

# Scotland's Young Carers – Young Adult Carers



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## Statement of Purpose:

The Scottish Young Carers Alliance exists to service all young carers initiatives in Scotland with information and support to develop their practice and provide quality services to young carers. The Alliance also provides information and advice at strategic level, seeking to influence those developing national policy, guidance and legislation to ensure that the needs of young carers are acknowledged and met.

## 48 Young Carers Services in Partnership

Established services providing range of services:

- Work in schools
- Non-threatening service
- Respite
- One to one, group work
- Family based approach
- Advocacy
- Inter agency approach to moving on



## What difference do services make :

I used to hate myself, I used to slit my wrists and everything, just because of life an' all that.....they make you realise that you're doing something that not a lot of other people do' (young carer)

'you will have time to sit next to someone when they're doing activities and just chat. That is the time when a lot of the worries – 'Oh, I've had a bad day'. That kind of thing leads to 'Why have you had a bad day?'  
'Well.....'

Normally you don't get to hear that' (worker)

# Scotland's Miles better ! – so we're told.....



In terms of :

- Government  
Commitment
- National Strategy
- Annual Festival
- Resources

## ‘The Strategy is the baby of the Festival’

Original commitment: funding for a 4<sup>th</sup> Festival



New Commitment :  
Funding for 3  
further festivals  
with an extension  
to 2night break

# YOUNG ADULT CARERS

Becker, F. and Becker, S. (2008) *Young Adult Carers in the UK: Experiences, Needs and Services for Carers aged 16-24*. London: The Princess Royal Trust for Carers

# YOUNG ADULT CARERS

Findings from the research show that around the area of Education and Training needs are:

- Information, advice and guidance about opportunities in further or higher education and how to obtain relevant financial assistance
- Information about flexible training opportunities, such as part time, distance learning or on-line courses



# YOUNG ADULT CARERS

- Further or higher education institutions (universities) and training organisations to be aware of the needs and potential demands on young adult carers and consider how best to support them
- Help in balancing the demands of caregiving and further education and ongoing (or lifelong) learning

# YOUNG ADULT CARERS

‘the key organisations who could make the most difference to young carers are universal services who have access to all young people....schools,colleges,careers advisers, youth workers GPs etc’

# Moving On.....

## Chapter 8 of the Strategy:

- Work with SDS to develop Practice Guidance for SDS staff
- Alliance are delivery partners for targeted Employer Recruitment Incentive
- European project to capture good practice in field of supporting this group
- Involved in steering group with Scotland's Colleges to develop benchmarking tool
- Authorisation Card

**I am a young carer.**

**In school I may need extra help  
I need to be included, talk to me.**

For further information contact Fife Young Carers 01592 223894

Design by FYC Focus Group



The Scottish  
Government



**I am a young carer.**

**I have consent to discuss the following  
issues which relate to the person I care for.**

**Medication**

**Diagnosis**

**In school I may need extra help  
I need to be included, talk to me.**

**For further information contact Fife Young Carers 01592 223894**



**The Scottish  
Government**



# Young Carer's Authorisation Card



**Simon Sample**

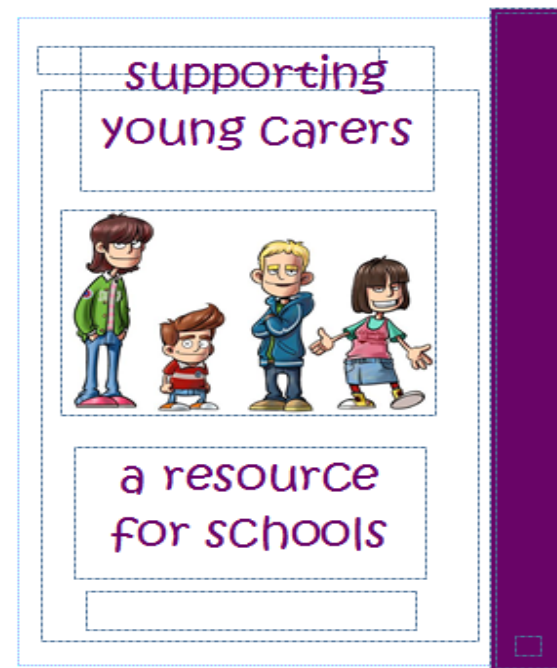
Date of Birth: 09/09/1990

**Cares For**  
**Sue Donim**

Expiry Date: 12/12/12



## Education resources 5.3 & 5.4



Both available on

[www.youngcarers.net/professionals/education](http://www.youngcarers.net/professionals/education)

# Thank you

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# The Scottish Young Carers Festival

## Media Team



**Lorna Goodwin**  
**Scottish Young Carers Festival Coordinator**  
**Carers Trust**

**CARERS** Scotland  
the voice of carers



# What is SYCF?



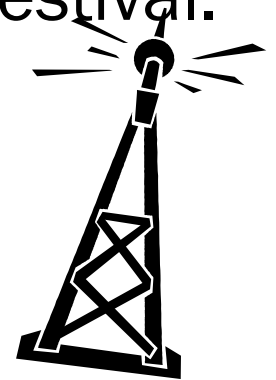
The SYCF is an event that brings together young carers from across Scotland for a weekend that:

- Gives them a break from their caring responsibilities
- Opportunity to meet other young carers from across the country
- Speak directly to decision makers about what would make things better for young carers in Scotland and ...

# HAVE FUN!

One of the most successful elements of the Festival is the media team.

The Festival Media Team are a group of twelve 16-18year olds who run the radio station at the Festival.



# Young carers are able to apply through the Alliance network

- This is funded by the Scottish Government

- 12 places



- Free to attend and all travel cost's are covered



- The young carers take part in a week long training residential
- This provides them with technical skills and confidence to run the radio station
- Visit Radio Station



- Take part in Broomlee Outdoor activities



- Visit to Edinburgh



- Confidence building/ motivational session



**2012 media team with  
Minister for Public Health Michael Matheson  
at the Parliament...**



# At the Festival...



- They run the radio station
- Welcome groups to the visit- helping to create atmosphere
- Involved in opening ceremony
- Involved in Festivals Got Talent





# After the Festival...



- Involved in national conferences/ events
- Created new peer support network
- Have gone onto further education to study media
- Feel more confident
- Developed skills that can be used in social, educational or employment setting



# The Golden rules...



## Do's

- Stay focused on the specific subject
- Answer the questions directly to the young people
- Engage informally
- Feel free to ask questions to the YOUNG PEOPLE!!!
- Be organised and actually know WHY you are there
- You need to be involved with the young people
- Be casual!!!
- Be interested
- Be creative
- Listen
- Be polite
- Take notes
- Be prepared
- Be interactive
- Take us seriously



## Don'ts

- Don't be patronising
- Don't argue
- Don't dodge questions
- Don't answer your phone
- Don't be boring
- Don't act better than us
- Don't act like you know it all
- Don't judge a book by its cover
- Don't undermine the young carers
- Don't compare your life to young carers
- Don't interrupt
- Don't walk out on young person speaking because it's rude!
- Don't judge all young people in society today - we aren't all neds!
- Don't make excuses in general - if you don't know the answer just say
- Don't think it's a walk in the park, it takes time my friend.



# The Golden Rules



- *‘ I wanted to take part in the media training as I want to become a radio presenter. At Broomlee I was getting trained in the radio station and loved every minute of it. It was a fun experience. It was one of the best experiences of my life. I have more confidence and met a lot of new people.’*

- *‘I applied to take part in the media training as I’m gaining an interest in media and its fun to meet new people. I was definitely nervous before taking part; my main fear was not knowing if we would all get on. The thing I enjoyed most was getting to know a fantastic group of people that will stay close to me for a long time, so much more fun to be had. The confidence that I gained is invaluable to me and has helped me dramatically in life with social skills. The experience has given me a strong interest in media which could hopefully lead to a job in the future. The skills I learned were unique and I feel so lucky to be given the opportunity to be there and its given me such a morale boost.’*



Thank you.

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