



ABERDEENSHIRE YOUNG CARER STRATEGY

WE ARE YOUNG CARERS, WHO CARES FOR US?

2021 TO 2023

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1. FOREWORD



Welcome to Aberdeenshire's second Young Carer Strategy underpinned by the Carers (Scotland) Act 2016. This strategy, covering the period from 1st January 2021 to 31st March 2023, is for all young carers up to the age of 18 years old. It has been developed through discussions with young carers and other key partners in social work, education, health and the third sector. This strategy follows on from the success of the first Young Carer Strategy 2018 to 2020 and details our achievements during this time.

There are many young carers in Aberdeenshire and they often find themselves excluded from personal and social opportunities including time in education. This may inhibit their development, ambitions, involvement in hobbies, and potential to achieve.

Young carers should have the same rights and access to opportunities as all children and young people, however they may need support to enjoy positive, healthy childhoods just like other children. We want all young carers in Aberdeenshire to receive the right support, in the right place, at the right time to allow them to be children first and foremost and make sure that they are not held back by inappropriate levels of caring.

Many young carers have told us that they value their caring roles and are proud of what they contribute to their families.

Due to the impact of COVID-19 many young carers have experienced an increase in their caring role due to schools being closed and regular support services for their cared-for being reduced or closed. The care and support that young carers have provided has been invaluable during this time and was acknowledged at the Education and Children's Services Committee in August 2020.

The Carers (Scotland) Act 2016 places a number of statutory duties (or responsibilities) on all local authorities. This strategy will allow Aberdeenshire Council to meet these duties by:

- **Information and Awareness** – we will improve our awareness of young carers and information available for young carers so that more young people will self-identify, and our schools and services will be able to identify young carers earlier.
- **Early Support** – we will improve support available to young carers in our schools through the embedding of the Young Carers Toolkit. Our aim is to make sure that all agencies who come into contact with young carers and their families are aware of their needs and the pathways to support.
- **Young Carer Statement** – all young carers will be offered a Young Carer Statement that will identify their personal outcomes and needs for support to promote their physical, mental and emotional wellbeing.

Laurence Findlay
Director of Education and Children's Services
Aberdeenshire Council

HEALTH AND WELLBEING

- **Project to promote health and wellbeing for young carers**
- **Develop Emergency Plans for young carers**



YOUNG CARER INVOLVEMENT



- **Project to ensure all carers are involved in the hospital discharge of the person they care for**
- **Encouraging young carers to share lived experience through use of blogs or videos and links with the Lived Experience Forum**
- **Ensuring the voices of young carers are listened to and heard, for example, further development of support materials for schools and wider community**

EDUCATION

- **Embed the Young Carers Toolkit and Charter in all schools in Aberdeenshire**
- **Promote Young Carer Peer Support Groups in schools**
- **Promote the support available to young carers in schools**



SUPPORT FOR YOUNG CARERS

- **Further development of the Young Carers App**
- **Promote the Young Scot Young Carers Package across Aberdeenshire**
- **Promotion of resources such as books and websites that have been promoted as having positive outcomes for young carers**



3. INTRODUCTION

Aberdeenshire Council has consulted with young carers to gather their views and to reflect the opinions of young carers across Aberdeenshire. This is our plan of what we are going to do over the next three years to best support children and young people who look after someone else due to illness, disability, mental health or addiction to alcohol or drugs.

Caring for others is not always a negative experience and we need to make sure the lives of children and young people are not restricted, and their experiences and opportunities are not limited as they grow up. The Scottish Government understand that children and young people should enjoy the same range of experiences as others of their age. To make sure this happens, they introduced a new law, which came into effect on 1st April 2018. This law is the Carers (Scotland) Act 2016 and it makes sure that young carers are supported to achieve their full potential. Young Scot explain [what the Act means for young carers](#).

Vision for Young Carers by Young Carers

“ TO MAKE A BETTER LIFE FOR
YOUNG CARERS IN ABERDEENSHIRE ”

We will do this by:

- Giving young carers appropriate information and support
- Ensuring that all young carers feel valued and confident in their caring role
- Helping young carers to have a voice
- Helping young carers to set achievable dreams that they can work towards

Why supporting Young Carers matters:

- To protect young carers' health and wellbeing
- To allow young carers to care if they are willing and able
- To make sure that caring role is appropriate for young carers
- So that more people can be cared for at home
- Young carers are essential to the health and social care sector
- Supporting carers supports children's rights and the economy
- Young carers should be children and young people first and foremost

4. CARERS (SCOTLAND) ACT 2016

There is a responsibility (or duty) for Aberdeenshire Council to prepare a Local Carer Strategy for young carers under the Carers (Scotland) Act 2016.

This law (or Act) places a number of responsibilities on all Scottish local authorities and health and social care partnerships to support unpaid adult and young carers in a different way.

Other duties included in the Act are:

- A Young Carer Statement
- An Adult Carer Support Plan
- Supporting carers by having a Local Eligibility Criteria for carers
- Providing an information and advice service
- Publishing a Short Breaks Services Statement
- Involving carers in the discharge from hospital of the people they care for

5. WHO IS A YOUNG CARER?

The definition of a young carer within the Act is:

- An individual who provides or intends to provide care for another individual (the “cared for person”)
- The carer is not doing paid or voluntary work with the “cared-for”
- Is under 18 years old, or
- Has attained the age of 18 years while a pupil at a school, and has since attaining that age remained a pupil at that or another school

We recognise young adult carers as young people aged 16 to 25 years old who provide unpaid care for someone else with an illness, disability, mental health, alcohol or drug misuse issues.

Being a young carer is a big role for any young person to take on. They may become vulnerable if the level of care they are required to give and the responsibility they have for the cared for person becomes excessive or inappropriate for their age and stage.

It is important to remember that a child or young person can still be identified as a young carer even if they are not the primary carer, if they are taking on a caring role. It is, however, also important to remember that not every child whose parent or sibling is ill, disabled or has a dependency is necessarily a young carer. In many of these situations the young person involved may not have any direct caring responsibilities, but it is likely that they will still experience many of the effects of a caring situation. For example, a young person may suffer from broken sleep patterns or regular visits to the hospital due to the condition of a family member. They may have a reduced amount of family time or have to do more than the average young person for themselves if the attention of their parents has to be elsewhere on a regular basis, but this does not necessarily make them a young carer. The Aberdeenshire Young Carers Strategy Group recognises these young people as ‘young people who are affected by a caring role’.

A young person affected by a caring role is a child or young person aged under 18 who lives in a household where there is a caring role taking place due to illness, disability, mental health or substance misuse issues, which is having an impact on their own wellbeing, but where they do not have to undertake a direct caring role themselves



These young people are often mistaken for young carers and then provided with support that does not always meet their individual needs, or they are not recognised as needing support at all. While many of the issues surrounding these two groups will be similar, it is essential that we are able to differentiate between these two groups to make sure we are supporting them in the most appropriate and effective way possible.

The following young people are excluded from either of these definitions:

- Those caring for someone with a short-term illness such as the flu
- Those caring for a sibling solely due to his or her age because parents are absent, for example due to work commitments
- Those caring for their own child

**Aberdeenshire Council Children’s Services
Plan 2020 to 2023 Vision Statement:**

Our commitment to Aberdeenshire’s children and young people is to provide them with the right support, in the right place, at the right time. In helping them to reach their individual potential and goals, we will work together to make Aberdeenshire the best place in Scotland to grow up.

6. IDENTIFICATION OF YOUNG CARERS

There are approximately 29,000 young carers in Scotland, and this equates to approximately 1,954 young carers in Aberdeenshire based on figures collated by the Scottish Government in 2015.

Aberdeenshire Schools can record young carers on a database called SEEMIS and collect information at two points during the school year. It is recognised that more work is required to identify young carers in Aberdeenshire.

There are a number of reasons why a young carer is not always identified or recognised either by themselves, their families or by the people around them. These young people are considered to be hidden young carers. The reasons for this can include:

- They do not realise that they are a carer or that their life is different to their peers – this may not be recognised by family members either
- Their family values or cultural beliefs lead them to think that this is 'just what families do'
- No one has ever asked them and there has not been the opportunity to share their story
- They may want to keep it a secret or are embarrassed about the situation or the person they care for
- Their parent or siblings' condition is not obvious, so people do not recognise the impact or think that they need any help
- There are no other adults in the household, so it is expected that they are taking on the caring role
- Adult Services may not have recognised the Service User's needs as a parent in addition to their illness or disability

This list, although not exhaustive, goes a long way to explaining why so many of our young carers remain hidden, and again highlights the need for staff in schools to be extra vigilant and sensitive when identifying young carers within schools.

Early identification can mean that young carers receive support for their caring role. This may help them to continue caring for longer, with better outcomes for both the young carer and the cared-for person. It is essential that a young carer is identified and referred at the earliest opportunity after referral or engaging with our services.

There are three key areas for identification:

- To recognise themselves as a young carer and be recognised as a young carer
- For professionals to be young carer aware
- To have information and support available for young carers

7. SUPPORT AVAILABLE TO YOUNG CARERS IN SCHOOL

Whilst the misconceptions that young carers are only affected by physical tasks continues, there is an increasing focus on the social and emotional impact on the individual and the family. Growing up coping with a disability or illness of another person may impact on the wellbeing of young people. The nature and extent of such effects will most likely depend on a variety of factors including:

- The services and support offered to the family by friends and agencies
- Family structure and dynamics
- The nature of the disability
- The personality of the young person

To support young carers in school, Aberdeenshire Council has developed the Young Carers Toolkit for both primary and secondary schools. The main purpose of the Toolkit is to support consistency of approach across all schools and to allow schools to follow the processes that are in place to support young carers.

The Toolkit aims to increase awareness of young carers across Aberdeenshire. It provides guidelines for schools for supporting young carers and includes a Support Programme and Curricular Resource Guide.

The Toolkit also includes a Young Carers' Charter which is a document that outlines the school's commitment to being a 'Carer Friendly School' and to supporting young carers to access their education. The Charter should be prominently displayed and promoted within the school community. Senior Leadership Teams will then be responsible for ensuring that the school upholds their commitment to the activities outlined within the Charter.

There is a dedicated worker employed by Quarriers who is responsible for raising awareness of the Toolkit to schools in Aberdeenshire and ensuring that its resources are fully utilised. The postholder will also promote carer awareness and the support available to young carers. This post will support a consistent approach for earlier identification of young carers across Aberdeenshire, enabling support to be offered at an earlier stage where required.

The improved identification of young carers will make sure that we are able to collect the data that is required by Scottish Government and will contribute to research carried out in the future.

Where appropriate, the Toolkit will link to the Multi-Agency Action Planning Process as part of Getting It Right For Every Child (GIRFEC).

8. YOUNG CARER STATEMENT

The Scottish Government have replaced Carer Assessments with Adult Carer Support Plans and Young Carer Statements. The Young Carer Statement must be offered to all young carers, but they can choose to decline this.

The Young Carer Statement must combine the identification of the young carer's personal outcomes and an assessment of their needs. It should also identify the help needed to achieve the personal outcomes. This process incorporates Getting It Right for Every Child (GIRFEC) and the eight wellbeing indicators (**Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included**).

Aberdeenshire Council has a duty to prepare Young Carer Statements, even if the young carer is not deemed eligible for support. In these circumstances, the Young Carer Statement should include signposting and access to any relevant supports, for example universal or community-based services.

Young Carer Statements will be reviewed in the following circumstances:

- When the caring role changes, for example increases or decreases
- Prior to young carers commencing exam preparation
- Where a young carer's capacity to manage their caring role changes, for example, a change in a young carer's health and wellbeing
- At times of transition, for example primary to academy, young carer to young adult carer

As per the flowchart, on the next page, Young Carer Statements will be co-produced with the young carer and Quarriers Carer Support Service's staff. Young carers who meet the eligibility criteria and require an individual budget to meet their identified needs and personal outcomes, will discuss Self-directed Support (SDS) with a Carer Practitioner from the local authority who will support them with their choice of the four options.

Young Carer Statement Flowchart



9. SELF-DIRECTED SUPPORT

What is Self-directed Support (SDS)?

With Self-directed Support you are in control of your own budget. So you can choose how your support is provided, making it a more personal package that's more suited to your life.

Who is it for?

It's for you! SDS is for anyone who needs help and support to live as independently as possible in their own community.

How do I apply for SDS?

If you're eligible for support services as a young carer, you will have your needs assessed.

An individual budget will then be identified based on your individual needs. You will be supported to identify your own skills and resources and will work with everyone involved to look at different ways to improve your life.

A support plan will outline the actions to achieve the desired outcomes using the resources identified and the individual budget.

Once all this is agreed, you can choose from four options as to how much control and responsibility you want to take.

1. **A Direct Payment (a cash payment) where you choose how the budget is used and you manage the money.**
2. **You direct how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund).**
3. **You ask the local authority to choose and arrange services for you.**
4. **You can choose a mix of these options for different types of support.**

You will have a dedicated worker to provide ongoing advice and guidance, and your local authority will have a responsibility to make sure you are safe and well supported. They will also make sure your budget is being used as planned to achieve the agreed outcomes.

For more information on SDS, you can contact [Cornerstone SDS](#) who provide a self-directed support service in Aberdeenshire on 01467 530520 or by emailing aberdeenshire@cornerstonesds.org.uk

10. SUPPORT AVAILABLE FOR YOUNG CARERS

On consulting with young carers, they report that the majority of support they receive in their caring role comes from friends and family as opposed to more formal routes.

Carer Support Service

Aberdeenshire Council has asked [Quarriers](#) to deliver a Carer Support Service for young carers in Aberdeenshire.



Quarriers can:

- Support young carers to complete a Young Carer Statement
- Provide information, advice and support
- Help put young carers in touch with others in a similar situation
- Help identify any training that might assist individual caring situations
- Work with young carers to reduce their caring role

The service also offers peer support groups and one to one support for young carers. They also facilitate the Your Space, Your Voice virtual group which allows young carers to contribute to the services development plan and encourages wellbeing through creative expression.

Information Pack for Carers

The [Aberdeenshire Unpaid Carers' Information Pack](#) was launched during 'Carers Week' in June 2017 after carers had expressed that they found it difficult to access information that was useful to them. Included in the pack is information on carer support services, helpful hints for carers and community services that promote carer involvement. This pack was widely distributed and was updated in July 2018 and is currently undergoing further update.



Rights of Young Carers

The Carers (Scotland) Act 2016 recognises and highlights all rights for carers including young carers. The [Aberdeenshire Carers' Charter](#) details the rights of adult and young carers in Scotland. The [United Nations Convention of the Rights of the Child](#) (UNCRC) highlights the importance of recognising the rights that all children and young people have.

Carer Advocacy Service

Advocacy North East has provided an independent advocacy service for carers since 2012, this includes young carers aged 16 years and over. Independent advocacy involves supporting carers to understand, make decisions and to have their say in matters affecting them in their caring role.



PAMIS:

PAMIS support people with profound and multiple learning disabilities (PMLD), their families, carers and professionals.

PAMIS provide a service in Aberdeenshire and can support in a number of ways including family support, SDS, postural care and learning and development to name a few.

PAMIS also run the **Digital Passport Project** which aims to offer families of those with PMLD support in developing a digital passport. The PAMIS digital passport serves as an easily accessible tool to support carers, including young carers, to promote positive health outcomes for the person they care for. This tool also provides the benefit of providing a holistic non-medical view of the individual being cared for. There are a number of families in Aberdeenshire that have benefited from this project since it commenced in April 2016.



NHS Grampian Person Centred Care and Visiting

In April 2017, NHS Grampian launched changes to their **visiting policy** across all hospitals in the Grampian area following a successful pilot of this in Aberdeen Royal Infirmary.

New visiting arrangements welcome families, carers, young carers and friends to:

- Visit the ward as much as their family member or friend would like
- Participate in the planning and delivery of care
- Share their views and experiences



Please note that during the Coronavirus (COVID-19) pandemic, hospital visiting will be restricted so check with the hospital prior to visiting.

11. EMERGENCY PLANNING

Quarriers Carer Support Service supports young carers to complete a simplified version of Enable's Emergency Planning Toolkit to make sure they have a plan in place for who can provide support in an emergency. If a young carer is unable to carry out their caring role due to sudden illness, injury or any other reason, it is important that they have an emergency plan (back-up plan) in place to make sure that their cared-for person receives the care they require. This plan may involve the need to access emergency paid replacement care. All emergency plans should be discussed with the cared-for person to make sure that they agree the appropriateness of the plan.

As there has been low uptake of this for young carers over the last two years, we will be looking at the reasons for this and whether we need to implement a different tool for young carers.

12. YOUNG CARER INVOLVEMENT IN HOSPITAL DISCHARGE OF CARED-FOR PERSON

The Carers (Scotland) Act 2016 requires all Scottish local authorities to involve young carers in the discharge planning of the cared-for person from hospital. Aberdeenshire Council will be working together with NHS Grampian to make sure that we have the required processes in place to meet this responsibility, particularly in relation to documenting young carer involvement in hospital discharge of the person they care for.

13. YOUNG CARERS OF TERMINALLY ILL CARED-FOR PERSONS

The set timescales for preparation of a Young Carer Statement are to be decided by the Scottish Government. When implemented, the process will fast-track the development of the Young Carer Statement and the planning discussions need to be shared with the cared-for person to make sure that they agree the appropriateness of the plan. However, Quarriers Carer Support Service is currently prioritising such cases and has had positive examples of this to date.



14. TRAINING FOR YOUNG CARERS

Young carers benefit from the following training courses currently being provided by Quarriers:

- Autism awareness
- Epilepsy awareness
- Moving and handling
- Youth mindfulness programme
- Emergency first aid
- Confidence to cook
- Anger management
- Strategies for dealing with challenging behaviours
- Assertiveness training
- Managing and understanding finances
- Curriculum based support (Aberdeenshire schools toolkits) and links to Aberdeenshire local project such as Career Ready and SVQ Level 2 for Unpaid Carers

Quarriers are currently developing training in the following area as identified by young carers:

- How to use the Quarriers Young Carers App (as well as ability to feed into its development)
- IT programming

15. TRAINING AVAILABLE FOR THOSE WHO SUPPORT YOUNG CARERS

Courses available on Aberdeenshire Council ALDO training system:

- Implementing the Young Carers Guidelines (Young Carer Toolkit)
- Raising Awareness of Young Carers in Schools
- Carer Awareness Level 1

External Courses and Information:

Online courses and information are available through the following links:

- [NHS Education for Scotland \(NES\) and Scottish Social Services Council \(SSSC\) Equal Partners in Care \(EPiC\) Learning Pack](#)
- [Carers Trust Scotland Digital Education Hub](#)
- [Education Scotland National Improvement Hub – Supporting Young Carers in Education](#)
- [PKAVS Young Carer E-Learning Module](#)
- [Connecting Young Carers E-Learning Module](#)
- [BBC: Things Teachers Should Know About Young Carers Video](#)
- [We Care Awards run by Edinburgh Young Carers](#)

16. TRANSITION OF YOUNG CARER TO ADULT CARER

In addition to coping with their transition from school into a positive destination, young carers are also often trying to cope with the transition to becoming an adult carer. This will be critical for those with significant caring roles. Young carers make this transition at the age of 18 when they move on to adult carer services. Where Quarriers Carer Support Service is involved with a young carer there will be a seamless transition with the carer being supported appropriately.

Where a young carer has a Young Carer Statement this will remain in place until such times as an Adult Carer Support Plan is developed.

17. POTENTIAL IMPACT ON YOUNG CARERS' HEALTH AND WELLBEING

A survey by the Carers Trust Scotland in July 2020 highlighted the significant impact of Coronavirus (COVID-19) on young carers. The results showed a steep decline in the mental health and wellbeing of young carers in Scotland, with worries about the virus and increased isolation due to lockdown. Even before the outbreak of Coronavirus, young carers were often spending significant amounts of time caring for a relative whilst balancing education and time for themselves. Coronavirus significantly increased those pressures, often leaving young carers feeling more stressed and less connected with others. Over half of the young carers surveyed felt their education had suffered and almost three quarters were more worried about their future since Coronavirus.

The full report can be found using the following link:

[2020 Vision: Hear Me, See Me, Support Me and Don't Forget Me.](#)

The health, wellbeing and welfare of young carers is paramount and should be assessed on an individual basis through the provision of the Young Carer Statement. The professionals involved in the development of the Young Carer Statement should take account of the caring role and consider:

- The age of the young carer
- Whether or not the young carer is able and willing to have the caring responsibilities
- If the caring tasks are appropriate for the age and stage of the young carer for example provision of intimate personal care
- Physical impact for example health and safety, ability to carry out safe moving and handling
- Management of medication
- Emotional impact of caring role
- Resilience of the young carer
- Impact on education and achievement of personal goals and ambitions

The Aberdeenshire Carer Support Service will continue to provide support to young carers, providing information, advice and guidance on how to reduce the impact of their caring role.



18. BREAKS FOR YOUNG CARERS

A short break (or respite care) is a term often used to describe a break from normal routine designed to be of benefit to a carer. Scottish Government invests in short breaks for carers through a number of routes. In Aberdeenshire, Quarriers Carer Support Service has made successful bids for Time to Live funding via Shared Care Scotland, which young carers can apply for to allow them to take a personalised short break. Since the implementation of the Carers Act in April 2018, 83 young carers have benefited from this funding as well as 13 carers who have been provided with Chromebook laptops in 2020 through top up funding.

The [Shared Care Scotland website](#) and [Euan's Guide website](#) are searchable databases. They have information about services you might be able to use for planning a short break.

The Carers (Scotland) Act 2016 requires all local authorities and partnerships to prepare and publish a Short Breaks Services Statement outlining the available breaks both locally and nationally as well as identifying any gaps in resources as well as plans to address these.

The [Short Breaks Services Statement for Aberdeenshire](#) was updated in March 2020.

A pilot Respitality project in Central Aberdeenshire started in September 2019. Respitality is Respite plus Hospitality which originated in the USA. It provides a unique way for Carer Support Services and the hospitality sector to work together to provide short breaks to unpaid carers. The way it works is that the hospitality sector gift short breaks. These can be overnight stays, meals, spa days, beauty treatments – whatever gift the business chooses to donate. These breaks are then matched to carers most in need of them.

This project had a very successful start with a number of carers receiving gifts from local businesses including gym membership, trampolining session, ceramic painting workshop and a haircut. However, Coronavirus (Covid-19) has had an impact on this. The project will continue when restrictions are lifted for businesses to resume and will be sensitive towards the difficulties that many businesses will have faced during this time.

Quarriers is about to start The Rainbow Days Project which has been designed in response to the need of carers registered with the service requiring meaningful respite opportunities. Within this project, tailored activities will be provided to two groups of young carers:

- 18 Young carers 5 to 11 years old
- 75 Young carers 12 to 18 years old

Fun and educational activities will be offered during holiday periods to give the carer something to look forward to. Examples of activities include ten pin bowling, Forest School, mindfulness holistic days, circus workshops and outdoor experiences but will be chosen by the carer based on their preference. Those they care for will have the opportunity to go to these activities or choose to be supported by other family members during this time.

19. UNMET DEMAND

We are currently meeting the demand for support and services for young carers, however since implementation of the Carers Act and introduction of Young Carer Statements, the number of young carers eligible for support in the form of an individual budget is lower than expected. So, as well as looking at young carers' eligibility, we intend to use the power to support young carers through a project aimed at supporting their health and wellbeing throughout the duration of this strategy.

20. YOUNG CARER GRANT

Young carers aged 16 to 18 years old in Scotland who do not currently qualify for Carer's Allowance may be eligible for a new annual payment of just over £300 to help them access life opportunities that are the norm for other young people. More information on eligibility and how to apply is available on the [Scottish Government Website](#).

The Scottish Government introduced this to support young carers to:

- Look after their own health and well-being, improve their quality of life and reduce any negative impact of caring
- Participate fully in society and, if they choose, engage in training, education and employment opportunities, as well as social and leisure
- Have an increased sense of control and empowerment over their lives

The grant will be paid on an entitlement rather than discretionary basis .

Free bus travel for young carers is being developed but will not be available until 2020 to 2021 as it will take time to put the systems in place and pilot this provision. The Scottish Government have to be sure that a roll out of free bus travel will be accepted across the bus network

21. HOW WELL HAVE WE DONE?

Since implementation of the Carers Act in April 2018, we have achieved the following:

- Aberdeenshire Council was awarded level 2 (Established) in May 2018 of the Scottish Government's [Carer Positive](#) award and is working towards level 3 (Exemplary)
- Targeted interventions in areas where there are low numbers of young carers identified - the Young Carer Toolkit worker reviewed data and prioritised working in schools with lower referral numbers
- Young carers were supported to make a video which highlighted their caring role through use of stikbot animations which allowed them to express themselves in a fun way as well as being a fantastic tool for use in future staff training
- Quarriers has made successful bids for additional funding to Tesco and Shared Care Scotland to increase funding available for respite and digital devices which meet young carer's outcomes
- Quarriers supported young carers to go to the National Young Carers Festival in 2019 and have received funding in place of the Festival in 2020. This will be used to fund 30 bespoke wellbeing packs for young carers aged 12 to 18 years old. These packs will include various items including outdoor games, relaxation aids, books and music, toiletries and art and craft materials
- Quarriers has worked with teenage and young adult carers to develop the Quarriers Quack (The Quarriers App of Carers Knowledge) app. This was launched on Android systems in June 2019 and utilises technology in innovative ways to identify and support hidden young carers
- Quarriers facilitate a private Facebook Group and regular meetings for young carers on Microsoft Teams for advice, information and peer support
- Development of a Short Breaks Services Statement for Aberdeenshire
- Development of a Respitality project in Central Aberdeenshire
- Update of the Young Carers Toolkit 'Help! I'm a young carer but who cares for me?'
- Development of a suite of new literature to promote the support available to young carers in Aberdeenshire
- Recruitment of a Family Wellbeing Worker for carers in marginalised caring roles such as carers of those who suffer from a mental illness, substance or alcohol misuse or are part of a minority ethnic group. This worker has formed links with various groups to make sure that they are aware of support available to carers locally
- Improved transitions from Young Carers Service to Adult Carers Service

22. WHAT COULD WE DO BETTER?

Here are a number of areas where we feel we could improve:

- Improve identification and recording of young carers through school data gathering tools
- Increase awareness and understanding of young carers within the local community, including our schools, medical practices and social work services
- Improve engagement in carer awareness training
- Implement a joint service evaluation tool with Quarriers Moray Carers Service



23. ACTION PLAN – WHAT ARE WE GOING TO DO?

Theme	Action	Timescale
Health and Wellbeing	Develop grant for all young carers registered with Quarriers to purchase membership or piece of equipment to improve their health and wellbeing. (Use this opportunity to ask young carers if they know of the support available to them).	2021 to 2022
Health and Wellbeing	Development of Emergency Plans for Young Carers.	2021 to 2022
Education	Embed the Young Carers Toolkit and Charter in all schools in Aberdeenshire, updating to same design as new literature.	2021 to 2022
Education	Promote Young Carer Peer Support Groups in Schools – project to expand on Mackie Academy's example. (Use this opportunity to also have interviews with young carers to find out what support they currently benefit from and if relevant, why they may not want to be recorded as a carers on SEEMIS system).	2021 to 2022
Education	Promote the support available to Young Carers in schools.	2021 to 2022
Support for Young Carers	Further development of the Young Carers App – launch on IOS systems as well as additions to content on feedback from young carers.	2021 to 2022
Support for Young Carers	Promotion of the Young Scot Young Carers Package across Aberdeenshire.	2021 to 2022
Support for Young Carers	Promotion of resources such as books or websites that have been promoted as having positive outcomes for young carers.	2021 to 2022
Young Carer Involvement	Project to make sure all carers to be involved in the hospital discharge of the person they care for.	2021 to 2022
Young Carer Involvement	Encouraging young carers to share lived experience through use of blogs or videos and make links with the lived Experience Forum.	2021 to 2023
Young Carer Involvement	Making sure the voices of young carers are listened to and heard such as further development of support materials for schools and wider community.	2021 to 2023

24. APPENDIX 1 – JARGON BUSTER

Adult Carer	An adult carer is over the age of 18 years old and has left school.
Adult Carer Support Plan	The equivalent of a young carer statement, for carers who are over 18 and have left school.
Advocacy	Allows young carers to access information, express their wishes, make their own decisions and represent them if required to do so.
Assessment	This is a talk with someone to find out what the carer needs and decide what support they can have. The key points are written down.
Break from caring	Time away from caring for someone. These are sometimes called short breaks. Examples of short breaks might be going swimming, going to the cinema, playing music, spending time at a community club, a weekend break, or a day trip.
Carer	Someone who helps someone else who needs support as a result of their illness (including physical, mental health, and substance misuse), condition or disability. It does not matter how many hours are spend in the caring role.
Cared-for person	The person that a carer helps who needs support as a result of their illness, condition or disability.
Carer Information Pack	Aberdeenshire Unpaid Carers' Information Pack is for both adult and young carers and contains lots of information that carers will find useful.
Carer Practitioner	Social work staff who support eligible carers, following completion of an Adult Carer Support Plan or Young Carer Statement, to look at how they can be supported to meet their needs and outcomes through use of a Self-directed Support budgets.
Carers (Scotland) Act	This is a law that says what support must be given to carers, and who must give that support. Its full title is the Carers (Scotland) Act 2016
Duties under the Act	Responsibilities required by law.
Eligible Need	A need which is considered to be appropriate to be met by the allocation of some social work resource or funding, by the application of eligibility criteria.
Hospital Discharge	This is what happens when someone comes out of hospital after having treatment. Health boards have to try to tell the carer and ask for their opinion when the person they look after is going to come out of hospital.
Identified Need	An area of an individual's life which they currently need support with. Not all identified needs will require, or be eligible for, input from social work.

24. APPENDIX 1 – JARGON BUSTER (CONT.)

Individual Budget	The amount of money that social work agrees to give to meet the eligible needs of the individual.
Local Authorities	These are councils who control things like social services and most schools in the area you live. They have a lot of different duties under the Carers Act.
Moving and Handling	Any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving by hand or bodily force). The load can be an object or person.
Options	With SDS, people can choose how much or little they want to be involved in dealing with how their budget is spent. The choices they have are known as Options.
Personal Outcome	This is a way of describing what is important to you and the things you would like to happen in your life. You could also call it an aim, hope or goal.
Resources	Things that people have available to them. This could be people, money, services, information or skills they have themselves.
Short Breaks Services Statements	An official document in your area about the short breaks that are available to carers.
Self-directed Support (SDS)	A process to allow individuals who require support, greater choice and control about how they are supported.
Strategy	A plan of action designed to achieve a long-term or overall aim.
Terminally Ill	This is when someone has a progressive disease, that cannot be treated, and they are expected to live for less than six months.
Transition	The process or a period of changing from one stage to another.
Young Carer Statement	Looks at a young carer's caring role, how it affects them and what support might be needed to allow the young carer to do things they want to do and still carry on caring, if they want to.
Young Carers Toolkit	A collection of guidance and resources to support young carers in schools. Known as "Help! I'm a young carer but who cares for me?" is a collection of guidance and resources to support young carers within schools.

25. LIST OF WEBSITES MENTIONED THROUGHOUT THIS DOCUMENT

Young Scot Website

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

Carers (Scotland) Act 2016

<https://www.legislation.gov.uk/asp/2016/9/contents/enacted>

Cornerstone SDS

<http://www.cornerstonesds.org.uk/>

Quarriers

<https://quarriers.org.uk/services/young-carers-support-service-aberdeenshire/>

The Aberdeenshire Carers' Charter

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/caring-for-others/carers-rights-and-legislation/>

United Nations Convention of the Rights of the Child

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

Advocacy North East

<https://advocacyne.org.uk/>

PAMIS

<http://pamis.org.uk/>

PAMIS Digital Passport Project

<http://pamis.org.uk/services/digital-passports/>

NHS Grampian Visiting Policy

http://www.nhsgrampian.org/nhsgrampian/gra_display_simple_index.jsp;jsessionid=0A300DD3DFBBA7DF3D5FEE1BB69170F9?pContentID=3241&p_applic=CCC&p_service=Content.show&

NHS Education for Scotland (NES) and Scottish Social Services Council (SSSC) Equal Partners in Care (EPiC) Learning Pack

<https://learn.nes.nhs.scot/22660/person-centred-care-zone/carers/equal-partners-in-care>

Carers Trust Scotland Digital Education Hub

<https://carers.org/resources/all-resources?location=%2CScotland&p=1>

Education Scotland National Improvement Hub – Supporting Young Carers in Education

<https://education.gov.scot/improvement/learning-resources/supporting-young-carers-in-education>

25. LIST OF WEBSITES MENTIONED THROUGHOUT THIS DOCUMENT (CONT.)

PKAVS Young Carer E-Learning Module

<https://www.pkavscarershub.org.uk/E-Learning-Module>

Connecting Young Carers E-Learning Module

<https://calaelearning.co.uk/product/young-carers-seen-heard-and-supported/#tabs1-description>

BBC: Things Teachers Should Know About Young Carers Video

<https://www.bbc.co.uk/programmes/p07hst84>

We Care Awards run by Edinburgh Young Carers

<https://www.youngcarers.org.uk/schools-awareness-project/we-care-awards/>

2020 Vision: Hear Me, See Me, Support Me and Don't Forget Me

<https://carers.org/resources/all-resources/109-2020-vision-hear-me-see-me-support-me-and-donot-forget-me>

Shared Care Scotland website

<http://www.sharedcarescotland.org.uk/>

Euan's Guide website

<https://www.euansguide.com/>

Short Breaks Services Statement for Aberdeenshire

<http://publications.aberdeenshire.gov.uk/dataset/aberdeenshire-short-breaks-services-statement>

Scottish Government Website

<https://www.mygov.scot/young-carer-grant/>

Government's Carer Positive award

<http://www.carerpositive.org/>

This document is also available in large print, other formats and languages on request. Please email the Young Carer Strategy Team:

carersupport@aberdeenshire.gov.uk

Aberdeenshire
COUNCIL

