



## Young Carers Policy

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**GOAL:** This policy aims to identify and empower young carers, offering tailored support to ensure their academic, social, and emotional well-being, fostering a safe and inclusive environment where they feel valued and respected and can thrive alongside their peers.

## **1. Introduction**

ARTS Education recognises the valuable contributions young carers make to their families and communities. We are committed to supporting young carers within our school community and ensuring they have access to the resources and support they need to succeed academically, socially, and emotionally. This policy outlines our approach to identifying, supporting, and empowering young carers.

## **2. Our Definition of a Young Carer**

A young carer is someone under 18 who provides unpaid help and support to a family member or friend who is ill, disabled, or has mental health problems. This can include family members with drug or alcohol issues that mean they are unable to look after themselves or someone else. The support young carers give may include physical care, emotional support, managing the home, or looking after younger siblings.

## **3. Responsibilities of a young carer**

A Young Carers' responsibilities may include:

- Personal care, such as bathing, dressing, feeding, changing dressings, helping with toileting needs)
- Administering or prompting medication/injections
- Practical tasks, such as preparing meals and drinks
- Physical care, such as lifting, helping a parent on stairs or with physiotherapy
- Shopping
- Domestic tasks, such as cleaning, shopping, managing the family budget, paying bills, collecting benefits and prescriptions
- Emotional support, such as staying at home to keep the person they care for company.
- Looking after or 'parenting' younger siblings
- Interpreting, due to hearing or speech impairment or because English is not the family's first language

#### **4. Identifying Young Carers**

- We will use various methods to identify young carers, including self-referral, staff awareness (see appendix 1), and liaison with external agencies.
- Young carers will be given opportunities to disclose their caring role in a safe and confidential environment.
- We will respect young carers' wishes regarding disclosure and sharing information.

#### **5. Our Commitment to Young Carers**

ARTS Education will ensure that a member of staff is designated to have special responsibility for young carers. This member of staff will work with the child and their family to produce an action plan (Appendix 2) that identifies the support they may require, which is tailored to their needs and wishes.

This may include:

- Support for young carers to take part in any assessments required through the Children and Families Act (2014), ensuring that they do not undertake excessive or inappropriate care and have the appropriate support to prevent this.
- Designing the school day to allow for young carers time constraint needs.
- Run a PSHE lesson on the challenges faced by young carers during the year.
- Putting young carers in touch with the local Young Carers Service. We can also put families in touch with other support services.
- Respecting their right to privacy and will only share information about them and their family with people who need to know so that they can provide support.
- Considering alternatives if a young carer is unable to attend out of school curriculum and enrichment activities due to their caring role.
- Allowing young carers to telephone home during breaks and lunchtimes (see Acceptable Use of Technology Policy for further information).
- Complying with the Disability Discrimination Act by offering disabled parents support to get their children into school.
- Additional support for young carers when transitioning into further education to ensure that their transition into adulthood is fully supported and their aspirations achieved.

## **6. Confidentiality and Data Protection for Young Carers**

- We will treat all information about young carers confidentially, in accordance with data protection regulations.
- Young carers will be informed about how their information will be used and shared.

## **7. Monitoring and Evaluation**

We review the effectiveness of our policy and practices yearly through student feedback, parent feedback and staff reflection.

## **8. Conclusion**

The Young Carers Policy at ARTS Education serves as a commitment to ensuring young carers within our school community are not disadvantaged by their caring responsibilities. Through proactive identification, tailored support plans, and collaborative efforts with families and external agencies, we strive to empower young carers to excel academically, flourish socially, and maintain their emotional well-being. By fostering a safe and inclusive environment where their unique needs are recognized and respected, we hope to equip young carers with the tools and resources they need to navigate their dual roles and thrive within the school community. This policy will be continuously reviewed and refined, guided by changing legislation, feedback and best practices, to ensure we can effectively support young carers and empower them to reach their full potential.

## **9. Additional information**

- The Carers Trust: <https://www.carers.org/>
- Young Minds: <https://www.youngminds.org.uk/>
- Children's Society [Include: Supporting Professionals | Young Carers | The Children's Society \(childrenssociety.org.uk\)](#)

## **10. Links to Other Policies and Legislation**

[Children and Families Act 2014](#)

[The Care and Support \(Eligibility Criteria\) Regulations 2014](#)

[Young Carers Regulations 2015](#)

[The care and support \(assessment\) regulations 2014](#)

## **YOUNG CARERS POLICY APPENDIX 1**

### **Young Carers - Information for Staff**

Young carers are children and young people up to the age of 18 who provide care for another family member who has a physical disability or illness, mental ill health, a sensory disability or a problem use of drugs or alcohol.

#### **How do I identify a Young Carer? Possible signs at school:**

- Often late
- Often miss odd days or weeks off school for no apparent reason
- Often tired or withdrawn
- Difficulty joining in with extra-curricular activities
- Isolated or a victim of bullying – either because of the situation in the family or because they lack social skills when with their peers
- Maybe confident with adults
- Under-achievement
- Homework may be of poor quality, not submitted on time or not handed in at all
- Anxiety or concern over ill/disabled relative
- Behavioural problems – there is often a big difference between the young person who seems 'mature beyond their years' in their home environment where they are very protective of a disabled relative, and the young person who takes out their pent-up frustration or stress at school.
- Physical problems such as back pain from lifting an adult

#### **How can you support young carers in school?**

- Support the school's policy
- Discuss any concerns with the designated member of staff
- Help children identify their caring role in their family
- Show understanding
- Be sensitive to the needs of the young carer
- Ensure young carer has a support plan and you are aware of what it says (see Appendix 2)
- Use resources information as appropriate
- With agreement pass on any support needs and relevant information to the young carer's new school

