

Young Carers in Ireland

Current Practice-Future Direction

1. We are here to talk about the future
2. The elements that constitute a service
3. What can you bring to the table?

**Who adopt Whole Family
Approach using DRM -
Common Assessment
Frameworks with Local
Protocol style delivery**

**Because of the awareness
program among all
Health, Education, Youth
Services Social Care,
Community -Voluntary-
Faith Based**

**All have Someone to
Turn to-Someone to
talk to by 2016**

Young Carers

Our Vision

Carer Strategy 2012 Actions on Young People with Caring Responsibilities

2.2.1 Raise Awareness and understanding among education providers of the signs

2.2.2 Encourage statutory agencies to review the way that they respond

2.2.3 Identify support services needed and create mechanisms for young carers to contact service providers

2.2.4 Investigate and analyse the situation of children and young people undertaking caring roles



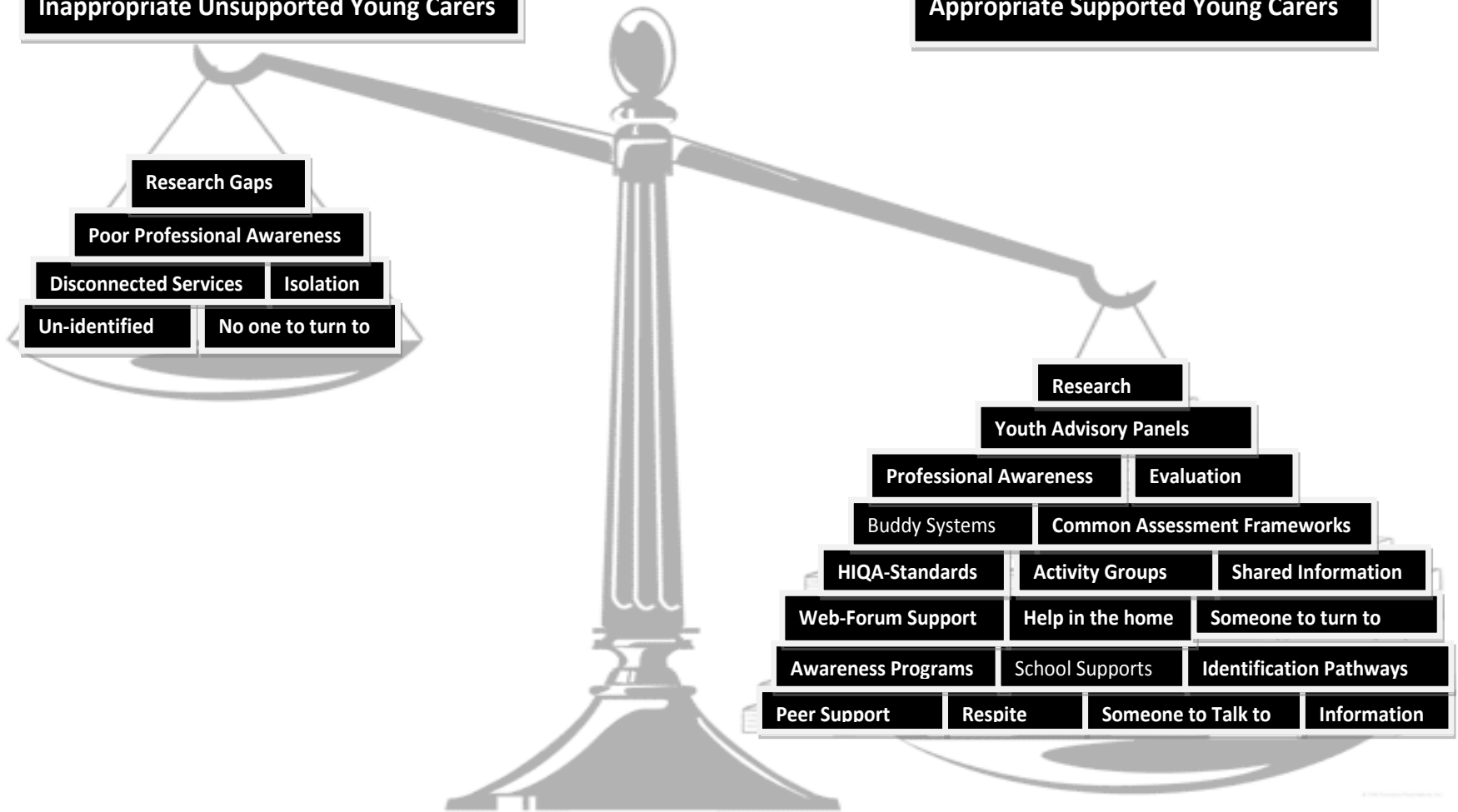
Young Carer Response Elements	Resources needed	Responding to Needs of Young Carers identified NUIG(2009) Report
Weekly Club/Activity Groups	Venue/Staff/equipment	Peer support/respite/social/time to be with friends/take part in sport-activities of interest
Respite-Activity Breaks	Staff cost/activity costs/volunteers	Peer support/respite/social/time to be with friends/take part in sport-activities of interest
Information	Printed Material/Leaflets/Website/Forum/Helpline Database/Awareness Campaigns	information about services that can help them; someone to talk to; advice from adults with useful knowledge
Advocacy	Staff/database/ Information	someone to talk to/ advice from adults with useful knowledge of skills
Website	Database/research material/forum/information/links/forum security & oversight	information about services that can help them / someone to talk to/ advice from adults with useful knowledge of skills
Forum	Website/ security & Safeguarding/ staff oversight-supervision/Youth Advisory Panels (YAPs)/Festival Forums	someone to talk to
1-1 Support	Staff/database/referral pathways established	information about services that can help them / someone to talk to/ advice from adults with useful knowledge of skills
Homework Clubs – Schools Support	Staff/premises/volunteers/schools support	help with school from teachers; someone to talk to; advice from adults with useful knowledge of skills
Training	Staff/venue/training resources	Advice from adults with useful knowledge of skills;• Information about services that can help them and help the person in need of care
Group-work	Staff/venue/training resources	Advice from adults with useful knowledge of skills/Time to be with friends;

Young Carer Service Implementation Elements	Resources needed-Outcomes	Correlating to Needs of Young Carers identified NUIG(2009) Report
Research & Development	Academic Involvement/Irish Practice Advisory Conference(IPAC)/Targeted Research	Qualitative and Quantitative Data/ Service Evaluation
Review-Evaluation-Oversight	Staff Competence/ Professional Standards/CORU & HIQA Oversight/Continuous Professional Development/YAPs	Advice from adults with useful knowledge of skills/ CPD/
Database	Staff/development costs/maintenance/Shared Information Policy	Advice from adults with useful knowledge of skills
Policy/strategy formation	Staff Training & Development/Research data/National policy/ Young Peoples level of influence on decision making affecting them	Transparent decisions/connected services/Relevant Policy

Can you and your organisation help lighten the load of our young people with caring responsibilities?

Inappropriate Unsupported Young Carers

Appropriate Supported Young Carers



Together, we can help tip the balance in their favour.

www.youngcarers.ie info@youngcarers.ie

➤ **Advocacy, Respite, Education, Support & Training**

➤ **Web platform- www.youngcarers.ie**

➤ **Online support/Forums/Chat rooms**

➤ **National Organisation Supporting Carers-**

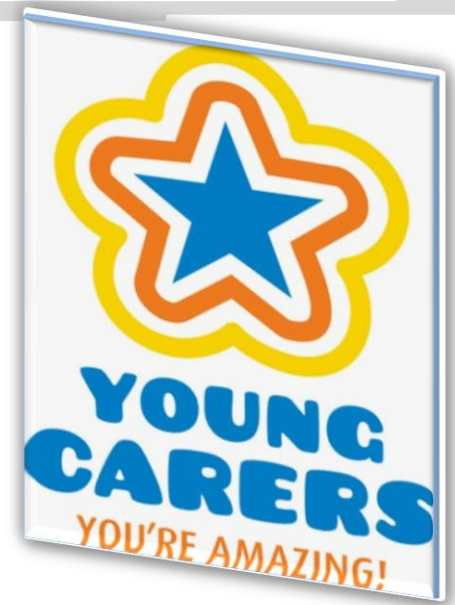
Transitions

➤ **Resources-Templates-Forms-Leaflets ...uniformity**

of message and language ...Open Source material –

....Online downloads of resources

➤ **Recognition-Young Carer of the Year Award**



Listen to us
without
being
stubborn

Have a Named Staff Member as a contact
in our school for us and for other staff-
the other teachers need to know we are
young carers-but they don't need to know
everything about us!

Have occasional lunchtime or after school groups so that young carers can get together

We don't want
special
treatment-we
want special
understanding

Have a Notice
Board giving
information and
explanations
about young
carers

Hints from young carers Forums about ways to support them in school

info@youngcarers.ie www.youngcarers.ie

*Help us to
catch up
when
absence has
made us fall
behind*

*Include information about
young carers in SPHE classes*

Be Flexible with
Homework, lateness
and absence

Let us have our mobile phones so we
can keep in touch with home

For more information on supporting young carers in your school, call Gary at 086 022 9607

Young Carers Project

www.youngcarers.ie info@youngcarers.ie



Young Persons Self Referral Form

This form is for you to be able to give some information about yourself to the Young Carers Project. This information will help us understand your needs and how best we can support you in your situation.

What is your name and where do you live?

Name:

When is your birthday?

What age are you?

Address:

Phone Number:

Mobile: (if you have one)

Email: (if you have one)

Do you go to school/college? If so, which one?

Who is your teacher contact person?

How would you like us to get in touch with you? (please tick box)

By phone?

E-mail?

At this different address

By letter? At the address I wrote above

Please turn over and tell us a bit more about yourself

Don't worry if you can't answer all of these questions; but it would be helpful if you could tell us as much as you are able, and feel ok about it.

Who do you care for?

What is their name?

Why do you care for this person? (For example- because they are ill, disabled or have a problem with drugs/alcohol)

Can you tell us a bit more about this, what kind of things do you do?

Does anyone else help with the caring?

If so, who are they?

How does being a young carer affect you? Tick all the boxes which apply to you

It stops me having free time

I don't feel confident in myself

I don't get to see my friends

I worry a lot

I find it hard to make friends

My behaviour can be a problem

I have problems at school

I feel unwell and tired a lot

The family is short of money

I feel angry/upset a lot

How did you find out about us?

Social Worker

Leaflet

The Web

From School

Friend

Someone else who goes to the project

Youth worker/Support worker

Other

Who?

.....

Is there anything else you would like to tell us?

..... (Signature of Young Person)

Date.....

Young Carers Project

Part of services provided by The Carers Association our Young Carers Project is working with young people up to age 25 who have caring responsibilities.

We Aim to help create a network of support for young carers across the country and ensure service providers and schools understand their needs and respond appropriately.

The Carers Association is Ireland's national voluntary organisation for family carers.
Charity No.: CHV 10962



Contact Gary on
086 022 9607



30 Rayne House
Greenmount Office Park
Hardick Cross, Dublin 6 W

It's Your Call



Look Who Cares!



Young Carers Project

www.youngcarers.ie
Info@youngcarers.ie

Supporting the
You in Young
Carer

We can help lighten your workload

Are You a Young Carer?

The person you look after may....

- spend a lot of time in hospital
- Be too unwell to go to work or school
- Take lots of medicines to stay as well as they can
- Drink too much alcohol; and or take illegal drugs that make them act differently

If this sounds like your family, then you are not alone.

The Young Carers Project may be able to help and support you...

Supporting You

Lots of young people want to help out and feel proud that they are lending a hand at home....

Cooking, cleaning, shopping, bills, listening, comforting, watching over brothers and sisters, or generally helping someone look after themselves is a lot of responsibility for you to carry; it's only natural all this may cause you to feel stressed and worried-You may not have much time to yourself.

Did you know that there is a whole team of people out there that can support you?

Let us know so we can better understand about what you have to do and how this affects you.

Between us we can try to make sure that you get support from all the different adults in your life.

When you get in contact with us we will:

Invite you to a group where you can chill out with other young people like you.

Try to arrange support so you don't have to do so much

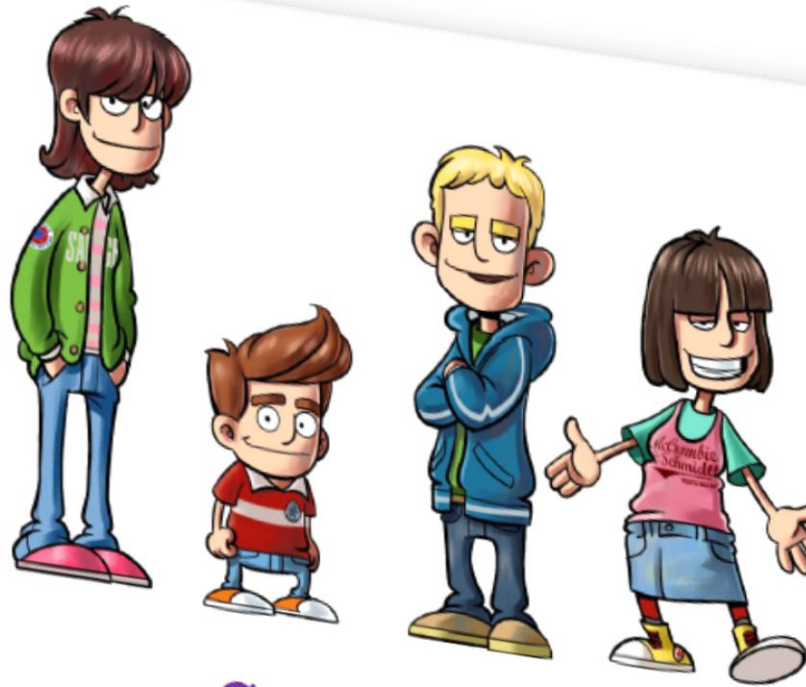
Get you the information you need

Provide online support, chat rooms & Forums

Help you work on an emergency plan

Connect you with services that can





Supporting
young people with Caring
responsibilities in Ireland
School Resource Toolkit



ERAC & TRAC

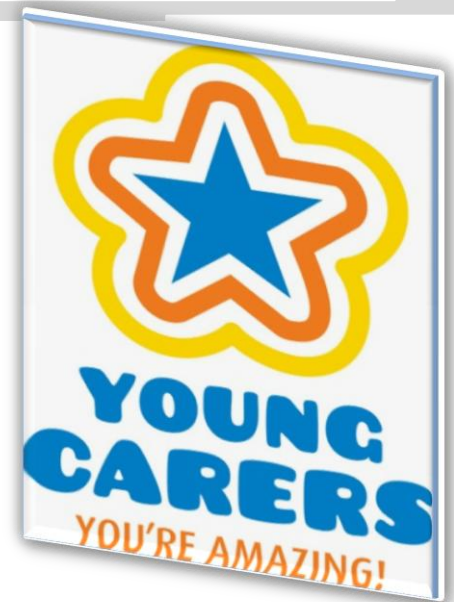
**A short story
about
Young Carers**



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