

Young Carers Strategy 2021-2026

Getting it Right for Young Carers

February 2021



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Welcome from Councillor Julie Dettbarn, Chair of South Ayrshire Integration Joint Board (IJB) and Councillor William Grant, Children and Young People Portfolio Holder for South Ayrshire Council

As Chair of South Ayrshire Integration Joint Board (IJB) and Children and Young People Portfolio Holder, we are very aware of the significant contribution that unpaid carers make in our local area and, in particular, young carers.

Many young carers simply consider themselves to be loving sons or daughters, or brothers or sisters but they often play a vital part in their parent or sibling's care – at the same time trying to keep up to date with school work, maintain friendships and hobbies. This Strategy recognises their huge and often hidden, contribution to the care of South Ayrshire people.

Firstly, we want to say a huge thank you to young carers in South Ayrshire for their commitment and the support and care they provide, not least in the period of coronavirus. This Strategy sits alongside our Adult Carers Strategy, and is essentially about putting in place better supports for young carers.

We are fortunate in South Ayrshire that the Community Planning Partnership has prioritised young carers as one of its Local Outcome Improvement Plan priorities – this means that our Community Planning Partners will seek to make their needs a priority.

Our Strategy sets out strategic themes, based around what young carers told us mattered to them. These themes then inform a more detailed action plan that sets out a range of work, that we believe will improve support for our young carers.

Importantly, our young carers planning seeks to integrate with our overall 'Getting it Right for Every Child' work so that there is a fully integrated approach involving partners such as schools, social work, health and other colleagues. The Strategy also recognises the vital support given to young carers by organisations such as South Ayrshire Carers Centre.

The Strategy builds on a strong base of existing provision and, importantly, recognises the important partnerships and relationships that underpin our local work. We would encourage a very wide range of local stakeholders, service users, local community members and, not least, young carers to consider this Strategy and to provide feedback, so that it helps the people that need it most.

Purpose

This document is for all young carers up to the age of 18, and brings together the views of young carers and practitioners from education, health, social work and the third sector.

Quotes and feedback from young carers in South Ayrshire have been incorporated into this document anonymously.

This Strategy sets out our local response to the statutory duties (responsibilities) of the Carers (Scotland) Act 2016 - which is a law that says what support must be given to carers, including young carers. South Ayrshire Health and Social Care Partnership has responsibility for delivering that support on behalf of South Ayrshire Council and NHS Ayrshire and Arran.

In this Strategy we explain what it means to be a young carer and outline our plans to raise awareness, recognise and support young carers over the next five years. We will show how we will maintain our progress and make improvements in areas where changes need to be made.

Our approach to supporting young carers is aligned to the Getting it Right for Every Child (GIRFEC) framework, which promote and protect young people's health and wellbeing. We have developed our strategic themes around the eight GIRFEC well-being indicators – Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible, Included (SHANARRI).

This Strategy will form part of the wider South Ayrshire Children's Services Plan. This key strategic document shapes the work of all agencies working in South Ayrshire to improve outcomes for children, young people and families.

As a working document it will be important that young carers are fully involved in the implementation of this Strategy. Progress will be monitored and reported and the Strategy will be reviewed regularly during its lifetime.

Who is a young carer?

A carer is defined under the Carers (Scotland) 2016 Act as an individual who provides or intends to provide unpaid care for another individual (the “cared-for person”).

Young carers under the Carers (Scotland) Act 2016 are defined as a carer who is under 18 years old, or has reached the age of 18 years and remains a pupil at school.

We recognise young adult carers as carers aged 18 - 25 years old.

A young person may become a young carer as the result of a family member’s illness, disability, mental health problems, or the misuse of drugs or alcohol in the home. Young carers may help someone with:

- Cooking, housework or shopping
- Getting dressed and moving around
- Giving emotional support
- Medication
- Managing the family budget or paying bills
- Communicating or accompanying them to appointments
- Help to care for siblings because a parent is unable due to ill health or as respite for a parent who has a disabled child.

The impact of caring

For some, being a young carer can be a positive experience giving a sense of responsibility and value. The role of a young carer can also enable a young person to gain life skills and develop a greater understanding and compassion.

Many young carers are happy to undertake the extra responsibilities of their caring role, and lead happy, healthy and fulfilling lives, within a supportive family unit.

However, the impact of caring can affect a young person's social, emotional and educational development. In keeping with South Ayrshire's Children Services vision, we wish to ensure that all children and young people are enabled to achieve their potential and enjoy a quality of life equal to their peers.

Young carers told us what being a young carer means to them

“Loving the people we care for sometimes means giving up my social life to look after someone”

“A young person who gives time and effort to help someone close to them physically or emotionally”

“Always worrying about the person that you care for”

“A strong and assertive individual”

“Sometimes it can be hard - you have to be really patient”

“I'm taking care of my family.... and they're taking care of me”

Who we are

At South Ayrshire Health and Social Care Partnership (the Partnership), we deliver adult social care services, children's social care services, justice services and all community health services for adults and children in the South Ayrshire area.

The Partnership is governed by the Integration Joint Board (IJB). The IJB has members from NHS Ayrshire and Arran, South Ayrshire Council, representatives of the Third Sector, Independent Sector, staff representatives and others representing the interests of patients, service users and carers.

The IJB is a separate legal entity from both South Ayrshire Council and the NHS Ayrshire and Arran Board. It is responsible for planning and overseeing the delivery of a full range of community health and social work/social care services.

The IJB is also responsible for allocating the integrated revenue budget for health and social care in accordance with the policy priorities set out in its Strategic Plan.

In practice, this means that services will work more closely together to deliver streamlined and effective support to people that need it.

You can find out more about South Ayrshire Health and Social Care Partnership at www.south-ayrshire.gov.uk/health-social-care-partnership/

This Strategy sets out how all partners will work together to raise awareness, plan, and deliver a range of support options for young carers in South Ayrshire at the earliest opportunity.

Within this Strategy there is a significant focus on working with schools and further education, health, Community Planning Partners and the third sector to raise awareness of young carers and be aware of the needs and welfare of young carers – including how best to support them.

Policy context

The Carers (Scotland) Act 2016, which came into effect on 1 April 2018, is a law that says what support must be given to carers, and who must give that support.

The aim of the Act is to make sure young carers get the help they need to enable them to continue to care – if they wish to and it is appropriate for them do so – and to have a life away from their caring role.

The duties as regards to young carers are:

- Duty to prepare and review Young Carer Statements;
- Establishment of local eligibility criteria for services for young carers;
- Duty to provide support;
- Duty to involve young carers in the planning of services;
- Duty to establish and maintain an information service for carers and to produce a short break services statement; and
- Duty to develop local carers' strategies.

Young Scot has developed information on what the Carers (Scotland) Act 2016 means to young carers. This can be found at [young.scot/information/rights/carers-act/](https://www.young.scot/information/rights/carers-act/)

The national and local policy context within which this Strategy document has been framed is set out at [Appendix 1](#).

Strategic needs assessment

There are approximately 29,000¹ young carers in Scotland, 4% of the child population (aged 4 – 15 years old and 64,000 young adult carers aged 16 – 24 years old as noted in the Scottish Health Survey 2013.

According to Scotland's Census, almost 3% of young people aged 0 – 24 provide unpaid care, however the Census is thought to underestimate this caring role.

Scotland's Census 2011 reported that there were 791² young carers and young adult carers in South Ayrshire.

A full strategic needs assessment can be found at [Appendix 2](#).

Pressures and available resources

Whilst South Ayrshire Carers Centre is currently commissioned by the Partnership to provide carer support services in the area, the only dedicated resource for young carers is through external funding which South Ayrshire Carers Centre has attached towards two Young Carer Information and Advice Worker posts.

¹ Number of young carers as highlighted via Scottish Health Survey.

² Scotland Census 2011; the percentage of young carers and adult young carers (0 – 24 years) providing unpaid care in South Ayrshire.

What young carers and stakeholders told us

This Strategy has been developed through discussions and feedback with young carers and stakeholders, including South Ayrshire Carers Centre – as well as careful review of information about the local needs and services.

The Partnership engaged with young carers and stakeholders through:

- Interactive workshops with young carers and Community Planning Partners;
- Engagement sessions with young carer groups;
- 1:1 chats with young carers; and
- Discussions with stakeholders including South Ayrshire Carers Centre, education, health and social care.

This engagement allowed the Partnership to:

- Gather feedback on current young carer support, work and priorities;
- Identify the key issues young carers will face over the next five years; and
- Ensure that young carers and stakeholders are involved in the Partnership's strategic planning process.

Development of this Strategy is reinforced by the Carers (Scotland) Act 2016 legislation and information from Young Scot and Carers Trust Scotland. We have also aligned this Strategy with the vision and values set out in South Ayrshire Health and Social Care Strategic Plan 2018 to 2021 and the South Ayrshire Children's Services Plan.

An action plan underpins this Strategy and will help to deliver the strategic themes to support young carers between 2021 and 2026.

Consultation feedback

Young carers in South Ayrshire have told us they value their caring role and are proud of the contribution they make to their families.

They want their views to be recognised and reflected in services that are available to support them.

Not all young carers were aware of the variety of local services and support that is currently available to support them. Signposting to support from other services and agencies was seen to be very inconsistent.

It was also clear from the consultation that support available to young carers in schools, colleges and universities varies. Some young carers reported that their school is unaware that they are a young carer.

South Ayrshire Carers Centre's young carer groups were noted as providing good information, support and peer support for young carers.

Some of the things young carers told us which has helped shape this Strategy document

“Friends and classmates aren’t always aware that I’m a young carer – or not aware of what’s involved, and the responsibilities that I have”

“I’m not able to enjoy going away on a short break or holiday – I’m worried about what is happening at home”

“There needs to be more opportunities for young carers to take part in the Youth Parliament, South Ayrshire Youth Forum and other forums for young people”

Stakeholders working with and supporting young carers in South Ayrshire recognised that there is a lack of knowledge about the roles and remits of those who support young carers, affecting potential identification and signposting opportunities.

Stakeholders also highlighted that joint working between adult and children's services needs to improve to better identify young carers.

Some of the things stakeholders told us which has helped shape this Strategy document

“We need to develop an outreach programme for young carers - offer hubs in local areas, a fun environment”

“Provide training for young carers on e.g. door stop crime and fire safety”

“Adults who have young carers in the household are not routinely asked if they have young carers in the household”

Young carers and stakeholders also highlighted that the following is also important to them

Provision of regular and appropriate breaks from caring

Young carer identification and discount cards

Young carer awareness training

Better support for transitions, for example when moving to a new area

Support to continue education and gain employment

Better access to leisure and transport

Peer support and opportunities to have fun

The impact of Coronavirus on young carers and young adult carers in Scotland

In June 2020, Carers Trust Scotland surveyed 214 carers aged between 12 and 25 to understand their experiences of living and caring during the coronavirus pandemic. While some found positives, such as learning a new skill or building a closer relationship with the person they care for, many more describe feeling stressed, unable to cope and overwhelmed by the pressures they now face.

The **2020 VISION: HEAR ME, SEE ME, SUPPORT ME AND DON'T FORGET ME** impact report:

<https://carers.org/downloads/scotland-pdfs/2020-vision.pdf> highlighted that young carers are having to cope with worsening mental health, a lack of time off and their education suffering as a result of the coronavirus pandemic.

Even before the outbreak of coronavirus, young carers and young adult carers were all too often spending significant amounts of time caring for a relative in addition to the time they needed to spend on education, work and time for themselves. Coronavirus has significantly increased those pressures.

The young and young adult carers that shared their thoughts and experiences with Carers Trust Scotland, have said that future support needs to include:

- Support for their emotional wellbeing and mental health
- Help to stay connected to friends and their communities
- Breaks from their caring role and the support of specialist young and young adult carers services
- More help to balance caring, education and employment
- Support to stay fit and healthy.

Where we are now

Over the last few years, work has been focussed on supporting the ambitions set out for young carers in our previous Carers Strategy 2012 - 2017. Since that time, a wide range of additional work has been established or is in development around supporting young carers including:

Statutory duty to young carers through team around the child

The Carers (Scotland) Act 2016 has created an opportunity for the Partnership and our partners to refresh our approach to supporting young carers.

We have developed a new team around the child guidance for staff in education, social care, NHS and third sector. This guidance '*Getting it Right for Young Carers*' is supported by a programme of training and awareness raising.

Getting it Right for Every Child (GIRFEC) is embedded into practice across all agencies to ensure the wellbeing and safety of our young people. Assessing the needs of young carers should follow the National Practice Model and utilise the Team Around the Child approach.

Practitioners across South Ayrshire will be supported to proactively identify young carers as early as possible, and we will create a culture that empowers young carers and families to feel comfortable to self-identify.

This approach also provides an opportunity to strengthen the working relationship between children's and adults' services, to work in partnership to support young carers and their families.

As part of the Carers (Scotland) Act, all young carers are entitled to a Young Carer Statement (YCS). The aim of the YCS is to enable young carers to express their feelings, needs and explore what impact their caring role has on their life.

In South Ayrshire, children and young people are entitled to request and are supported to complete a YCS if:

1. They live in South Ayrshire
2. Are under 18 years old or in secondary school within South Ayrshire
3. They have caring responsibilities exceeding that which an “average” child or young person of the same age and stage of development might reasonably be expected to undertake.

Authorisation cards for young carers

There is work ongoing at a national, Ayrshire-wide and local level to support young carers in relation to information and support and the possible introduction of authorisation cards for young carers:

- Nationally this is being considered around the Community Pharmacy supporting young carers, for example providing information on medications for the ‘cared for’ person
- Locally, consideration is being given within broader GP practice developments so that carers and young carers are recognised and linked to key support. A ‘Team Around the Practice’ would include GPs and a range of other clinical and support important for all carers. Any work will be sensitive to the needs of young carers but will also be considerate of the wishes of the ‘cared for’ person and the need to maintain confidentiality
- Within NHS acute settings there are seconded workers from local Carer Centres to support the carers and young carers of patients at the point of (or just before) discharge so that they have sufficient supports in place.

Young carers package of non-cash benefits and Young Carer Grant

Young Scot launched the Young Carers Package of Non-Cash Benefits for young carers aged 11 – 18 in June 2020.

The Young Carers Package is part of the Scottish Government's commitment to recognising the contributions of young carers across Scotland. The package includes digital vouchers, access to subscriptions and exclusive opportunities.

This package links to the national Young Scot Card. Sign up in South Ayrshire to the package has been slow and to remedy this, an officer from our Community Learning and Development Team has been working with the National Lead of the Young Carers package, to promote the package and some of the opportunities available through it.

As part of the new young carer element to the Young Scot Card, the Scottish Government is working with Young Scot to design a card holder sleeve that has a young carer symbol. Young carers could choose to use their card out of the sleeve as normal or keep it in the sleeve as an identification tool.

Staff from South Ayrshire Council (Community Learning and Development Team) have met with the young carers at South Ayrshire Carers Centre to chat about the Young Carers Package. They will now work with them to create a 'young carers information online page' which will be part of the local South Ayrshire Young Scot website. There is also an opportunity via the young scot package to arrange first aid training for a group of young carers, and this will be arranged.

Young carers aged 16, 17 or 18 who don't qualify for Carer's Allowance, can also apply for the Young Carer Grant - a yearly payment of £305.10. The Partnership and South Ayrshire Carers Centre have been working together to share information on Young Carer Grant, helping to reach even more young people who are entitled to receive this benefit, make them aware of the payments and how to apply.

Access to leisure for young carers

In 2019 the Partnership and South Ayrshire Council Sport and Leisure officers worked together to finalise proposals for free access to leisure for young carers in South Ayrshire.

Young carers in South Ayrshire now have the opportunity to receive free access to Sport and Leisure memberships through South Ayrshire Council's Activ8 scheme. Any young carer or young adult carer (up to the age of 25) who is registered with South Ayrshire Carers Centre can sign up to South Ayrshire Council's Sport and Leisure 'Active8' scheme. This was formally launched on 1 November 2019.

South Ayrshire Council's Sport and Leisure officers will continue to work with the South Ayrshire Carers Centre to monitor uptake, membership usage and support the evolution of the membership to ensure it is benefiting those who need it most.

Young carers website

The Partnership have refreshed and updated the 'support for young carers' website page. The website provides a range of information including, requesting a Young Carer Statement, information on breaks from caring and financial support.

Young carers service

South Ayrshire Carers Centre deliver support to young carers from aged 8 onwards in South Ayrshire. The service provide age appropriate information and advice to help young carers understand their role, the condition of the person they care for, supports available; and also offer opportunities for young carers to spend time with their peers, to have fun and get a break from caring.

Community Star Awards (special thanks and recognition)

These awards recognise and highlight the outstanding work of volunteers who are making a real difference in our communities. In September 2019, Council employees had the opportunity to nominate individuals and teams from across South Ayrshire who they felt really stood out for their positive contribution to their local community. Over 90 nominations were received and South Ayrshire Young Carers were finalists in the Outstanding Team category:

'The young carers have a vital role in raising awareness of the Young Carers Act. They take part in a range of workshops and consultations, sharing their experience and discussing how the act will be implemented locally. They have also helped to develop the South Ayrshire Young Carers Strategy, attending numerous consultation events to ensure the views and values of young carers in South Ayrshire are represented. At a national level, one of the group members was recently elected as a member of the Scottish Youth Parliament for Carers Trust Scotland. This group dedicates so much time to their families and are strong amazing advocates for other young carers'.

Children and families disability team

The Partnership's Children and Families Disability Team, provide support to siblings affected by the disability of a brother or sister. This support has included group work activities and also access to short breaks from their caring responsibilities through the Day Care Link service. Day Care Link uses local registered child care services to provide short breaks (including afterschool and/or holiday support) to children with or affected by disability. This may include access to a local childminder, out of school service and/or a sitter service. Where possible, services are within the child's local community and provide an opportunity for the children to enjoy social experiences and have time out from their caring role.

With all supports provided by the Children and Families Disability Team, the primary referral is for the child with a disability. Using the GIRFEC model of assessment, the wider family's needs are considered within this. Such assessments can sometimes identify the need for siblings to either have more time with their parents (by provision of short breaks to a child with a disability) or to provide social experiences within the community to the 'young carer'.

The social work assessment may identify a need for support from other agencies, and the assessing social worker would make any appropriate referrals required. Advice and support would also be provided around the Young Carer Statement in addition to the package of support available to young carers.

There is an established framework for this type of support within the Day Care Link service, and it may be worthwhile to further develop this model of support in the future.

Supporting young carers during the coronavirus pandemic

The Partnership has worked with key partners and stakeholders to share and promote local and national support for young carers and their families during the pandemic.

South Ayrshire Carers Centre have supported all young carers registered with their service via telephone during the pandemic to check on their wellbeing, provide a friendly ear and put in place appropriate support. Staff also hosted regular online 'Zoom group' sessions which provided an opportunity for young carers to "have some fun and connect with their peers" during lockdown.

South Ayrshire Carers Centre also obtained emergency coronavirus grants from external partners such as 'Cash 4 Kids Emergency Appeal' and external donors such as Ayr Rotary Club. These funds were used for 14 hardship payments to young carers' families in direct need as a result of the pandemic; help families with fuel payments and food vouchers and used to distribute art craft packs to the younger young carers.

The Partnership's Children and Families Disability Team contacted families at the start of the coronavirus pandemic, ensuring that critical services were allocated to support the additional caring responsibilities placed on young carers and their families during this time. Social work staff maintained regular contact with young carers throughout lockdown, liaising with colleagues in education and South Ayrshire Carers Centre when additional needs were identified.

Overall, health and social care staff have continued to contribute where appropriate to the assessment and planned support of young carers and their families through the Childs Plan. As part of this work, health and social care staff work with others across the span of the Partnership, Council and communities to safeguard and promote the health and wellbeing of children and young carers.

Website links to information mentioned in this section can be found on page 35

Strategic themes

We have listened to what young carers feel is important and we have set out some ambitious developments. In line with Getting it Right for Every Child (GIRFEC) this Strategy aims to support services and partners to work collaboratively with young carers and their families to improve the outcomes for young carers.

The Partnership's Young Carers Group will regularly monitor progress on these areas of focus and give feedback to young carers via reference groups, social media, South Ayrshire Carers Centre, Young Scot South Ayrshire and South Ayrshire Youth Forum.

Our strategic themes are:

I am safe, healthy and active

I am nurtured, achieving and respected

I am responsible and included

I am safe, healthy and active

Young carers told us

“It’s important to have ‘me’ time with friends and I look forward to seeing them. It can be upsetting when I have to cancel plans with friends due to my caring responsibilities”

“Why are there so many barriers to getting support? Support for young carers should be much better”

“Every young carer has different needs – support needs to be individual – no one size fits all”

“I don’t know who can support me or who I can speak to”

“I feel tired and find it difficult to concentrate”

“There are long waiting times when referred to specialist services such as Child and Adolescent Mental Health Services (CAMHS)”

Areas of focus

- Work in partnership with education, health and social care to ensure that young carers are supported in line with GIRFEC and the Carers (Scotland) Act 2016.
- Work in partnership with education, health/social care and wider partners, to improve awareness, identification and support.
- Raise awareness of and improve the health and wellbeing of young carers.
- Ensure that young carers develop a better understanding of the roles and responsibilities of the people and services that may support them.
- All Community Planning Partners to work towards ‘Carer Positive’ accreditation.
- Identify funding to improve support for young carers.
- Ensure that children and young people are protected from having to manage excessive caring roles.
- Link to the work of the Champions Board for Care Experienced Children and young people where areas of focus are the same or similar.

I am nurtured, achieving and respected

Young carers told us

“What does the Carers (Scotland) Act mean for me as a young carer – what difference will it make”

“I don’t know where to get information about what support is available, it’s confusing”

“Friends and classmates aren’t always aware that I’m a young carer. They are not aware of what’s involved and the responsibilities that I have”

“Information for young carers needs to be centralised and easy to get - you may not need the information now – but in the future”

“I didn’t feel supported when I started college”

“I worry that if I tell someone at school my situation that I might be taken away from my family”

Areas of focus

- Ensure that young carers are supported to maintain positive relationships with their family, friends and peers.
- Provide young carers with opportunities to participate in social activities and have fun away from their caring role.
- Provide support and opportunities for young carers to consider and participate in further education, training, employment and independent living.
- Ensure young carers have access to age-appropriate information and advice, in a variety of formats.

I am responsible and included

Young carers told us

“Young carers are not represented on decision making groups”

“Young carers need information on financial support and how to manage money”

“Even though there are young carers groups – there is no one to look after my mum while I attend – I end up worrying what’s happening when I’m away”

“My rights as a carer – I don’t know them or how to find this out”

“Sometimes it feels that the people supporting my gran don’t listen to me”

“Transport difficulties can make it hard to take part in groups or clubs”

Areas of focus

- Develop a communications and engagement programme to raise awareness of the Carers (Scotland) 2016 Act and the support available to young carers.
- Ensure that young carers are aware of their rights.
- Ensure that young carers are recognised by practitioners in their caring role.
- Develop opportunities for young carers to have a forum to express their opinions.
- Develop advocacy services for young carers.
- Ensure young carers and their families are supported to manage financial and other household related challenges for which they may be responsible.
- Improve access to transport for young carers, particularly in rural areas.

Monitoring and evaluating the Strategy

- The Partnership is aware that the coronavirus pandemic has had a significant impact on young carers and their families. We will work with our partners to consider the impact.
- Once the Strategy is approved by the Integration Joint Board, the Young Carers Group will manage the delivery of the action plan.
- The Strategy will be made available in a range of accessible formats. A summary and an easy read version of the Strategy will be finalised.
- The Partnership will develop commissioning plans for all services to be provided and put in place robust monitoring and reporting arrangements.
- Reports on the progress made to deliver the Strategy will be required every six months and will be presented to the HSCP Performance and Audit Committee. Progress reports on the Strategy will also be provided to the Children's Services Planning Group and Community Planning Partnership on a quarterly basis.
- A Performance Framework will be used to collect data which will support the implementation of the strategy and demonstrate the progress that is being made.
- The Strategy will be reviewed at its mid-point and we will consult with young carers and stakeholders to reflect their views.

How we will know we have made a difference

We will measure performance, both qualitatively and quantitatively, against the strategic themes we have set and report on this to the Health and Social Care Partnership's Performance and Audit Committee. This information will be publicly available to all stakeholders through the South Ayrshire Health and Social Care Partnership website.

We will seek to evidence of:

- Increased uptake of preventative support by young carers;
- Increase in the number of young carers who are offered a Young Carer Statement;
- Increase in the number of completed Young Carer Statements;
- Upward trend in the uptake of Self-Direct Support Options 1 and 2 for young carers;
- Higher levels of engagement and involvement of young carers in service design;
- Improved partnership processes to support the health and wellbeing of young carers; and
- Improved awareness of young carers.

Our performance framework is set out at [Appendix 3](#) and details the systematic and robust approach we will adopt to demonstrate delivery against the strategic themes. We have also included a strategic risk analysis at [Appendix 4](#) and an equality impact assessment (EQIA) at [Appendix 5](#).

Review of the Strategy

In addition to the performance monitoring activity set out above, this Strategy will be subject to annual review and a formal review halfway through the period 2021 - 2026 (i.e. in late summer 2024).

Glossary

CAMHS	Child and Adolescent Mental Health Services
EQIA	Equality Impact Assessment is a tool for improving the design and delivery of services to eliminate discrimination, promote equality of access and outcome and ensure that the needs of diverse groups are considered in service design.
GIRFEC	Getting it Right For Every Child is the foundation for work with all children and young people, including adult services where parents are involved.
GP	General Practitioner
HSCP	Health and Social Care Partnership
IJB	Integration Joint Board, the Governing Body of the Health and Social Care Partnership
SEEMiS	School Information System
YCS	Young Carer Statement

Action plan

****The actions below are associated with the National Outcomes and the over-arching SHANARRI Principles of Getting it Right for Every Child (GIRFEC)***

STRATEGY THEME: I am safe, healthy and active					
Number	Action	Responsible Officer /s	Target Date(s)	National Outcomes Delivered	Funding Source
1	Develop a comprehensive programme of activity to support the identification/ recognition and registration of young carers in all sectors, including education, health/social care and wider community planning partners, ensuring that young carers are supported in line with GIRFEC and the Carers (Scotland) Act 2016.	Service Lead Young Carers, Manager Carers Centre	December 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Allocated funding for implementation of the Carers Act 2016.
2	Ensure that all policies take young carers into account.	Senior Manager Planning & Performance	Ongoing across duration of Strategy	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources
3	Develop clear pathways and protocols for supporting young carers in health and social care, education and relevant Community Planning partner services.	Service Lead Young Carers	December 2021	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Existing Resources

4	Continue to develop procedures for the Young Carer Statement to ensure that young carers receive person-centred, coordinated, and tailored support, through their Childs Plan, to maintain and/or improve their physical/mental health.	Service Lead Young Carers	Ongoing across duration of Strategy	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Allocated funding for implementation of the Carers Act 2016.
5	Develop and implement a process to collect and report on carer information as required by Scottish Government on an annual basis.	Senior Manager Planning & Performance, Education Data Analyst	December 2021, then annually	Resources are used effectively and efficiently in the provision of health and social care services.	Existing Resources
6	Review the Local Eligibility Criteria on an annual basis and revise the document where necessary, ensuring that young carers, relevant staff and partners are consulted with on any changes.	Senior Manager Planning & Performance	April 2021, then annually	Resources are used effectively and efficiently in the provision of health and social care services.	Existing Resources
7	Develop a clear pathway for young carers linked to palliative care and life-limiting illness, including bereavement support.	Service Lead Young Carers	April 2023	People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community.	Existing Resources
8	Review the Short Break Statement on an annual basis and revise the document where necessary, ensuring that young carers, relevant staff and partners are notified of any changes.	Service Lead Young Carers	April 2021, then annually	Resources are used effectively and efficiently in the provision of health and social care services.	Existing Resources

9	Ensure that arrangements, such as home respite, are in place to support the cared for person when a young carer is on a short break or taking time out from their caring role.	Service Lead Young Carers	April 2022	Resources are used effectively and efficiently in the provision of health and social care services.	Allocated funding for implementation of the Carers Act 2016.
10	Work in partnership with South Ayrshire Alcohol and Drug Partnership (ADP) to identify and put in place appropriate support for young carers where either parental, or their own, substance misuse is an issue.	Service Lead Young Carers, ADP Coordinator	December 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources
11	Develop a safe South Ayrshire online chat forum for young carers.	Service Lead Young Carers, Manager Carers Centre	December 2024	People are able to look after and improve their own health and wellbeing and live in good health for longer.	Allocated funding for implementation of the Carers Act 2016.
12	Provide free leisure access to all young carers in line with provision for looked after children.	Coordinator Sport & Leisure	April 2021	People are able to look after and improve their own health and wellbeing and live in good health for longer.	Existing Resources
13	Put in place a central gateway for young carers to access support through universal and targeted services, such as within schools, young carer service, targeted youth support, play services, and more specialist services such as mental health services.	Service Lead Young Carers	December 2022	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Allocated funding for implementation of the Carers Act 2016.
14	Encourage all Community Planning Partners to work towards a Carer Positive Award.	Community Planning Lead Officer	Ongoing across duration of Strategy	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Existing Resources

15	Identify funding to improve support for young carers.	Service Lead Young Carers, Manager Carers Centre	December 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources
16	Link to the work of the Champions Board for Care Experienced Children and young people where areas of focus are the same or similar.	Service Lead Young Carers	December 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources
17	Consider the impact of the coronavirus pandemic on young carers.	Service Lead Young Carers	April 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources

STRATEGY THEME: I am nurtured, achieving and respected

Number	Action	Responsible Officer /s	Target Date(s)	National Outcomes Delivered	Funding Source
1	Consult with young carers to design and deliver a co-ordinated young carers support service that is fit for the future.	Service Lead Young Carers, Manager Carers Centre	April 2022	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	Allocated funding for implementation of the Carers Act 2016.

2	Develop new opportunities and promote existing activities which offers peer support and friendship for young carers within each of the locality areas.	Service Lead Young Carers, Manager Carers Centre	Ongoing across duration of Strategy	People are able to look after and improve their own health and wellbeing and live in good health for longer.	Allocated funding for implementation of the Carers Act 2016.
3	Explore ways to provide support and opportunities to young carers through education and into further education, training, employment, volunteering and independent living.	Co-ordinator Employability and Skills	Ongoing across duration of Strategy	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources
4	Develop arrangements for identifying key transition points for young carers early.	Service Lead Young Carers	December 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources
5	Continue to monitor young carers' experiences through a variety of methods including, focus groups, surveys, comments, concerns and complaints and use this information to ensure we are making progress on our actions.	Service Lead Young Carers, Manager Carers Centre	Ongoing across duration of Strategy	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	Existing Resources
6	Develop a range of age appropriate resources and clear information for young carers which can be easily accessed when required (for example a young carers information booklet, Young Scot (Young Carer) Ayrshire webpage, SDS information, apps and social media options).	Service Lead Young Carers, Manager Carers Centre	Ongoing across duration of Strategy	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Allocated funding for implementation of the Carers Act 2016.

STRATEGY THEME: I am responsible and included					
Number	Action	Responsible Officer /s	Target Date(s)	National Outcomes Delivered	Funding Source
1	Develop and deliver a communications and engagement programme to raise the profile of young carers and the Carers (Scotland) Act 2016, building on initiatives such as Young Carers Action Day, Carers Rights Day and Carers Week.	Service Lead Young Carers, Manager Carers Centre, All CPP Partners	Ongoing across duration of Strategy	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Allocated funding for implementation of the Carers Act 2016.
2	Work with young carers and key partners to develop a Young Carers' Promise, consolidating the rights and key principles for supporting young carers.	Community Planning Lead Officer	December 2021	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Existing Resources
3	Develop and promote a Carer Identification Card for young carers. Exploring opportunities to use the card as a mechanism to identify carers and provide carers with local discounts.	Service Lead Young Carers, Manager Carers Centre	December 2021	People are able to look after and improve their own health and wellbeing and live in good health for longer.	Allocated funding for implementation of the Carers Act 2016.
4	Develop a clear pathway to support young carers at the point of hospital discharge.	Service Lead Young Carers	April 2022	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Allocated funding for implementation of the Carers Act 2016.
5	Establish a Young Carers Reference Group, with representation from young carers and the organisations, who support young carers and strengthen links with other relevant groups e.g. Youth Forum.	Service Lead Young Carers, Manager Carers Centre	December 2021	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Existing Resources

6	Identify opportunities to improve equalities of outcomes for young carers with protected characteristics and identify opportunities to promote good relations.	Service Lead Young Carers	Ongoing across duration of Strategy	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Existing Resources
7	The new HSCP Strategic Advocacy Plan will ensure that advocacy support for young carers is a priority.	Strategic Lead Advocacy	April 2021	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Existing Resources
8	Establish a training programme for young carers. Including manual handling, fire safety, housing issues and finance / benefit advice etc.	Community Planning Lead Officer, Manager Carers Centre	December 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Allocated funding for implementation of the Carers Act 2016.
9	Consider ways to improve transport for young carers, particularly in rural areas, to ensure they can access services; support and activities (could include mixed age options with Older People).	South Ayrshire Community Transport	December 2021	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being	Existing Resources

Acknowledgements

The Partnership wish to thank all young carers and their families, services and professionals who contributed to the development of this Young Carers Strategy for South Ayrshire.

Useful information and links

South Ayrshire Young Carers Service:

www.unity-enterprise.com/carers-centers

Support for young carers and Young Carer Statement (South Ayrshire HSCP website):

www.south-ayrshire.gov.uk/carers/young-carers.aspx

Everything you need to know about the Carers Scotland Act 2016

young.scot/get-informed/national/everything-you-need-to-know-about-the-carers-scotland-act-2016

Young Scot Young Carers Package of Non-Cash Benefits:

young.scot/campaigns/national/young-carers

Young Carer Grant:

www.mygov.scot/young-carer-grant/

Access to Leisure for Young Carers:

www.south-ayrshire.gov.uk/carers/young-carers-leisure.aspx/carers/young-carers-leisure.aspx

Young Scot South Ayrshire

young.scot/south-ayrshire

South Ayrshire Youth Forum (SAYF)

<https://www.south-ayrshire.gov.uk/youthforum/>

Getting It Right for Every Child

www.south-ayrshire.gov.uk/getting-it-right-for-every-child/

Adult Carers Strategy and HSCP Strategic Plan

www.south-ayrshire.gov.uk/health-social-care-partnership

This document is also available in braille, large print, audio formats and languages on request.

Please email young.carers@south-ayrshire.gov.uk

درخواست کرنے پر یہ معلومات ناپید افراد کے لئے ابھرے حروف، بڑے حروف یا آڈیو میں مہیا کی جاسکتی ہے اور اس کا مختلف زبانوں میں ترجمہ بھی کیا جاسکتا ہے۔ رابطہ کی تفصیلات نیچے فراہم کی گئی ہیں۔

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ਇਹ ਜਾਣਕਾਰੀ ਮੰਗ ਕੇ ਬੋਲ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਸੁਣਨ ਵਾਲੇ ਰਪ ਵਿਚ ਵੀ ਲਈ ਜਾ ਸਕਦੀ ਹੈ, ਅਤੇ ਇਹਦਾ ਤਰਜਮਾ ਹੋਰ ਬੋਲੀਆਂ ਵਿਚ ਵੀ ਕਰਵਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਸੰਪਰਕ ਕਰਨ ਲਈ ਜਾਣਕਾਰੀ ਹੇਠਾਂ ਦਿੱਤੀ ਗਈ ਹੈ।

Niniejsze informacje mogą zostać udostępnione na życzenie, w alfabecie Braille'a, w druku powiększonym lub w formie audio oraz mogą zostać przetłumaczone na wiele języków obcych. Dane kontaktowe znajdują się poniżej.

Faodar am fiosrachadh seo fhaighinn, le iarrtas, ann am braille, clò mòr no clàr fuaim agus tha e comasach eadar-theangachadh gu grunn chànanan. Tha fiosrachadh gu h-ìosal mu bhith a' cur fios a-steach.

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