

Guidance on referring a young person (under 18) to Action for Carers' Surrey Young Carers service



Who are young carers?

A young carer is a young person under the age of 18 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 carers often take on a regular practical and/or emotional role that would normally be expected of an adult:

- **Practical** Cleaning, cooking, laundry, paying bills, collecting medication
- **Physical** Lifting and moving: helping someone get out of bed, or carrying shopping
- **Personal** Assisting in bathing, dressing, feeding, medicating
- **Emotional** Listening, comforting, helping the cared-for feel better about themselves

Criteria for support application

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

- The young person must be no younger than Year 1 school age and no older than 18 years. *If the young carer is six months or less away from the end of year 13, please refer them to our Adult Carers team for support (details on reverse).*
- The young carer must live in Surrey.
- The young carer 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 practical and/or emotional caring responsibilities of the child or young person as well as the impact those responsibilities have on them.
- If the young person has their own health and support needs, we will discuss the suitability of our service with the parent/guardian and managers will use discretion as to whether the SYC staff team can meet the young person's needs.
- We will only prioritise support applications where end of life is noted.
- Where there are sibling young carers, please complete one application for each child/young person.

Please note: Applications that do not contain required and relevant supporting information may cause delays in the allocation process.

Who can apply?

- Parents and young people can make the application, however if you are a young person, we do need to seek parental consent to be able to work with you.
- Professionals and agencies (e.g. school workers, GPs, social workers, health workers and community workers). You must complete the support application with the child or young person as well as gain parental consent.

Allocation process

New referrals will be triaged within 7 working days and you will be contacted acknowledging your referral and the next steps. Support applications are allocated to a tier of service provision depending on the assessed individual need at the time.

Throughout their journey with Surrey Young Carers, a young person can move between the tiers in response to any changes in their caring role and level of impact.

TIER	LEVEL OF NEED	SYC OFFER
LOW NEED Universal offer 'Prevention'	<i>The young carer is achieving life opportunities and experiences a low level of impact from their caring role</i>	<ul style="list-style-type: none"> • Interventions aimed at reducing any later incidences or problems • Advocacy, information and signposting to local opportunities and funding streams • Welcome activities /fun days/issue-based workshops/drop-in sessions
MODERATE NEED Early help	<i>The young carer is affected by their caring role and is at risk of diverting from life opportunities</i>	<ul style="list-style-type: none"> • Targeted group work based on the Time For Kids principles • Support Plan assessment • 12 session programme with identified goals and review • Time limited 1:1 support
ALL	<i>Open to all young carers</i>	<ul style="list-style-type: none"> • YC Forum • Family Fun Day • Age banded support sessions • Quarterly SYC magazine, <i>Our Life</i> • ACS website • Disability/illness packs • Transition packs (years 6 and 11) • Social media (age appropriate)

Other Action for Carers services that can help

The Surrey Young carers team works with young carers aged 5-18 (Years 1-13).

If support is required for a young carer who is nearing the end of year 13 please contact Action for Carers Adult Carer team, email CSAdmin@actionforcarers.org.uk, or call 0303 040 1234, option. For more information, please visit www.actionforcarers.org.uk

If you are concerned about a child aged under 5, please contact your local Children's Services.

Please remember that it is still the responsibility of the statutory services to ensure that young 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 (school/college, youth service, family support service, social services, housing, counselling services, GP, local clubs and groups / funding streams etc.)

Return completed application forms to:

Please email completed application forms to SYC@actionforcarers.org.uk or mail to SYC, Action for Carers Surrey, Astolat, Coniers Way, Burpham, Guildford, GU4 7HL.

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