



Getting it Right for Young Carers in Fife

Summary 2018-21

What is a young carer?

A young carer is a child or young person under 18 who has a significant role in looking after someone who is ill or disabled. Caring for someone can be a positive experience and many young carers say they learn important skills and feel good about their caring role. However, it can restrict young people's lives.

The Carers (Scotland) Act 2016 came into place on 1st April 2018. This gives new rights to young carers and has been used to update Getting it Right for Young Carers in Fife strategy 2018 - 2021. This outlines how professionals working in Fife will make sure that young carers get all the support they need.

Identifying young carers

It is important that we know who young carers are and the Fife strategy has been created to help raise awareness of young carers within all Children's Services across Fife. For example, to ensure the correct support is offered in schools we will make sure that important information is shared about the young carers and what their caring role is. This information sharing is important when young carers move from primary to high school and at the point of leaving school but also on a day to day basis.

If I am having a bad day I just tell my registration teacher and she emails all my teachers, so they know what is wrong without me having to broadcast it.

Larissa FYC



Assessment

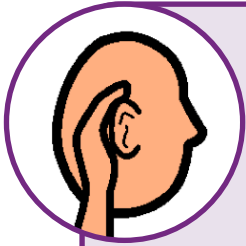
Young carers are entitled to an assessment called a young carers statement. The Getting it Right for Every Child framework along with the young carer profile can be used to help adults work out what young carers need and what they want to achieve in their lives.

The indicators of well-being are that you are: **Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible and Included.**



What matters to young carers

We consulted young carers in Fife and they told us what matters most to them.

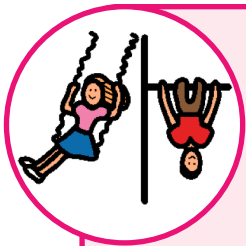


1 - Sharing responsibility

Most young carers enjoy their caring role but when it gets too much then it would be good to have support to share this responsibility.

I need to know what to do in an emergency, I don't think we get enough help with that.

Young carer aged 14yrs



2 - Keeping connected

Young carers want to spend time with their friends and do activities that they enjoy but sometimes caring makes this difficult. They need opportunities and support to access things that are important to them.

Dad cannot take me to kick boxing anymore, which I loved. It would be good to have someone to help with that.

Young carer aged 12yrs



3 - Balancing my time

There are certain times when balancing their caring role with other things becomes difficult. It is important that adults around young carers are aware of their caring role and when they may need help to gain more time back for themselves.

I really struggled last year with my national 5's. The focus should be on you as your workload goes up, that is when extra support is needed.

Young carer aged 17yrs



4 - Being involved

Young carers are experts in the people they care for and they say it is important they are involved in decisions about their health and care. Being involved in making an emergency plan is very important to young carers.

There is not enough information around, you don't get told what is wrong or why.

Young carer aged 15yrs



5 - Emotional wellbeing

Being able to cope with the emotional effect of caring and develop strategies to help is important to young carers in relation to keeping well and being able to continue in their caring role, especially during school holidays.

I find it hard to cope, I get angry. I used to hide in cupboards and punch walls. I need strategies to help me deal with my anger.

Young carer aged 10yrs

What is available?

Young carers can access their young carer champion in school or talk to a teacher they trust. It is important adults know about their caring role so they can offer support. Young carers can access authorisation cards and 'Time for Me!' fund to help access a break. Ask someone at school about this. Fife Young Carers helps to meet with other young carers and do lots of fun activities with other young people. See: www.fifyoungcarers.co.uk

Remember there is a carer support worker who can offer help if the cared for person is taken into hospital. There are also lots of ways young carers can access a break from caring. Speak to someone in school or checkout resources online -

carers.org/country/carers-trust-scotland

You can view the full consultation and strategy at:

www.fidedirect.org.uk/youngcarer

Useful contacts

Education and Learning Directorate

email: education.services@fife.gov.uk

web: www.fifedirect.org.uk/youngcarers

16+ Learning Choices Support Team

email: 16pluslearning.choices@fife.gov.uk

web: www.opportunitiesfife.org

Psychological Service

email: psychological.service@fife.gov.uk

web: www.fifedirect.org.uk/youngcarers

Social Work Service

email: sw.enquiries@fife.gov.uk

web: www.fifedirect.org.uk/youngcarers

Fife Young Carers

email: admin@fifeyoungcarers.co.uk

web: www.fifeyoungcarers.co.uk

NHS Fife

web: www.nhsfife.org





Alternative Formats

Information about Fife Council can be made available in large print, braille, audio CD/tape and Gaelic on request by calling
03451 55 55 00



British Sign Language

please text (SMS) 07781 480 185



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