

STUDENT CARER AWARENESS AND SUPPORT

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EDINBURGH
YOÜNG
CARERS

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Why are we delivering this session?

- It can be difficult to identify student carers early
- Not all staff have an equal understanding of carers' issues.
- Decisions on extensions
- The workload of some staff supporting student carers is saturated.
- Student carers as a priority group

Student carers are four times more likely to drop out of college or university than students who are not carers.

(Sempik, J and Becker, S (2014), *Young Adult Carers at College and University* (Carers Trust) at https://professionals.carers.org/sites/default/files/young_adult_carers_at_college_and_university.pdf).

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**THE STUDENT
CARER EXPERIENCE
IN SCOTLAND**

EDINBURGH
**YOUNG
CARERS**

Go to www.menti.com and use the code **7151 5879**



*The time spent caring is not equivalent
to the mental load that it places on you
and that the amount of time can fluctuate
at any time.*

STUDENT CARER

“Caring never stops. Especially when it’s time to sleep, your brain constantly worries about how tomorrow will be, hospital appointments, money etc. It’s in overdrive.”

(young adult carer)

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SCOTLAND

About Us

About Us

- Respite
- 121 support for young carers
- Deliver Young Carers Statements
- Residential breaks
- School support
- Substance misuse team
- 'We Care Award'

EDINBURGH
YOUNG
CARERS



ARE YOU A YOUNG ADULT CARER IN EDINBURGH?



"MY NAME IS ROSS, I'M
19 AND I CARE FOR MY
SISTER WHO HAS
CANCER. SHE GETS
REALLY SICK AND I
WORRY ALOT ABOUT
HER".



EDINBURGH
**YOUNG
CARERS**

16+ and care for someone? Edinburgh Young Carers are here for you!



THE 16+ SERVICE AT EDINBURGH YOUNG CARERS CAN OFFER:

1:1 SUPPORT

ACCESS TO COUNSELLING

YOUNG CARERS STATEMENTS

ADULT CARER SUPPORT PLANS

RESPIRE AND PEER SUPPORT GROUPS

RESIDENTIAL OPPORTUNITIES

'YOUNG CARERS OF EDINBURGH' FORUM

SUPPORT WITH LEAVING SCHOOL + COLLEGE OR

UNIVERSITY APPLICATIONS

MONEY AND FUNDING GUIDANCE

EMPLOYABILITY

GET IN TOUCH TODAY TO FIND OUT MORE: INFO@YOUNGCARERS.ORG.UK

WEB: WWW.YOUNGCARERS.ORG.UK TEL: 0131 475 2322





Definition of a Young Adult Carer
Policy and legislation context
Case study discussion

What do carers do?
Impact of an unsupported caring role
Positives and negatives of caring

How to identify
How to support

Task

Write a definition of a young adult carer

Young carer – A child or young person under the age of 18, or 18 but still at school, who provides help or care to someone who couldn't manage without this help

Young adult carers- A young people aged 16–25 who care, unpaid, for a family member or friend with an illness or disability, mental health condition or an addiction



- Our definition of a young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol
- Some young carers look after more than one person and may have health issues of their own
- Some young carers start giving care at a very young age and don't know they are carers. Other young people become carers overnight



1 in 5



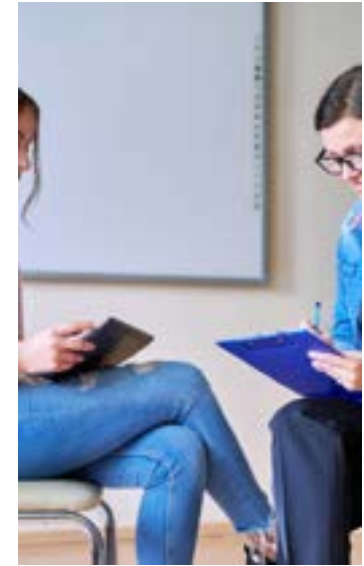
100,000



4 years



40 %



400+
referrals

49% student carers said
they gave their caring role
a great amount of thought
when they were applying
to college or university

Carers Trust Scotland, 2020



*“There is a lot of pressure on me, to
the detriment of my own health,
wellbeing, success, happiness and
future.”*

(young adult carer)

QUIZ

On average, the annual median family income for families with a young carer is..... less than comparable families

A- £5000 B- £1000

**Throughout the UK, unpaid carers save the NHS
on average.....per year**

A- 50 billion B- 132 billion

According to the Carers Trust in November 2022. On average, how many unpaid carers are using a foodbank?

A- 1 in 15

B- 1 in 10

C- 1 in 7

**Unpaid carers in Scotland can access
£76.75 a week if they care for...**

A- 35 hours a week or more

B- 20 hours a week or more

C- 15 hours a week or more

When applying for higher education, a young carer can use their young carers statement as proof of their caring role and duties?

A- True

B- False

**It is estimated that it costs..... to raise a disabled
child**

A- 1.5 times as much

B- 2X as much

C- 3X as much

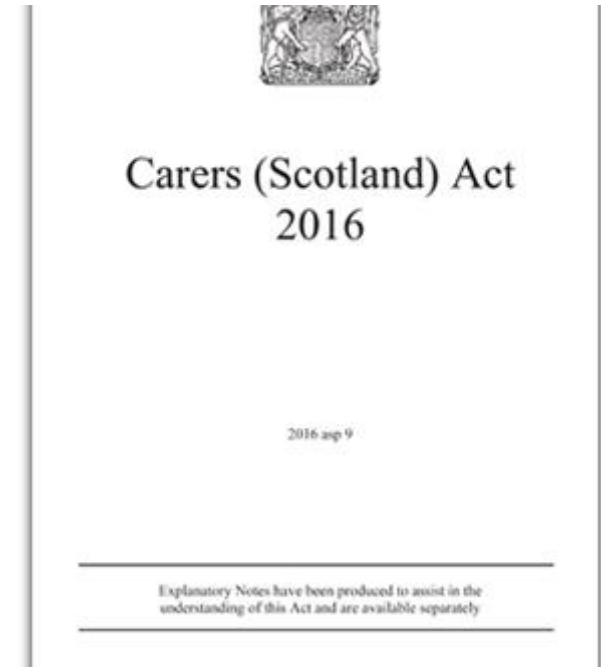
You don't get to have bad days. If you have a bad day, the whole house can fall into disarray. It's exhausting and traumatic."

(young carer)

Policies and legislation around young adult carers

Carers (Scotland) Act 2016

- As of April 2018, young carers in Scotland have the right to a Young Carer Statement and adult carers have the right to an Adult Carers Support Plan.



Carers (Scotland) Act 2016

- Duty to provide support for carers
- Duty to involve carers in carer services
- Carer involvement in hospital discharge
- Establishment and maintain information and advice service for relevant carers:
 - Carers Rights
 - Income Maximisation
 - Education and training
 - Advocacy
 - Health and wellbeing
 - Bereavement support
 - Emergency care planning

Carers (Scotland) Act 2016

Adult Carer Support Plan and Young Carer Statement:

- Nature and extent of care provided
- Impact of caring on health and wellbeing and day-to-day life
- Able and willing to provide care
- Arrangements in place for the provision of care in emergency
- Personal outcomes and identified personal outcomes carer's needs for support
- Support local authority will provide
- Access to respite needed
- Review cycle

The Education (Additional Support for Learning) (Scotland) Act 2009 Act requires Education Authorities to provide additional support to young carers, who may be experiencing barriers to learning.

Young Carer and Young Adult Carer - Survey

Carers Trust Scotland recently carried out their annual young carers survey, “Being a young carer is not a choice, it’s just what we do”. Results highlighted that;

- **52%** ‘always’ or ‘usually’ feel stressed because of being a young carer or young adult carer.
- **49%** of respondents in Scotland said that they never or do not often get help in school, college or university to balance caring and education work, with a **third** of overall respondents saying they usually or always struggle with that balance.
- **32%** of respondents in Scotland said there is not often or never someone at their school, college or university who understands about them being a carer

“In school, there’s not enough done for young carers and raising awareness of what they do.”

Case study discussion/ Case study feedback

Discuss....

Role

What is your young person doing in their caring role?
How are they offering support?

Impact

How could their caring role impact the young person now and in the future?.

Positives/ negatives

What are the positives and negatives of the young person's caring role?

Support

What support does the young person need to begin studying and continue to study?.



Discussion-

**What do you think are the
positives and negatives of caring?**

Why do young carers remain hidden?

Complex or
hidden
condition of
person cared
for

Can't talk with
friends

Had no
opportunity to
share their
story

Young carers
don't know
they are
carers

Do not want to
be different
from peers

Worried
about family
being split up

Family/parent
ashamed of young
person caring for
them

Embarrassed
about being a
carer

Affluence

The family is
ok

Adults in the
family were
young carers

Not having
'the words'
to make a
disclosure

It is 'just a
story' or 'an
excuse'

Experience
within the
care system

Cultural- EAL

Domestic
violence

Chaotic home
life

**What is the impact of an
unsupported caring role on a
young person's life?**

Caring can affect a young person's:

- **Physical health:** Young carers are often severely affected by caring through the night, repeatedly lifting a heavy adult, poor diet and lack of sleep.
- **Emotional wellbeing:** Stress, tiredness and mental ill-health are common for young carers.
- **Socialisation:** Young carers often feel different or isolated from their peers and have limited opportunities for socialising. A quarter of young carers in the UK said they were bullied at school because of their caring role (Carers Trust, 2013).
- **Stable environment:** Young carers can experience traumatic life changes such as bereavement, family break-up, losing income and housing or seeing the effects of an illness or addiction on the person they care for.

Education

Life chances

Trauma

Life skills

Neglect

“I’ve essentially left them. I think I had a real sense of having abandoned people”.

Carers Trust 2020



Possible indicators of a young carer

- Often late or missing days or weeks of study
- Often tired, anxious or withdrawn.
- Finding it difficult to concentrate on their work.
- Having difficulty in joining in extra curricular activities or was unable to attend school trips.
- Not handing in homework/coursework on time, or completing it late and to a low standard.
- Anxious or concerned about an ill or disabled relative.
- Checking phone routinely

**What do you think are the practical
challenges for student carers?**

47% of 136 student carer respondents said attending class was challenging.

87% of 137 student carers said that concentration on assignments and work at home was challenging.

35% of 136 student carer respondents said that handing in coursework on time was very challenging, or somewhat challenging.

74% of 137 student carers said that joining college and university clubs and societies was very challenging.

'I got in touch with a dedicated email at uni to declare I was a carer and never had any response'.

STUDENT CARER



. Of 136 student carer respondents, only 2% said that concentrating in class was not challenging at all, while 61% said that it was challenging.

Placement can be challenging, as student carers do not pick the location which can sometimes be a long commute away from the person they care for.

Of 136 student carers, 75% said that finances and budgeting were challenging.

Participants felt that finance was unfair for student carers, as they have no specific funding allowances and they are unable to claim Carer's Allowance should they be studying for 21 hours or more.

84% of 136 student carers found keeping good mental health while studying, to be a challenge.

Student carers do not want their caring role to be seen as an excuse for support. They want to be understood and believed.

Carers Trust, 2020

Practical ways to support student carers



Staff training and awareness
is vital

1. Knowing exactly where to go, and who to ask at college and university for support makes accessing assistance easier for student carers- have a named carer lead
2. Recognise that young carers fall into the widening participation category
3. Practical measures such as extensions on coursework were helpful for student carers, as well as having someone to talk to who understands their circumstances.
4. Flexible support that takes into consideration the time pressure for student carers is favourable.
5. Provide regular opportunities for students to disclose their caring role

Regular student carer groups at college/university to meet others

Additional time during exams

Online forums to keep updated with developments for student carers

Financial support/ accommodation support

A support plan created specifically for that yp

Support/guidance to transition into work- Our 16+ worker would like to link in about this

Support to transfer to other courses/ locations

Link in with your local young carer/ adult carer service



Questions
&
Feedback



Go to www.menti.com and use the
code **2262 9673**



- **Carers Trust Scotland** - <https://carers.org/our-work-in-scotland/our-work-in-scotland>
- **Carers Trust Scotland Digital Education Hub:**
<https://carers.org/resources/all-resources?location=%2CScotland&p=1>
- **Edinburgh Young Carers:** <https://www.youngcarers.org.uk/>
- **Education Scotland National Improvement Hub – Young Carers:**
<https://education.gov.scot/improvement/learning-resources/supporting-young-carers-in-education>
- **Carers (Scotland) Act 2016:**
<https://www2.gov.scot/Topics/Health/Support-Social-Care/Unpaid-Carers/Implementation/Carers-scotland-act-2016>
- **Carers Charter:** <https://www.gov.scot/publications/carers-charter/>
- **Young Scot** - <https://young.scot/get-informed/national/how-to-sign-up-for-the-young-carers-package>.
- **Enquire / Children in Scotland – Reach** <https://reach.scot/young-carers/pupil-voice-friendships-young-carers/>