adult Carer Support Plan (ACSP)
- Supporting carers by having a local carers eligibility criteria
- Providing an information and advice service
- Publishing a Short Breaks Services Statement
- Involving carers in the discharge from hospital of the people they care for

#### 5. Who is a Young Carer?

The definition of a young carer within the Act is:

- An individual who provides or intends to provide care for another individual (the “cared-for person”)
- The carer is not doing paid or voluntary work with the “cared-for”
- Is under 18 years old, or
- Has attained the age of 18 years while a pupil at a school, and has since attaining that age remained a pupil at that or another school

We recognise young adult carers as young people aged 16 – 25 years old who provide unpaid care for someone else with an illness and/or disability and/or mental health and/or alcohol and/or drug misuse issues.



Being a young carer is a big role for any young person to take on and they may become vulnerable if the level of care they are required to give and the responsibility they have for the cared for person becomes excessive or inappropriate for the age and stage of the young person.

It is important to remember that a child or young person can still be identified as a young carer even if they are not the primary carer, as long as they are taking on a caring role. It is, however, also important to remember that not every child whose parent or sibling is ill, disabled or has a dependency is necessarily a young carer. In many of these situations the young person involved may not have any direct caring responsibilities, but it is likely that they will still experience many of the effects of a caring situation. For example, a young person may suffer from broken sleep patterns or regular visits to the hospital due to the condition of a family member; or they may have a reduced amount of family time or have to do more than the average young person for themselves if the attention of their parents has to be elsewhere on a regular basis, but this does not necessarily make them a young carer. The Aberdeenshire Young Carers Strategy Group recognises these young people as 'young people who are affected by a caring role'.

*“A young person affected by a caring role is a child or young person aged under 18 who lives in a household where there is a caring role taking place due to illness, disability, mental health or substance misuse issues, which is having an impact on their own wellbeing, but where they do not have to undertake a direct caring role themselves.”*

These young people are often mistaken for young carers and then provided with support that does not always meet their individual needs, or conversely they are not recognised as needing support at all. While many of the issues surrounding these two groups will be similar, it is essential that we are able to differentiate between these two groups to ensure we are supporting them in the most appropriate and effective way possible.

The following young people are excluded from either of these definitions:

- Those caring for someone with a short term illness such as the flu
- Those caring for a sibling solely due to his or her age, because parents are absent i.e. due to work commitments
- Those caring for their own child

### **Aberdeenshire Children’s Services Plan 2017 – 2020 Vision Statement:**

*“Our commitment to Aberdeenshire’s children and young people, is to provide them with the right support, in the right place, at the right time. In helping them reach their individual potential and goals, we will work together to make Aberdeenshire the best place in Scotland to grow up”*

## 6. Identification of Young Carers

There are approximately 29,000 young carers in Scotland and this equates to approximately 1954 young carers in Aberdeenshire based on figures collated by the Scottish Government in 2015.

Aberdeenshire Schools are able to record young carers on a database and collect information at two points during the school year. It is recognised that more work is required to identify young carers in Aberdeenshire.

There are a number of reasons why a young carer is not always identified or recognised either by themselves, their families or by the people around them. These young people are considered to be **'hidden young carers'**. The reasons for this can include:

- They do not realise that they are a carer or that their life is different to their peers – this may not be recognised by family members either
- Their family values or cultural beliefs lead them to conclude that this is 'just what families do'
- No one has ever asked them and there has not been the opportunity to share their story
- They may want to keep it a secret and/or are embarrassed about the situation or the person they care for
- Their parent or siblings condition is not obvious so people do not recognise the impact or think that they need any help
- There are no other adults in the household so it is expected that they are taking on the caring role
- Adult Services may not have recognised their client's needs as a parent in addition to their illness or disability

This list, although not exhaustive, goes a long way to explaining why so many of our young carers remain hidden, and again highlights the need for staff in schools to be extra vigilant and sensitive when identifying young carers within schools.

Early identification can mean that young carers receive support for their caring role to be sustainable, to continue caring for longer, with better outcomes for both the young carer and the cared-for person(s). It is essential that a young carer is identified and referred at the earliest opportunity after referral and/or engaging with our services.

There are three key areas for identification:

- To recognise yourself as a young carer and be recognised as a young carer
- For professionals to be young carer aware
- To have information and support available for young carers



**We commit to:****Improve identification of young carers through embedding the Young Carers Toolkit in our schools**

We will raise awareness of the Young Carers Toolkit in all our schools and ensure that its resources are fully utilised. This will support consistency of approach for earlier identification of young carers across Aberdeenshire, enabling support to be offered at an earlier stage where required.

The improved identification of young carers will ensure that we are able to collect the data that is required by Scottish Government and will contribute to research carried out in the future.

**Continue to raise awareness of young carers within the community**

We aim to work with GP practices and other health professionals to raise awareness of the issues that may affect young carers, and put procedures in place for the support that can be offered through the provision of the Young Carer Statement.

The [Carers Information Pack](#) will be made widely available to local community resources including libraries, dentists and GP practices.

The Aberdeenshire Young Carer Support Service will continue to raise the profile of young carers through social media and local events.

**Continue to reach out to hard to reach groups to ensure they all have the information/access to services they need**

This includes, but is not limited to, Gypsy Travellers, Black and Minority Ethnic Communities including Syrian New Scots. Networks that our Community Planning Officers have access to will be utilised and we will make sure that all information is available in various formats/languages to make this easily accessible to all. Links have also been made with a local university, who will continue to promote carer information and support.

## 7. Support available to Young Carers in School

Whilst the misconceptions that young carers are only affected by physical tasks still continues, there is an increasing focus on the social and emotional impact on the individual and the family. Growing up coping with a disability or illness of another person may impact on the wellbeing of young people. The nature and extent of such effects will most likely depend on a variety of factors including:

- The services and support offered to the family by friends and agencies
- Family structure and dynamics
- The nature of the disability
- The personality of the young person

In order to support young carers in school Aberdeenshire Council has developed the Young Carers Toolkit for both primary and secondary schools. The main purpose of the Toolkit is to support consistency of approach across all schools and to enable schools to follow the processes that are in place to support young carers.

The Toolkit aims to increase awareness of young carers as per the actions outlined in Scotland's national Young Carers Strategy "Getting It Right For Young Carers". The Toolkit provides guidelines for schools for supporting young carers and includes a Support Programme and Curricular Resource Guide.

Where appropriate, the Toolkit will link to the Multi-Agency Action Planning Process as part of Getting It Right For Every Child (GIRFEC).



## 8. Support available for Young Carers

### Carer Support Service

Aberdeenshire Council has asked [Quarriers](http://Quarriers.org.uk) to deliver a Young Carers Service for those children or young people assessed to be carrying out a 'significant caring role'. Quarriers can provide information, advice and support, help put young carers in touch with others in a similar situation, help identify any training that might assist individual caring situations and work with young carers to reduce their caring role.



The service offers social groups, 1-1 support and training for young carers. They also facilitate the Your Space, Your Voice group which enables young carers to contribute to the services development plan and encourages wellbeing through creative expression.

Annually the service supports a group of young carers to attend the Young Carers Festival.

<https://quarriers.org.uk/>

Aberdeenshire Young Carers Service, Wardes Road, Inverurie, AB51 3TT

Telephone: 01467 538700

Email: [aberdeenshirecarers@quarriers.org.uk](mailto:aberdeenshirecarers@quarriers.org.uk)

### Information Pack for Carers


The [Aberdeenshire Unpaid Carers' Information Pack](#) was launched during 'Carers Week' in June 2017 after carers had expressed that they found it difficult to access information that was useful to them. Included in the resource is information on carer support services, helpful hints for carers and community services that promote carer involvement. This pack was widely distributed and will be updated and re-distributed annually. We may also develop a mobile phone app which will contain all of this information and explore other social media options.



### Rights of Young Carers

Getting It Right For Young Carers highlights the importance of recognising the rights that all children and young people have under the United Nations Convention of the Rights of the Child (UNCRC). A summary of the UN Convention on the Rights of the Child can be found in the following the link: [Rights of the Child \(UNCRC\)](#)

## Carer Advocacy Service

[Advocacy North East](#)  has provided an independent advocacy service for carers since 2012, this includes young carers aged 16 years and over. Independent advocacy involves supporting carers to understand, make decisions and to have their say in matters affecting them in their caring role.



**The advocacy workers can attend meetings with young carers (16+) to provide support to have their say**

### [PAMIS: Digital Passport Project](#)

The Digital Passport Project aims to offer families of those with profound and multiple learning disabilities in the Grampian area support in developing the PAMIS digital passport. The PAMIS digital passport serves as an easily accessible tool to support carers, including young carers, to promote positive health outcomes for the person they care for. The Digital Passport also provides the benefit of providing a holistic non-medical view of the individual being cared for. There are a number of families in Aberdeenshire that have benefited from this project since it commenced in April 2016.



### [NHS Grampian Person Centred Care and Visiting](#)

In April 2017, NHS Grampian launched changes to their visiting policy across all hospitals in the Grampian area following a successful pilot of this in Aberdeen Royal Infirmary.



New visiting arrangements welcome families, carers, young carers and friends to:

- Visit the ward as much as their family member or friend would like
- Participate in the planning and delivery of care
- Share their views and experiences

## 9. Emergency Planning

**Our aim is that all identified young carers will be supported to develop their own emergency plan**

Our Carer Support Service supports young carers to use Enable's Emergency Planning Toolkit or the Quarriers amended version of the toolkit to ensure they have a plan in place for who can provide support in an emergency. If a young carer is unable to carry out their caring role due to sudden illness, injury or any other reason, it is important that they have an emergency plan (back-up plan) in place to ensure that their "cared-for" receives the care they require. This plan may involve the need to access emergency paid replacement care. All emergency plans should be discussed with the "cared-for" person to ensure that they agree the appropriateness of the plan.

**Young Carers should utilise the In Case of Emergency (ICE) facility on their mobile phones as part of their emergency plan**

## 10. Young Carer involvement in hospital discharge of cared-for person

The Carers (Scotland) Act 2016 requires all Scottish local authorities to involve young carers in the discharge planning of the cared-for person from hospital. Aberdeenshire Council will be working together with NHS Grampian to ensure that we have the required processes in place to meet this responsibility, particularly in relation to documenting young carer involvement in hospital discharge of the person they care for.

## 11. Young Carers of terminally ill cared-for persons

The set timescales for preparation of a Young Carer Statement are to be decided by the Scottish Government. The process will fast-track the development of the Young Carer Statement and the planning discussions need to be shared with the cared-for person to ensure that they agree the appropriateness of the plan.

## 12. Training for Young Carers

Young carers told us they benefit from the following training being provided:

- Autism Awareness
- Epilepsy Awareness
- Moving and Handling
- Youth Mindfulness Programme
- Emergency First Aid
- Confidence to Cook
- Anger Management
- Strategies for dealing with challenging behaviours
- Assertiveness training
- Managing and understanding finances
- Curriculum based support (Aberdeenshire schools toolkits) and links to Aberdeenshire local project such as Career Ready and SVQ Level 2 for Unpaid Carers

**Young Carers told us they would benefit with support in the following areas:**

- Finding respite and fun activities including support to join local community groups
- Connecting with other your carers
- Tools to help them unwind/destress
- Finding a voice and being heard
- Being independent, maintaining a healthy mind

## 13. Training available for those who support Young Carers

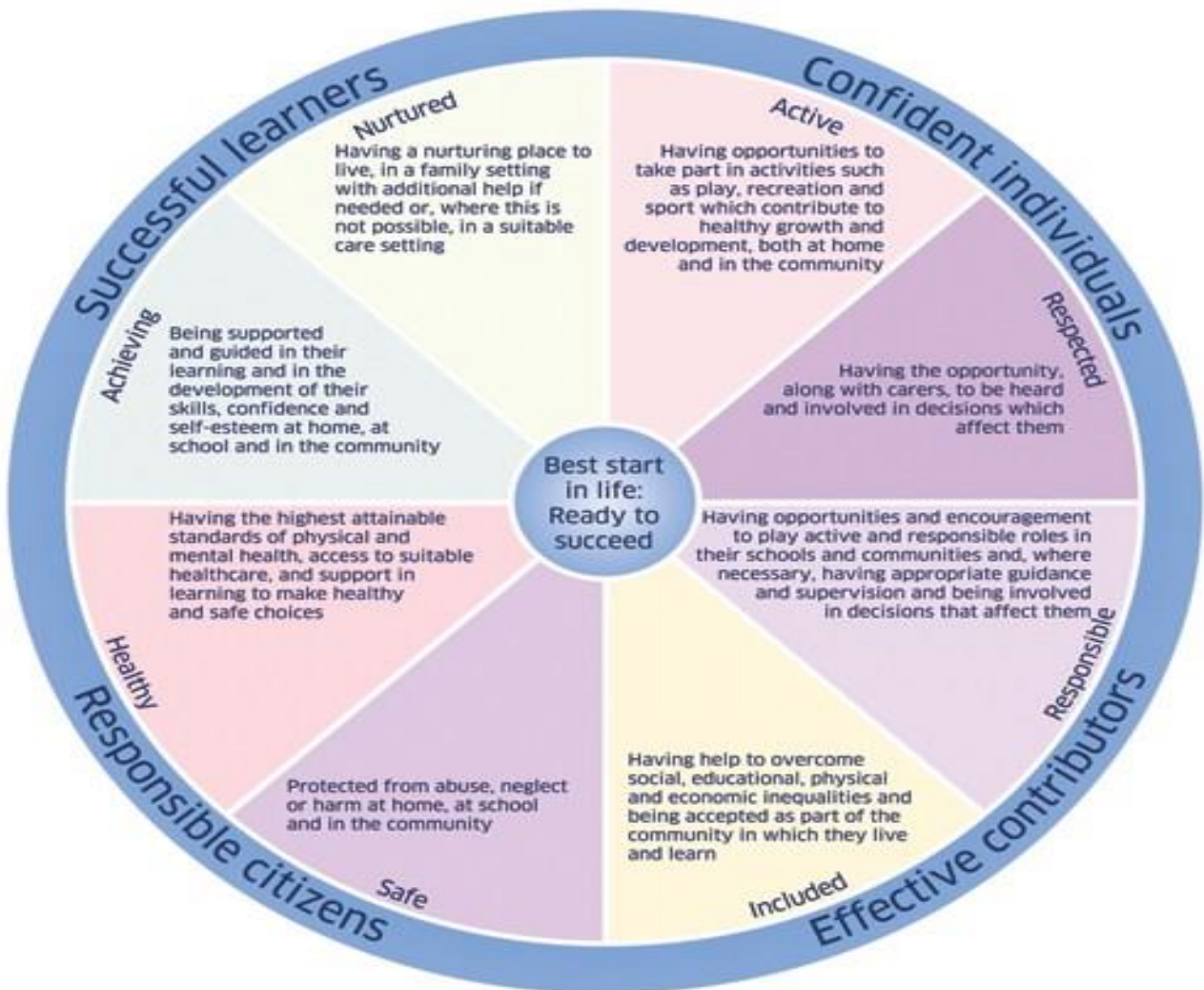
- Young carer finances
- Workforce education (EPiC)
- Implementing the Young Carers Guidelines
- Raising Awareness of Young Carers in Schools
- Carers Awareness Level 1
- Young Carers Toolkit



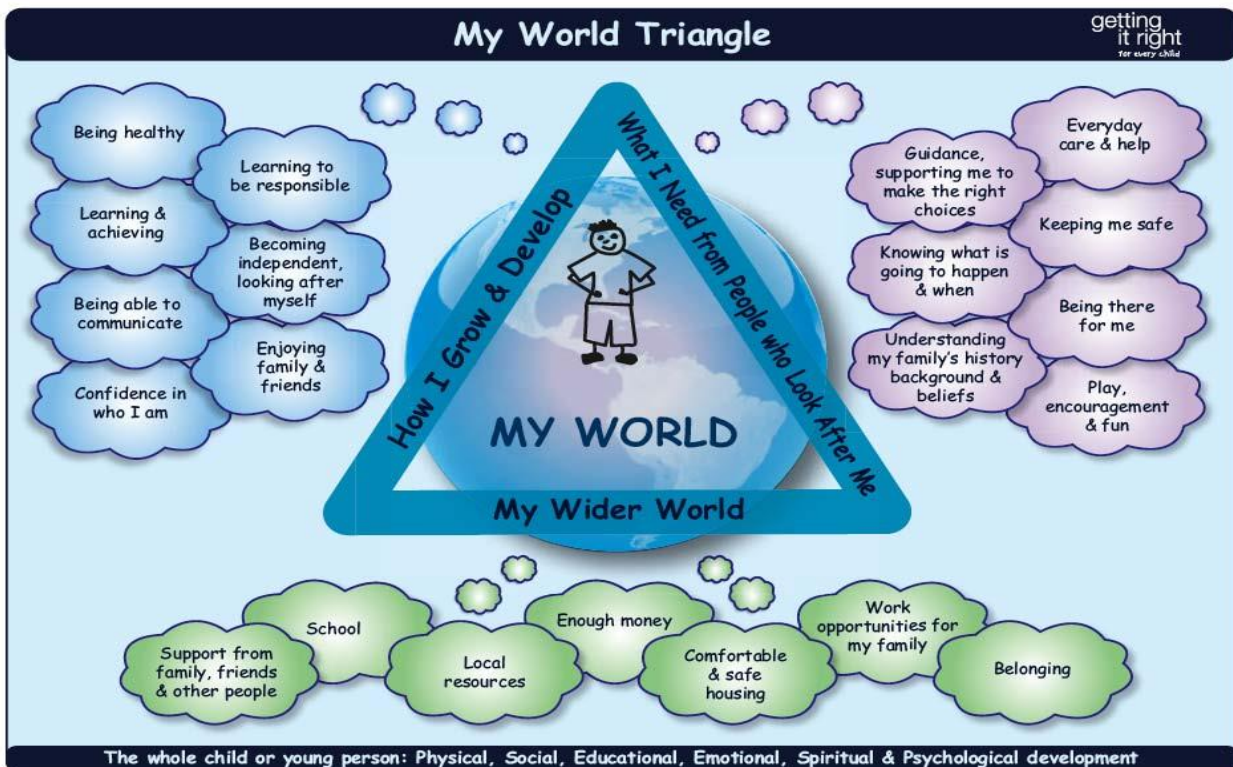
## 14. Young Carer Statement

The Scottish Government has changed the name “Carer’s Assessment” to “Young Carer Statement”. The Young Carer Statement must be offered to all young carers but they can choose to decline this.

The Young Carer Statement must combine the identification of the young carer’s personal outcomes, and an assessment of their needs for support to help them achieve those identified personal outcomes along with the preparation of a support plan to monitor the needs and the support managed. The personal outcomes should link with, and support the achievement of the child’s potential in relation to the eight wellbeing indicators of **Getting It Right For Every Child (GIRFEC)** and the **My World Triangle**, and making sure we work together to improve outcomes for young carers by focusing on the combined factors that contribute to their wellbeing. The Wellbeing indicators are; **Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included.**



The **My World Triangle** focuses on physical, social, educational, emotional, spiritual and psychological development of our young carers.



Aberdeenshire Council has a duty to prepare Young Carer Statements, even if the young carer is not deemed eligible for support. In these circumstances, the Young Carer Statement should include signposting and access to any relevant supports, for example universal or community-based services.

Young Carer Statements will be reviewed in the following circumstances:

- When the caring role changes e.g. increases or decreases
- Prior to young carers commencing exam preparation
- Where a young carers capacity to manage their caring role changes e.g. change in young carers health/wellbeing
- At times of transition e.g. primary to academy, young carer to young adult carer

Young Carer Statements will be provided by Aberdeenshire Carer Support Service's Family Wellbeing Workers. A Carer Practitioner from the local authority will discuss Self-directed Support and the four Options to provide choice and control over the type of support, to meet the identified needs and personal outcomes of young carers who meet the eligibility criteria and require a budget.



## 15. Transition of Young Carer to Adult Carer


In addition to coping with their transition from school into a positive destination, young carers are also often trying to cope with the transition to becoming an adult carer. This will be a particular consideration for those with significant caring roles. Young people make this transition at the age of 18 when they move on to adult services. This is something that should be considered with the GIRFEC review and action planning meetings for the young person, and consideration should be given to involving adult services in these meetings as they are approaching 18. Where the Aberdeenshire Young Carers Service is already involved with a young person, they will already be making these links with adult services. However, if a young person is new to a caring role, or their caring role is likely to increase due to their age and maturity level, then contact should be made with both the Aberdeenshire Young Carers Support Service and Aberdeenshire Adult Carers Service for information and advice.

Where a young carer has a Young Carer Statement this will remain in place until such times as an Adult Carers Support Plan is developed.

## 16. Potential impact on Young Carers' health and wellbeing

The Children and Young People's Commissioner Scotland, in partnership with Carers Trust and the Scottish Young Carers Alliance, commissioned research to be undertaken about the impact of caring responsibilities on the mental health and wellbeing of young carers.

The report highlights that caring for a family member or friend with a disability or illness can be a good experience as young people can feel more valued and included. It also gives greater responsibility and young carers can build their self-esteem. However, when young people take on too many caring responsibilities which are not appropriate this can be bad for their health, wellbeing, safety and development.

The role of a young carer can affect how well young people do at school, due to problems with attendance, being late for school or not being able to do homework. The full report can be found using the following link: [Coping with Caring](#) 

### We commit to:

**Reducing the impact of caring on the health and wellbeing of young carers**

The health, wellbeing and welfare of young carers is paramount and should be assessed on an individual basis through the provision of the Young Carer Statement. The professionals involved in the development of the Young Carer Statement should take account of the scope of the caring role being undertaken and consider:

- The age of the young carer
- Whether or not the young carer is able and willing to have the caring responsibilities
- If the caring tasks are appropriate for the age and stage of the young carer e.g. provision of intimate personal care
- Physical impact e.g. health and safety, ability to carry out safe moving and handling
- Management of medication
- Emotional impact of caring role
- Resilience of the young carer

- Impact on education and achievement of personal goals and ambitions

The Aberdeenshire Young Carer Support Service will continue to provide support to young carers, providing information, advice and guidance on how to reduce the impact of their caring role.

## 17. Breaks for Young Carers

A “short break” (or respite care) is a break from normal routine designed to be of benefit to a young carer of a person with a disability, long term illness or need. The Scottish Government has set national targets for increasing the amount of short breaks available. In Aberdeenshire the level of short breaks by young carers is increasing yearly.

The [Shared Care Scotland website](#) and [Euan’s Guide website](#) are searchable databases. They have information about services you might be able to use for planning a short break.

The Social Care (Self-directed Support) (Scotland) Act 2013 may be applied to provide choice and control over the type of support to meet the identified outcomes of a young carer who requires a budget.

**Prepare and publish a Short Breaks Services Statement, which is a provision of the Carers (Scotland) Act 2016, by 31<sup>st</sup> December 2018**

The Carers (Scotland) Act 2016 requires all local authorities and partnerships to prepare and publish a Short Breaks Services Statement outlining the available breaks both locally and nationally as well as identifying any gaps in resources as well as plans to address these. The Short Breaks Services Statement for Aberdeenshire is currently being developed and should be published by 31<sup>st</sup> December 2018. A representative from Aberdeenshire Health and Social Care Partnership is part of a working group hosted by Shared Care Scotland who are a national carer organisation. This group are working on a national Short Breaks Services Statement that will be consistent across Scotland but can be adapted locally upon completion.



## Develop a Respitivity pilot project in Central Aberdeenshire

Respitivity is Respite + Hospitality which originated in the USA and provides a unique way for Carer Support Services and the hospitality sector to work together to provide short breaks to unpaid carers. The way it works is that the hospitality sector gift short breaks. These can be overnight stays, meals, spa days, beauty treatments – whatever gift the business chooses to donate. These breaks are then matched to carers most in need of them.

### 18. Unmet demand

We are currently meeting the demand for support and services for young carers, however from 1<sup>st</sup> April 2018 we will gather any identified, eligible needs which are not going to be met through the Young Carer Statement and explore how these needs may be met in the future.

### 19. Young Carer Grant

Young carers aged 16 - 18 years old in Scotland who do not currently qualify for [Carer's Allowance](#) may be eligible for a new £300 annual payment to help them access life opportunities that are the norm for other young people. There is eligibility criteria for a Young Carer Grant and this will be paid from autumn 2019. The Young Carer Grant will be paid to 16 and 17 year olds, and 18 year olds if at school, who are:


- Caring for someone in receipt of the middle or higher rates of DLA, PIP, Attendance Allowance or Armed Forces Independence Payment
- Caring for on average 16 hours per week, over a three month period
- Not in receipt of Carer's Allowance

The Scottish Government introduced this to support young carers to:

- Look after their own health and well-being, improve their quality of life and reduce any negative impact of caring
- Participate fully in society and, if they choose, engage in training, education and employment opportunities, as well as social and leisure
- Have an increased sense of control and empowerment over their lives

The grant will be paid on an entitlement rather than discretionary basis. Young carers may be entitled to free concessionary bus travel in Scotland. Transport Scotland will work towards providing access to free bus travel to young people completing a Modern Apprenticeship, and for three months, to those eligible for Job Grants when they are introduced. Free bus travel will then be rolled out to young carers who are eligible for the Young Carer Grant in 2020 – 2021.

## 20. How well have we done?

- Introduction of holistic assessment process and consideration of young person's needs in context of family, based on SHANARRI and the My World Triangle
- Merging of adult and young carer services based on service user feedback – Family Wellbeing Workers assess and enable all those with caring roles within the family to address their own needs
- Quarriers have made successful bids for additional funding to NHS Grampian and Shared Care Scotland to increase funding available for respite which meets individual young carer needs
- Range of learning opportunities developed with young carers and local providers to address identified needs in locality areas
- Development of Career Ready programme to better meet needs of young carers
- Attendance at the National Young Carers Festival
- Help! I'm a young carer but who cares for me? Poster presented at NHS event
- Development and implementation of the Young Carers Toolkit
- Aberdeenshire Council has been awarded level 1 of the Scottish Government's [Carer Positive](#)  and is working towards level 2



## 21. What could we do better?

- Improve identification/recording of young carers through school data gathering tools
- Increased awareness and understanding of young carers within the local community, including our schools, medical practices and social work services
- Develop promotional material e.g. for GP surgeries, libraries
- Effective support for young carers in line with Getting It Right for Every Child (GIRFEC)
- Targeted interventions in area where there are low numbers of young carers identified
- Improve engagement in carer awareness training
- Technology initiative to be implemented, involving working with teenage and young adult carers to utilise technology in innovative ways to identify and support hidden young carers
- Implementation of How Good Is Our Carers Service evaluation tool
- Improved transitions from Young Carers Service to Adult Carers Service
- Provision of support for young carers who are caring for someone who is terminally ill through fast-tracking the development of the Young Carer Statement

## 22. Action Plan

Theme	Specific Actions	Timescales	Measures	Outcome
<b>Identification of Young Carers</b>	Embedding of Young Carers Toolkit – Carer Information Strategy Funded post	Year 1	Increase in number of young carers recorded on the school census (SEEMiS)	All Aberdeenshire schools are signed up to the Young Carers Charter and utilise the resources within the Young Carers Toolkit
	Raising awareness of the Carers Act	Ongoing		Young carers including those in hard to reach groups are able to identify themselves as young carers
	Promotional material including Young Scot info and Carer Information Pack, Social Media	Year 1	Number of young carers recorded year on year from implementing new data set on CareFirst6	Young carers should be aware of the responsible person(s) to speak to at school to identify themselves as young carers
	Promotion of carer awareness training amongst social work practitioners and teachers	Ongoing		Schools are aware of pupils who are identified as young carers and record on SEEMiS
	Continue to reach out to hard to reach groups to ensure they have all the information/access to services they need	Ongoing	Number of young carers recorded by GP Practices	GPs are aware of patients who are identified as young carers
	Promotion of Carer Information Leaflets and Carer Awareness Training to external Homecare agencies	Year 1		Social Work are aware of service users who are cared for by young carers

Theme	Specific Actions	Timescales	Measures	Outcome
<b>Effective support in line with GIRFEC / Carers (Scotland) Act 2016</b>	Development of Young Carers Service - evaluation on what works for young carers	Year 1	Number of young carers accessing the Carer Support Service	Young carers who are identified are offered a Young Carer Statement
	Implementation of Young Carer Statement	Year 1	Feedback / views and experiences from young carers attending groups facilitated by the Carer Support Service	Young carers are safe and healthy in their caring role
	Development of respite opportunities (scoping exercise as well as work around Short Breaks Services Statement)	Year 1/Year 2	Feedback and attendance at events	Young carers are supported to maintain their health and wellbeing
	Explore better access to transport in more rural areas	Year 2	Number of young carers accessing breaks via Respite project	Young carers feel well supported to continue their caring role
	Working collaboratively with all GP surgery staff to ensure they recognise needs of young carers and are providing up-to-date information to allow young carers to access support	Year 1/Year 2		Young carers have access to information and advice
	Publication of a Short Breaks Services Statement	Year 1		Young carers know who to speak to if they feel they are not coping with their caring role
	Develop a Respite project in central Aberdeenshire	Year 1		Young carers are supported to achieve and attend school
				Young carers have Emergency Plans (back-up plans) to access care at short notice for the person they care for (e.g. if for any reason in an emergency the young carer is unable to provide care)

Theme	Specific Actions	Timescales	Measures	Outcome
	Ensure all Aberdeenshire GP websites display consistent and up to date information in relation to young carers	Year 1	Number of requests for printed / electronic Carer Information Pack	Young carers are living in a nurturing environment
	Annual Carer Information Pack Revision	Annually	Number of app downloads	Young carers have opportunities to be active
	Develop app for Carer Information	Year 1	Number of young carers accessing carer advocacy service	Young carers are supported to develop skills including new hobbies and interests
	Develop a local Young Carer ID Card	Year 2		Young carers are able to access training relevant to their caring roles
	Implement process to document young carer involvement in hospital discharge for cared for	Year 1	Level of uptake and feedback on Young Carer ID card	Young carers are able to access a Young Carer Support Group
	Support completion of Enable Emergency Planning Toolkit for all carers who wish this	Ongoing	Number of Emergency Plans completed for young carers	Young carers feel respected and are supported to be involved in hospital discharge meetings/plans for the person they care for
	Development of an overview of available training for young carers	Year 1	Number of young carers attending relevant training	Young carers feel less isolated and are included in their community, having access to a greater range of concessions (discounts) locally
	Continuation of commissioned Carer Advocacy Service	Year 1	Number of young carers (16+)	Young carers are able to access concessions (discounts) to reduce possible financial difficulties and;

Theme	Specific Actions	Timescales	Measures	Outcome
	<p>Work in partnership with <a href="#">Aberdeenshire Alcohol and Drug Partnership</a> (ADP) to raise awareness of young carers supporting individuals with alcohol and drug issues.</p>	<p>Year 1</p>	<p>accessing Carer Advocacy Service</p> <p>Number of young carers in this group registering with Carer Support Service</p>	<p>without disclosing too much personal information</p> <p>Young carers are supported to have regular breaks from caring, to have a life outside their caring role</p> <p>Young carers have access to an app for Young Carer Information</p> <p>The commissioned Advocacy North East Service continues to be available for those 16+ years</p> <p>Young carers supporting individuals with alcohol and drug issues will feel better supported.</p>




Theme	Specific Actions	Timescales	Measures	Outcome
<b>Supporting Transitions into Adulthood</b>	<p>Develop process to ensure seamless transition for young carers from Children's Services to Adult Services</p> <p>Develop career ready project for young carers as per CIS bid / Quarriers</p> <p>Raise awareness of the different route to further/higher education and/or employment</p>	<p>Year 1</p> <p>Year 1</p> <p>Year 1/Year 2</p>	<p>Number of young adult carers known to the Carer Support Service</p> <p>Number of young adult carers who are provided with Adult Carer Support Plans</p> <p>Number of young adult carers who access the Carer Support Service</p>	<p>The Continuation of Young Carer Statement despite the fact that a young carer has reached the age of 18 years, any Young Carer Statement prepared in relation to that carer continues to have effect until the carer is provided with an Adult Carer Support Plan</p> <p>Young carers will attend the Career Ready programme with support where required with replacement care</p>
<b>Raise Profile of Young Carers</b>	<p>Development of young carers reference group within Quarriers carer support service</p> <p>Consider young carers in all aspects of the Children's Services Plan</p> <p>Continuation of Carer SVQ Project for young carers</p> <p>Ensuring that young carers are recognised during national carers week events/activities</p>	<p>Year 1</p> <p>Ongoing</p> <p>Year 1</p> <p>Ongoing</p>	<p>Number of young carers on the reference group</p> <p>Number of young carers registering for Carer SVQ project</p> <p>Feedback and attendance at events</p>	<p>Young carers will feel more involved in development of services to support them</p> <p>Young carers have the skills and confidence to carry out their caring role</p> <p>Young carer will feel appreciated and their roles recognised by Aberdeenshire Council</p>

## 23. Appendix 1 - Jargon Buster

Advocacy	Enables young carers to access information, express their wishes, make their own decisions and represent them if required to do so.
Carer Information Pack	Aberdeenshire Unpaid Carers' information pack for both adult and young carers who have caring responsibilities.
Duties under the Act	Responsibilities required by law.
Eligible Need	A need which is considered to be appropriate to be met by the allocation of some Social Work resource or funding, by the application of eligibility criteria.
Identified Need	An area of an individual's life which they currently need support with. Not all identified needs will require, or be eligible for, input from Social Work.
Individual Budget	The amount of combined financial resource the individual and Social Work agree to commit to meet the eligible needs of the individual.
Moving and Handling	Any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving by hand or bodily force). The load can be an object or person.
Options	With Self Directed Support families can choose how much or little involvement they want. The choices are known as Options.
Personal Outcome	The specific goal or aim of a young carer which is unique to the young carer and their situation.
Social Care (Self-directed Support) (Scotland) Act 2013	A process to allow individuals who require support greater choice and control about how they are supported.
Strategy	A plan of action designed to achieve a long-term or overall aim.
Terminally ill	A status assigned to a person who has been diagnosed with an illness and is expected to die within a certain time frame.
Transition	The process or a period of changing from one state or condition to another.
Young Carers Toolkit	Aberdeenshire Young Carers Toolkit: "Help! I'm a young carer but who cares for me?" informs teachers what they can do to support young carers in school.

## 24. Appendix 2 - Aberdeenshire Young Carers Strategy - Web Links


Aberdeenshire Alcohol and Drug Partnership: <http://aberdeenshireadp.org.uk/> 

Aberdeenshire Unpaid Carers' Information Pack:  
[www.aberdeenshire.gov.uk/media/20913/unpaid-carers-info-pack-june-2017.pdf](http://www.aberdeenshire.gov.uk/media/20913/unpaid-carers-info-pack-june-2017.pdf) 

Advocacy North East: <http://www.advocacyne.org.uk/index.html> 


Carer's Allowance: <https://young.scot/information/rights/apply-for-carers-allowance> 

Carer Positive: [www.carerpositive.org](http://www.carerpositive.org) 


Carers (Scotland) Act 2016:  
<http://www.gov.scot/Topics/Health/Support-Social-Care/Unpaid-Carers/Implementation/Carers-scotland-act-2016> 

Children and Young Person's Commissioner Scotland - Coping with Caring:  
[www.cypcs.org.uk/ufiles/CopingWithCaring.pdf](http://www.cypcs.org.uk/ufiles/CopingWithCaring.pdf)

Euan's Guide: [www.euansguide.com](http://www.euansguide.com) 

NHS Grampian Person Centred Care and Visiting:  
[http://www.nhsgrampian.co.uk/nhsgrampian/gra\\_display\\_simple\\_index.jsp;jsessionid=0A300DD3DFBBA7DF3D5FEE1BB69170F9?pContentID=3241&p\\_applic=CCC&p\\_service=Content.show&](http://www.nhsgrampian.co.uk/nhsgrampian/gra_display_simple_index.jsp;jsessionid=0A300DD3DFBBA7DF3D5FEE1BB69170F9?pContentID=3241&p_applic=CCC&p_service=Content.show&) 

PAMIS: Digital Passport Project: <http://pamis.org.uk/services/digital-passports/> 

Quarriers: [www.quarriers.org.uk](http://www.quarriers.org.uk)   
Email: [aberdeenshirecarers@quarriers.org.uk](mailto:aberdeenshirecarers@quarriers.org.uk) 

Quarriers (Young Carers Support Service):  
<https://quarriers.org.uk/services/young-carers-support-service-aberdeenshire/>

United Nations Convention on the Rights of the Child (UNCRC):  
<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/> 

Shared Care Scotland: [www.sharedcarescotland.org.uk/](http://www.sharedcarescotland.org.uk/) 

Young Scot: <https://young.scot/information/rights/carers-act/> 

This document is also available in large print, other formats and languages on request. Please email the **Carers Strategy Team**:

[Carersupport@aberdeenshire.gov.uk](mailto:Carersupport@aberdeenshire.gov.uk) 