

# SUPPORTING YOUNG CARERS

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**A GUIDE FOR  
EDUCATION STAFF**

**Carers Trust Wales is part of Carers Trust, an ambitious national charity committed to improving support and services for unpaid carers by:**

- **Recognising and celebrating the essential contributions carers make**
- **Raising awareness of the barriers faced by carers of all ages**
- **Working with decision-makers to ensure that appropriate support is available to empower carers to live happy and fulfilling lives**

We work with Network Partners – local services that deliver direct support to carers – making the most of our collective experience, expertise and innovations.

This booklet has been funded by Welsh Government as part of the national Young Carers ID card project.

## **Contact us**

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## INTRODUCTION

This booklet is for teachers and school staff to support growing understanding of the challenges children and young people who have caring responsibilities face and how they can best be supported in an education environment. It will also introduce the national Young Carers ID card model and what this may mean for your school and your learners.

## WHO ARE YOUNG CARERS?

Young carers are children and young people up to the age of 18 who provide unpaid care to a family member or friend who has a physical or mental health condition, disability, or addiction.

**Young carers undertake a range of activities which might include:**

- **Cooking, cleaning and other domestic tasks**
- **Emotional, physical and practical support**
- **Collecting, storing and giving medicines**
- **Managing family finances**
- **Looking after siblings**

There are thousands of young people across Wales who provide care for family members, neighbours, or friends. According to the 2011 census there are 21,611 young adult carers (aged 16-24) and 7,544 young carers (aged under 16) in Wales. More recently, the School Health Research Network survey found that almost **1 in 6 pupils in secondary schools** have caring responsibilities. There are also a number of young carers who are still in primary school, with some being as young as five years old.

## THE NATIONAL YOUNG CARER ID CARD MODEL

Young carers have voiced many reasons for wanting an ID card, including:

- **To raise awareness of their responsibilities and to give formal recognition to their role**
- **To discreetly let people know about their caring responsibilities without having to share personal details repeatedly**
- **To give confidence to ask for help or understanding from professionals**

All local authorities across Wales have committed to making an ID card available for young carers by the end of financial year 2021/22.

The ID cards may look different depending on which area the young carer lives in. However, all cards will have the national ID card logo which was designed by two young carers:

**It will also include:**

- **A photo of the young carer**
- **Their full name**
- **Their date of birth**
- **Details about the issuing local authority**



You can find up to date information about which local authorities have an ID card in place and how to contact them by visiting [carers.org/YCID](https://carers.org/YCID)

## RECOGNISING AND SUPPORTING YOUNG CARERS WITHIN AN EDUCATION CONTEXT

Teachers and school staff are in a unique position to recognise children and young people who may be young carers. School can sometimes be one of the few times a young carer is away from their caring responsibility, and teachers can develop supportive relationships with learners.

Alongside their usual educating and pastoral responsibilities, teachers and other school staff can also play a role in:

- Identifying children who are young carers
- Supporting their educational needs around their care responsibilities
- Referring young carers to their local authority or carers services for additional support

## TOP TIPS FOR RECOGNISING AND SUPPORTING YOUNG CARERS



Read through some of the effective education practices highlighted in Estyn's thematic view into young carers.



[Download our suite of resources for primary and secondary schools. These include lesson resources, worksheets and other activities to make your school carer aware.](#)



Read about young carers' rights and how to support their mental health and well-being.



Appoint a 'Carers Lead' or 'Carers Champion' to take responsibility for making sure your school is carer aware and that your policies and procedures recognise and support the unique challenges facing young carers.



Promote carer awareness in your school by displaying posters and relevant information.



Get in touch with your local authority and education consortia which will have tools, tips and advice on how to make your school more carer aware. Many local carers services will provide training, resources, or outreach support to work with your school and directly with young carers



Watch our short animation on supporting the YCID in an education environment:

[www.youtube.com/watch?v=RD71SMsrDa8&ab\\_channel=CarersTrust](http://www.youtube.com/watch?v=RD71SMsrDa8&ab_channel=CarersTrust)



