



# Young Carers

## Practice Guidance

### What is a Young Carer?



### What are the signs?



### Resources



### Reporting concerns



South Gloucestershire's Children's Partnership is committed to identifying young carers and offering them the support they are entitled to, in order to promote their physical and emotional wellbeing. There is "no wrong door" for young carers in South Gloucestershire which means all professionals working with children and their families need to understand their responsibilities to young carers and how to meet these.

## What is a Young Carer?

[Working Together to Safeguard Children 2023](#) describes a young carer as a person under 18 who provides or intends to provide care for another person of any age. Young adult carers are aged 16 to 25 and may have different support needs as they transition to adulthood.

A young carer may provide care to someone in their family who has a disability, a long-term illness, a mental health condition or has difficulties with drugs and/ or alcohol misuse.

Defining and identifying young carers is essential for providing the appropriate support and safeguarding needed to ensure their physical and emotional wellbeing. The Children's Partnership has produced further, more comprehensive multi-agency [Practice Guidance](#) around identifying and supporting young carers which is aimed at professionals across South Gloucestershire who are working with children and their families including education workers, health workers and those working in Children's Services.

It is not always obvious to spot that a child is a young carer. Many young carers do not acknowledge or disclose their caregiving responsibilities, and families may not identify their children as carers due to fear, shame, stigma or because caregiving has become a normal part of family life. Young carers often take on responsibilities that are normally expected of an adult and might include:

- Practical tasks like cooking and cleaning
- Physical care such as lifting and helping the person they care for move about
- Personal care like dressing, washing and medication
- Organising things like money, appointments or collecting prescriptions
- Looking after younger siblings such as playing with them or taking them to school

Young carers are doing an amazing job helping others. For some, the amount of caring is relatively small and they can still manage to socialise with friends, keep up with homework and engage in hobbies. However for many young carers, the additional responsibilities of caring make life quite difficult and they can feel under stress and in need of extra support.

## What are the signs?

## Resources

There is lots of support available for young carers. All professionals working with children and their families have a responsibility to ensure young carers can access the support that they are entitled to, to support their wellbeing and enable them to thrive.

The [Young Carers Assessment Tool](#) can be used by all professionals to help explore to what extent a child is a young carer. It consists of a variety of questions which should be completed together with a child (and their family where relevant) to help gain insight into their lived experiences relating to their caring role.

There is a [leaflet](#) which has been produced jointly by South Gloucestershire Council and the Children's Partnership for sharing with a child, to help them to understand what constitutes a young carer and to open up conversations with them about their own lived experiences.

- There is “**no wrong door**” for young carers; they should be identified, offered assessment and their families supported regardless of which service is contacted in the first place.
- You can contact the Compass Team who will help identify the right help for the child [compass@southglos.gov.uk](mailto:compass@southglos.gov.uk).
- You can complete a [Request for Help Form](#).
- [Young Carers Support](#) offers specialist support and advice for young carers aged 8-18 in South Gloucestershire.
- If you are worried about a child being at risk of significant harm you should contact the ART Team on **01454 866000**.
- If you suspect a child may be in immediate danger, you should dial [999](#) immediately.

## Reporting concerns