



Southwark Young Carers 18th December 2024

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Who are Young Carers?



- *A person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work).*
- *This relates to care to any family member who is physically or mentally ill, frail, elderly, disabled or misuses alcohol, or substances.*
 - **Section 96 of the Children and Families Act 2014**

Setting the Scene



- 44% of young carers/young adult carers report ‘always’ or ‘usually’ feeling stressed because of their caring role
- 38% ‘always’ or ‘usually’ feel worried because of their role
- Over one third (37%) of young carers and young adult carers said that “**professionals**” did not understand their needs as a Young Carer either ‘very well’ or ‘at all
- 1 in 3 spend up to 20hrs a week caring

Young Carers in Southwark



- helping care for a range of family members,
- 26% of YC have themselves been diagnosed with a primary health condition,
- 31% of YC have either Early Help, Child Protection or Child in Need Plans in place,
- 17% of YC have their own SEND/EHCP in place

Young Carers in Southwark



- Many Young Carers in Southwark are as young as **six** and providing over **15 hours** of caring each week
- **32% of** Young Carers will be caring for more than one person
- **80% of** Young Carers will be caring for an adult - mother/father
- **11-12yrs** is the average age of a Young Carer
- **20% of** Young Carers in Southwark aged **11-15** miss school

Young Carers in Southwark



Cared for Conditions	Percentage
Cognitive/Memory condition	1.3%
Substance misuse	0%
Long Term Condition	1%
Mental Health	25%
Physical Disability	38%
Physical Illness	11%
Learning Disability	23.6%

Their everyday Life



Education

Homework
Exams
Coursework
Deadlines
Career Choices



Practical Tasks

Cooking
Housework
Shopping
Caring for Siblings



Emotional Support

Listening
Calming
Being Present



Intimate Care

Dressing
Washing
Helping with
toileting needs



Physical Care

Lifting
Helping someone
use the stairs



Medication Management

Collecting
Prescriptions
Knowing when
they are needed
and helping
administer

The impact of Caring



Physical Health

- Lifting an Adult
- Siblings lashing out
- Poor Diet
- Lack of Sleep
- Is the condition Hereditary?

Socialisation

- Feeling Different
- Isolated
- Limited Opportunities
- Bullied
- School Absence

Emotional Wellbeing

- Stress / Worry
- Tiredness
- School Pressure
- Poor Mental Health

Home Life

- Traumatic life changes in family
- Loss of income / housing
- Witnessing the effects of illness or addiction on the person they care for

Loss of Childhood

Young Carers in Southwark



Case Study

Following an Adult Social Care assessment on 06/09 a 13 year old Young Carer was referred to the Young Carers Service. We met with the Young Carer and the cared for on the 21/11 with an interpreter and the daughter explained that she has been told that she needs to “deal with dad’s catheter needs” and has been advised to call the District Nurse if there is a problem or to call an ambulance if she feels its serious.

Young Carers in Southwark



Case Study;

Young Carer aged 12 is caring for her Mum, who is physically disabled. The Young Carer cooks cleans, shops and helps Mum get about their flat as she finds it difficult to move around without assistance. Young Carers helps with Mum's medication as she is not able to take her medication without assistance. The family live in a one-bedroom flat, Mum has a medical bed in the living room/kitchen and has a District nurse visit every week. The 12yr Young Carer shares a bed with her 18yr old brother as there is no other space in the flat. Young Carer keeps her belongings in a suitcase, which she uses as a desk to complete her homework. The Young Carer washes clothes in the bathroom and is bullied at school because of her appearance.

Some Indicators



- Sensitivity about their home life
- Missing out on opportunities or socially isolated
- Has a parent or other family member with a disability
- Tired or find it difficult to concentrate
- Signs of neglect, poor health/diet or physical problems
- Their family is difficult to engage with
- Behavioural problems/bullying
- Regular lateness/absence from school
- Stress / anxiety / depression/ mental health problems
- Feelings of too much responsibility / resentment towards their cared for

Identification of Young Carers



Who helps to care for the person at home?

What effect does their condition and personal care needs have on the family?

Is there a child/young person in the family who helps to provide care?

How does this affect the child/young?

Is there any direct help that would support the young carer?

Does the parent need support in their parenting role?

What can be offered to help the whole family?

When prescribing medication for your client, consider whether a young carer may be administering it.

Identification of Young Carers

Can practices review disease registers, long term condition registers and at- risk registers

Does the practice use a form to enable carers of all ages to request being placed on the carers register?

Is there an alert system in place so that the whole practice team can see that someone is a carer when accessing their notes?

Does a named person have responsibility for maintaining the Carers Register?

How frequently is the Carers Register updated?

Are there opportunities to encourage carers to self-identify in the surgery, on the practice website, and through newsletters?

How to Refer?

imago.youngcarers@nhs.net



To get involved, you can
refer via our website
www.imago.community
or scan the QR Code



For further information,
please contact our Hub:

youngcarers@imago.community

0300 111 1110

Southwark Young Carers is a service
of Imago Community
Registered charity number 1108388



We support young people living in Southwark aged
6-24, who provide unpaid care or support to a family
member with a long-term illness, disability, mental
health condition or a substance misuse issue.



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Facilitating Change
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Thank you for Listening



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