

Guidance on referring a young adult carer (18-24) to Action for Carers Surrey



Who are young adult carers?

A young adult carer (YAC) is a young person aged 18 - 24 who provides ongoing unpaid care for a sibling, parent or significant other family member. This can be someone with a diagnosed, long term/chronic illness, physical or learning difficulty, mental ill health, or substance/alcohol dependency.

Young adult carers often take on a regular practical and/or emotional role:

- **Practical** – cleaning, cooking, washing, paying bills, collecting and providing medication, carrying things, managing the family budget.
- **Personal** - washing, medicating, dressing, toileting, physio.
- **Emotional Support** – listening, comforting, helping the cared for feel better about themselves.

Criteria for Support Applications

To be eligible for our service a young person must meet our definition of a young adult carer:

- ✓ The young adult must be aged 18 to 24
- ✓ The young adult carer must live in the county of Surrey
- ✓ The young adult must be providing practical and/or emotional caring on a regular basis
- ✓ At the support application stage you will be asked to clearly identify the young adult's practical and/or emotional caring responsibilities as well as the impact those responsibilities have on them.

Please note: Support applications that do not contain required and relevant supporting information may cause delays in the application process.

Who can apply?

- The young adult can make the application and self-refer
- Professionals and agencies (e.g. FE & HE, GP's, Social Workers, health workers and community workers). The support application must be completed with the YAC's consent

The Allocation Process

Support applications are allocated to a tier of service provision depending on the assessed individual need at the time.

TIER	Levels of need	SYC YAC OFFER
NETWORK Universal Offer 'Prevention'	<i>The young adult carer is achieving life opportunities and experiences a low level of impact from their caring role</i>	Interventions aimed at reducing any later incidences or problems <ul style="list-style-type: none"> • Advocacy, information and signposting to local opportunities and funding streams • Opportunities to meet others and have time out • Issue based workshops • Small groups
RED Targeted intervention	<i>The young adult carer is at risk, vulnerable and their caring situation is seriously impacting on their transition into adulthood</i> <ul style="list-style-type: none"> • <i>Gaining or remaining in EET</i> • <i>Achieving personal Independence: ability to take control and make choices (inc housing)</i> • <i>Health and wellbeing</i> • <i>Relationships and support networks</i> 	Intensive individual support <ul style="list-style-type: none"> • Time limited, Intensive support with identified goals and review • 1:1 sessions • Network Offer

Other services which can help

The Young Adult Carer offers an enhanced service that complements the Adult Carer Support Service. To get in touch with the Adult Service, call 0303 040 1234 (ext 1 for Admin) or email: CSAdmin@actionforcarers.org.uk,

Please remember that it is still the responsibility of the statutory services to ensure that young adult carers are recognised and receive the appropriate support and services for their needs. Please ensure that you consider all relevant routes as well as your referral to SYC. (Carers Support, adult services, counselling services, GP, local clubs and groups / funding streams, etc.)

PLEASE EMAIL THIS FORM TO: SYC@actionforcarers.org.uk or send by post to Action for Carers Surrey, Surrey Young Carers, Astolat, Coniers Way, Burpham, Guildford, Surrey GU4 7HL.