



Supporting Young Adult Carers in College

Tutorial Pack: An off-the-shelf session to enable young adult carers to recognise their caring role and seek support

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If you've any questions at all about using this pack or how best to support young adult carers, please get in touch with the Young Adult Carer team at Action for Carers Surrey – email yac@actionforcarers.org.uk (And please see further information about Action for Carers on page 19).

1. Introduction

Why support young carers?

One out of every 10 young adults in your class is likely to be a young carer. We need YOUR help to identify these 'hidden carers'.

Being a young adult carer can impact on life in many ways. Evidence shows young carers gain nine GCSE grades lower than their peers. The effect of trying to juggle education and caring means they often miss or are late to school/college, impacts their meeting coursework deadlines and means they are often physically tired. Young carers are also likely to have emotional difficulties and their households will often be affected financially by caring (less money coming in, and needing to spend more, on equipment, transport, etc.)

As they become older, the expectations on their caring role frequently increase. Conversely, they are harder to identify, as they may not recognise themselves as carers, and be reluctant to engage at this age.

We hope that through this tutorial pack, caring can be brought into the open, and young adult carers encouraged to identify themselves. Support can then be offered to improve their life chances.

What's in this pack?

An off-the-shelf tutorial is designed to allow you to deliver an hour's tutorial slot. A lesson plan sets out the objectives, followed by different activities for you to select. This will lead you through 'what is a carer', 'how lives are affected' and 'what support is available'.

How to use this pack

The pack is designed so that the PowerPoint presentation will lead you through the tutorial. There is a notes page with explanations on each slide. Before the lesson, you choose from a variety of activities, to match the level and style of your learners. Short film clips are embedded within the tutorial to improve understanding and promote discussion.

At the end of the tutorial, please use the EXIT cards. This may help a 'hidden' carer to self-identify. From this information, please discuss this independently with the student, and refer to student support and ourselves.

2. Lesson plan

Teacher:	Course:
	Group:
Date: Time :	Location:
	Scheme of work ref:
Subject: Young Adult Carers	Module/Unit:
No of students:	LSA: Yes/No

Lesson Outcomes

By the end of this session, the following students will be able to complete the targets set:	Differentiation (Planning for: different abilities / concentration spans / speeds of learning / learning styles / reading abilities /experience / motivation / interests. Providing: extension work, different tasks and resources, learning support, assessing knowledge in different ways, different outcomes etc.) Refer to Group Profile Form.	Targets Students will be working on individually agreed tasks at their own pace with individual support from the teacher (and LSA if applicable).
State what is the definition of young adult carer and what tasks they may do.	Direct questioning Round robin Wordsearch Discussion Summary statement	All will know what a YAC is, but some will be able to describe the different tasks they do.
State what impact being a young carer will have on college and family life.	Differentiated questioning. Notes on PowerPoint for L3 extended knowledge. Videos Case study with feedback/direct questioning.	Level 3 group to understand the impact.

<p>State what support is available, from outside charities, college and importantly from themselves as colleagues.</p>	<p>Group discussion, Questioning. Notes on PowerPoint for L3 extended knowledge Mind map Direct questions Sticky notes</p>	<p>L1 to understand YAC as colleagues and ask tutors for support. Higher levels to define what other support is available.</p>
<p>All to be able to recognise themselves as a YAC if applicable and seek support.</p>	<p>Pairing activity – what would you do? How would you feel? Exit card</p>	<p>Students to disclose caring responsibility if applicable.</p>
<p>Preparation (including resources, technician, <u>health and safety</u>, PPE) PPE: Resources: Technician will:</p>		
<p>Embedding of Equality and Diversity and use of English and Maths skills. Employment ready skills:</p>		

Lesson timings

Time	Student activities	Teacher activities, including learning checks	Resources
	Group input – students observe, listen, question, discuss	Demonstrate / explain / set targets / health and safety / register / recap last session	
0 min	Listen to aims of lesson. Word search/quiz as starter activity	Inform	PowerPoint slide 2 Quiz
2 mins	Observe video and note what is a carer, what jobs they do and what affect it has? Write/say summary statement.	Encourage, and extension questions	PP slide 3-5 Video Summary statements
6 mins	Differentiated activity to identify tasks which carers may do.	Facilitate activity and follow up feedback	PP slide 6 Word search Quiz Story Board Round Robin
15 mins	Think what the impact on YAC could be through the illustrations and give feedback to class.	Facilitate discussion and feedback using PowerPoint notes.	PP slide 7-8 illustrations Case study
25 mins	Observe video – Identify support that could be available and by whom.	Facilitate discussion and input.	PP slide 9-11 Video
35 mins	Group discussion – L1 how can I support my peers if they were a YAC. L3 split into groups and mind map what support would help at college and from peers.	Question, discuss, and encourage supportive culture.	PP slide 11-12 Feedback. Sticky notes
45 mins	Video- See US encouraging any YAC to self identify after lesson.		PP slide 13 Video
46 mins	Exit cards Recap – students’ feedback on targets achieved / not achieved, difficulties, successes. Clear up	Encourage honesty and completion of card	PP slide 14 Exit cards

Self-Evaluation

Self-evaluation (including what went well / not so well, whether targets achieved, which tasks need revision etc.)

3. Quiz

Quiz

What do you know about Young Adults Carers?

1. A young adult carer is between the age of 16 and 24? True/False

2. They may look after....
 - a. A parent who misuses drugs/alcohol
 - b. A brother/sister with a mental health problem
 - c. Someone with a long term physical illness
 - d. A brother/sister with a learning disability or autism
 - e. Any of the above

3. At home, the practical tasks they may have are
 - a. Budgeting
 - b. Shopping and cooking
 - c. Washing laundry
 - d. Going to appointments
 - e. Any of the above

4. Do you think that giving someone emotional support, like talking to them, calming them down if they are frustrated is caring? Yes / No

5. Does a carer have to spend a certain amount of hours a week to be called a carer? Yes/no

6. In every class of 20, how many students would be carers? a. 1 b. 2 c. 3

7. What effect does caring have on their college life?
 - a. Missing lessons or arriving late to college
 - b. Difficult to keep up to date with their coursework.
 - c. Choose to study close to home.
 - d. Any of the above

Quiz ANSWERS

What do you know about Young Adults Carers?

1. A young adult carer is between the age of 16 and 24? **True**

2. They may look after....
 - a. A parent who misuses drugs/alcohol
 - b. A brother/sister with a mental health problem
 - c. Someone with a long term physical illness
 - d. A brother/sister with a learning disability or autism
 - e. **Any of the above**

3. At home, the practical tasks they may have are
 - a. Budgeting
 - b. Shopping and cooking
 - c. Washing laundry
 - d. Going to appointments
 - e. **Any of the above**

4. Do you think that giving someone emotional support, like talking to them, calming them down if they are frustrated is caring? **Yes**

5. Does a carer have to spend a certain amount of hours a week to be called a carer? **Yes/no**

6. In every class of 20, how many students would be carers? **2**

7. What effect does caring have on their college life?
 - a. Missing lessons or arriving late to college
 - b. Difficult to keep up to date with their coursework.
 - c. Choose to study close to home.
 - d. **Any of the above**

4. Word search

Life of a young adult carer

A	D	E	I	D	R	U	O	I	V	A	H	E	B
L	N	O	P	E	I	L	A	T	I	P	S	O	H
I	R	A	C	I	A	S	I	R	E	T	F	K	T
S	T	A	E	T	L	W	A	S	H	E	E	O	H
P	L	A	Y	L	O	E	L	B	P	R	I	E	B
T	E	S	S	P	C	R	P	T	I	L	N	R	O
I	T	H	S	T	T	A	S	S	E	L	C	Y	U
T	F	D	R	I	V	E	T	T	Y	A	I	I	N
R	I	D	B	S	L	D	R	E	S	S	S	T	A
A	L	N	I	V	T	L	E	P	A	E	R	C	Y
E	W	E	L	A	C	R	A	T	E	A	C	H	I
H	A	M	L	S	D	O	O	N	L	S	W	T	B
T	P	L	S	Y	L	I	O	K	O	S	H	O	P
S	H	R	E	C	N	A	C	K	E	N	W	E	R

DRESS
 COOK
 CANCER
 DRIVE
 CLEAN
 BEHAVIOUR
 PLAY
 DISABILITY
 SHOP
 HEART
 TOILET
 EPILEPSY
 LIFT
 MEND
 STROKE
 DOCTORS
 HOSPITAL
 BILLS
 WASH
 TEACH

Play this puzzle online at : <https://thewordsearch.com/puzzle/576453/>

5. Summary statements

Use 15 words to say what a Young Adult Carer is:

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Use 30 words to say what a Young Adult Carer is:

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Use 50 word to explain what a Young Adult Carer is:

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6. Case studies

Case study number 1: Gemma

Gemma lives with her mum, an autistic brother (Jacob), who is ten years old and her five-year-old sister. Her mum works part time during school hours to earn some money.

Jacob attends special school; he has very challenging behaviour and does not talk very much. He does not like meeting people, and has no friends. Every day he has to do things, the same way otherwise, he has a major outburst. He does not like music, so taking him out of the house is very difficult. He sleeps very little at night. During the day, he needs to be watched to keep him safe. You need to understand how Jacob behaves to look after him.

Gemma looks tired. She often misses days off college, and when she is in college, she often goes quietly off to the library to do her coursework. She tells you she is behind. Other people in your class think she is unfriendly.



Is Gemma a carer? What jobs do you think Gemma may be doing at home?

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What effect is this having on her college life?

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As her friend, what could you do to help her at college?

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Why should she ask for help from college?

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Case study number 2: Laura

Laura lives with alone her mum. Her mum has had a stroke and this has affected her mobility and walks with a walking frame. Sometimes she cannot remember things. Her mum is not well enough to work and Laura has to work part time in the evenings. Laura often stays up late at night listening to her mum's worries.



Laura has to run the household whilst studying her A levels. She sometimes has problems getting to college because her mum needs her at home and occasionally finds it hard to meet the course deadlines. She would like study dance at university and become a dance teacher. But, she is worried about leaving her mum at home, as her mum depends on her. Most of the class are excitedly filling in their UCAS forms, but Laura is sitting with her hands in her head.

Is Laura a carer?

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What caring tasks do you think she has to do?

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What can you do as a friend to support her?

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Why should she ask for help from college?

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Do you think she can go to University?

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Case study number 3: Ali

Ali has been looking out for his dad for as long as he can remember. His mum walked out on them, as she could not cope with his father's alcoholism and depression. Sometimes his father seems fine, but other times his father won't get out of bed. For many years, he has had to look after himself, and when his father is down (unwell), and then he has to come home from college and cook, clean, and shop.



He missed a lot of school and did badly in his GCSEs. He wears old clothes that are out of fashion, has an old model of phone, and often says he has no credit. He misses the course trip and others in your class are starting to say nasty things about him.

Ali is very quiet and is starting to get depressed himself. He is angry that he can't do well at school because of his dad.

Ali does not 'see' himself as a carer, and thinks his life is normal.

Do you think Ali is a carer? What tasks do you think he has to do at home?

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What issues does Ali face?

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What can you do as a friend to support him?

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Why should he ask for help from college?

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7. Story board

Joe's life as a young adult carer

Draw a storyboard strip of how you think a carer spends their day. Imagine that they are helping to look after a physically disabled brother in a wheelchair, who goes to a special school. He has difficulty doing things for himself.

MORNING	Getting brother out of bed	Getting brother to shower
Getting breakfast ready for brother	Getting brother ready for school	Joe goes to college, and returns home before brother is dropped off by school bus.
AFTER SCHOOL bus drops brother off	Keeping brother busy till tea time	Making brother a snack
Mum comes back from work, makes dinner	Washing up after dinner	Brother tantrums as Joe does is course work
NIGHT TIME	Helping brother with bedtime	Brother crying/upset because he doesn't want to go to bed
Joe tries to do course work while dad is calming brother down	Brother wakes up screaming in the night	Joe can't sleep as it's too noisy / he's too upset???

8. Mind map

From friends

From college



Support a young adult carer
could receive

Young adult carers

Your name

What one thing have you learnt today?

.....

What thing has surprised you most?

.....

.....

Tick box (if it applies) I am a young adult carer

10. All about Action for Carers Surrey

Action for Carers provides free, independent information, advice and support to carers of all ages, across Surrey.

How Action for Carers helps

- A variety of support groups; as well as telephone/face-face support as required
- Information on services available to carers, including benefits
- Practical help, including moving and handling training and advice
- Advocacy, and information on rights
- Well-being and training events
- Resources, including regular newsletters
- Opportunities to influence change for carers, locally and nationally
- Specialist support, for example for parent carers, about mental health, or for carers in the armed forces. There's tailored support for young carers (aged under 18) and young adult carers (aged 18-24)
- Carer Advisers in Surrey's five main hospitals
- Signposting to other organisations who can also help.

How to get in touch

Call 0303 040 1234

Email CarerSupport@actionforcarers.org.uk

Text 07714 075993

www.actionforcarers.org.uk

Surrey Young Carers and the Young Adult Carer Service

Action for Carers has specialist services. For young carers under 18 we have Surrey Young Carers.

For 18-24 year olds, we have YACs – Young Adult Carers.

YACs supports young adult carers, helping them to achieve a healthy balance between their caring role and developing independence. Support includes social activities, information events and help with education, employment, money management and more.

Call 01483 568269

Email syc@actionforcarers.org.uk