



Midlothian



**ARE YOU
A YOUNG
CARER?**

Midlothian Council Children's Services

Introduction

This leaflet is for children and young people who think of themselves as a young carer, as well as their parents or guardians.

You might see yourself as a young carer if you are caring for, or intend to care for:

- Your mum or dad
- Your brother or sister
- Someone with an illness or disability
- Someone with an alcohol or drug problem

A young carer is someone who has a caring role and is under the age of 18, or is 18+ and still in education.

Young Carers Statement (YCS)

Young carers now have the **right** to a Young Carers Statement (YCS). The YCS looks at the amount of care you give and how it affects your life.

Once we know how much caring you are doing, and how it is making you feel, we can discuss the ways we may be able to support you.

We may also make an Emergency Plan for times when you can't carry out your caring role for any reason. We review the statement regularly, or when situations change, to make sure you are still getting the right support.

We will talk to your parent / guardian so they are aware of the process.

How do I get a Young Carers Statement?

If you are at school, your school can prepare the Young Carer Statement. For under 5's, this is done by a health visitor or other professional.

If you feel you have a caring role but you haven't spoken to a professional, you can ask an adult you trust to ask for a Young Carer Statement for you.

Or you can email youngcarer@midlothian.gov.uk to ask for support.

Before you sit down to speak with your school, or other professional, it will be very useful if you could think about

- the types of tasks you are carrying out
- how your caring role is making you feel

You can make a note of these on the next page.



Use these think bubbles to write down the types of caring tasks you are carrying out, how often you are doing them and how this is making you feel.



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Also write down any questions you may wish to ask and any plans you wish to pursue in the future.

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YOUNG CARERS HAVE A RIGHT TO A YOUNG CARER STATEMENT, BUT WHAT IS IT?



THE YOUNG CARER STATEMENT WILL CONTAIN INFORMATION ABOUT THE CARER'S OWN CIRCUMSTANCES AND CARING ROLE.

IT SHOULD INCLUDE

- ✓ THE EXTENT TO WHICH THE YOUNG CARER IS ABLE AND WILLING TO PROVIDE CARE
- ✓ HOW FAR THE NATURE AND EXTENT OF THE CARE PROVIDED IS APPROPRIATE
- ✓ WHAT PERSONAL OUTCOMES MATTER IN ORDER TO HAVE A LIFE ALONGSIDE CARING AND TO IMPROVE THEIR OWN HEALTH AND WELLBEING
- ✓ SUPPORT AVAILABLE TO YOUNG CARERS LOCALLY
- ✓ ANY SUPPORT WHICH THE RESPONSIBLE LOCAL AUTHORITY INTENDS TO PROVIDE

Support for Young Carers

Once your Young Carer Statement is ready, we will discuss what support is available to you as a carer.

Examples of possible supports could be:

- Someone to talk with on a regular basis – e.g. 'Listen Well' /school counsellor /youth worker or key member of school staff.
- Nurture rooms / groups, breakfast /homework or study clubs in school.
- After school activities e.g. art /music or other after school groups / interests.
- Community groups e.g. Brownies/ Guides or other youth groups.
- Learning supports in school e.g. study support for exams.
- Specialist services employed by Midlothian Council e.g Children's 1st Young Carers Project / MYPAS Therapies etc.
- Referral to other agencies e.g. Adult Services for supports

If you would like to discuss your situation, or that of someone you know, please contact your school in the first instance or send an email to youngcarer@midlothian.gov.uk

Further information and Useful links

Care Info Scotland:
midlothian.gov.uk/careinfoscot

Scottish Government:
midlothian.gov.uk/carersact

MyGov:
mygov.scot/young-carer-support

VOCAL:
vocal.org.uk



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