

**Meeting:** Cabinet

**Date:** 22 March 2022

**Wards affected:** All

**Report Title:** Torbay Young Carers Under 25 Strategy

**When does the decision need to be implemented?** N/A

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## 1. Purpose of Report

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- 1.1 In 2012, Torbay launched its first combined Strategy for Young Carers<sup>1</sup> under 25, bringing together plans for Young Carers (under 18) and Young Adult Carers (aged 16-25).
- 1.2 The purpose of this report is for Cabinet to endorse the attached Torbay Young Carers under 25 Strategy and Action Plan for 2022-25.

## 2. Reason for Proposal and its benefits

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- 2.1 This Strategy's vision will enable Torbay's Young Carers and Young Adult Carers to be protected from inappropriate caring, and to have access to any additional support they may need to ensure that they are safe, healthy,

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<sup>1</sup> Young Carers care for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

aspiring and achieving. This will be achieved through effective partnership working and the delivery of timely and high-quality services.

- 2.2 This Strategy provides a flexible and effective mechanism that confirms the common intent to find the most effective ways of supporting Young Carers under 25 and their families. The Action Plan at the end of the document sets out the goals, expectations and responsibilities for the next three years, and will be robustly monitored
- 2.3 The Children's Society estimates that there are around 800,000 Young Carers under 18 caring for an adult or family member in the UK, and of those aged 11-15 27% miss or have difficulties at school due to their caring responsibilities.<sup>2</sup> These statistics mean that there will be at least 1,380 Young Carers under 18 in Torbay, but with Torbay's deprivation and the correlation between deprivation and caring, the number is likely to be higher.
- 2.4 It is estimated that there are more than 314,000 Young Adult Carers aged 16-24 in England and Wales, with over one in ten Young Adult Carers providing 50 or more hours of unpaid care a week.<sup>3</sup> In Torbay, that would mean there are at least 542 Young Adult Carers, of whom 340 are linked with the Young Adult Carer Service, at end January 2022.
- 2.5 While research has found that caring can be very rewarding; there is a strong body of evidence about the negative impact of caring on health outcomes, social connectivity, educational engagement and employment opportunities for Young Carers.<sup>4</sup> This inter-agency Strategy demonstrates the commitment of Torbay's health, care, educational and employment organisations to work together to mitigate these negative impacts.

### 3. Recommendation / Proposed Decision

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1. To approve Torbay's Young Carers under 25 Strategy 2022-2025 as set out at Appendix 1.

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<sup>2</sup> [Supporting Young Carers | The Children's Society \(childrenssociety.org.uk\)](https://www.childrenssociety.org.uk)

<sup>3</sup> [Young Adult Carers - Learning and Work Institute](#)

<sup>4</sup> [The lives of young carers in England: Qualitative report to DfE | www.basw.co.uk](https://www.basw.co.uk)

## Appendices

### Appendix 1: Torbay Young Carers Strategy and Action Plan 2022-25

## Supporting Information

### 1. Introduction

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- 1.1 This Strategy formalises various partners' commitments to supporting Young Carers under 25. It builds on existing 2014 legislation and more recent national developments such as Department of Health and Social Care Guidance for Young Carers Transitioning to Adulthood (2018)<sup>5</sup>, the NHS Long-term Plan (2019)<sup>6</sup>, GP Carers' Quality Markers (2019)<sup>7</sup> and NICE Guidance for Adult Carers (2020)<sup>8</sup>. It also delivers the Devon Integrated Care System's 'Commitment to Carers' (2019)<sup>9</sup>.

### 2. Options under consideration

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- 2.1 This is a Strategy about partnership working to enhance our legal responsibilities towards Young Carers under 25 and therefore no alternatives are considered.

### 3. Financial Opportunities and Implications

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- 3.1 The Strategy itself does not require resourcing beyond what is already in place.

### 4. Legal Implications

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- 4.1 This Strategy is based upon legal requirements for Young Carers under Children and Families Act (2014) and The Care Act (2014)

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<sup>5</sup> 'Shaping our future, Improving Assessment and Support for Young Carers' Transition into Adulthood' (2018) DHSC

<sup>6</sup> [www.longtermplan.nhs.uk](http://www.longtermplan.nhs.uk)

<sup>7</sup> <https://www.england.nhs.uk/publication/supporting-carers-in-general-practice-a-framework-of-quality-markers/>

<sup>8</sup> <https://www.nice.org.uk/guidance/ng150>

<sup>9</sup> <https://www.icsdevon.co.uk/priorities/carers/>

## 5. Engagement and Consultation

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5.1 There has been active engagement with Young Carers under 25 in developing the Strategy, and this is one of its key priorities for any ongoing work as outlined below:

- Consultation with Young Carers and Young Adult Carers Operational Steering Group (Feb - April 21), including face to face and on-line meetings.
- Young Adult Carer Operational Steering Group developed a questionnaire to be completed by Young Carers under 25 about their priorities
- Engagement with staff in partner agencies, to review the needs of Young Carers, and identify gaps in service (Feb – October 21).

## 6. Purchasing or Hiring of Goods and/or Services

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6.1 The Strategy itself has no impact on the purchasing or hiring of goods or services.

## 7. Tackling Climate Change

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7.1 This Strategy does not alter ways of working that will impact on Climate Change. However on-line meetings and support, with the associated benefit for Climate Change will continue to be developed.

## 8. Associated Risks

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8.1 Partnership working will continue even without the Strategy, but having the Action Plan will enable robust operational monitoring to ensure that it is driven forward at pace.

## 9. Equality Impacts - Identify the potential positive and negative impacts on specific groups

|  | Positive Impact   | Negative Impact & Mitigating Actions | Neutral Impact |
|--|---|--------------------------------------|----------------|
| Older or younger people  | On YCs themselves and impact on those they care for               |                                      |                |
| People with caring Responsibilities  | On all YCs under 25   |                                      |                |
| People with a disability   | All those cared for   |                                      |                |
| Women or men   |   |                                      | x              |
| People who are black or from a minority ethnic background (BME) (Please note Gypsies / Roma are within this community) | Specific target (1.8) for Carers from minority ethnic backgrounds |                                      |                |
| Religion or belief (including lack of belief)  |   |                                      | x              |
| People who are lesbian, gay or bisexual  |   |                                      | x              |
| People who are transgendered   |   |                                      | x              |
| People who are in a marriage or civil partnership  |   |                                      | x              |
| Women who are pregnant / on maternity leave  |   |                                      | x              |
| Socio-economic impacts (Including impact on child  |   |                                      | x              |

|   |   |  |  |
|---|---|--|--|
| poverty issues and deprivation)   |   |  |  |
| Public Health impacts (How will your proposal impact on the general health of the population of Torbay) | Strategy mitigates the impact of caring on YCs' mental / physical wellbeing, and educational attainment |  |  |

## 10. Cumulative Council Impact

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10.1 None

## 11. Cumulative Community Impacts

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11.1 None

**Torbay Young Carers Under 25  
Strategy & Action Plan  
2022 – 2025**

# **Torbay Strategy For Young Carers Under 25**

**2022 – 2025**

***“Thank you... you have transformed us as a family and helped us to realise what we can achieve by letting the right people in.”***

Parent of Young Carer following assessment and family intervention

***“I really never thought we would be where we are now 7 years ago when I was introduced to the Young Adult Carers team. They allowed me to have an education, a life outside caring, and now, my own family.”***

***“I would not have stayed in education without the support I received”.***

***“Another thing that I found really helpful from the Young Adult Carers service was the ability to have my voice heard. I was a guest speaker at many places such as local social clubs, fundraiser evenings and even got to speak to the governing board at the hospital. It allowed me to tell my story to important people in the community and raise awareness of our role and how the community can support us.”***

***“A big part of that was speaking to the hospital board about how Young Carers are treated when bringing someone along to an appointment as I was often shunned and spoken down to, they just thought I was mum's child and didn't realise I actually had all of her medical information and handled her day to day medicine and care. After that meeting at the hospital, I found I was treated differently. People had been trained to look out for Young Carers.”***

A Torbay Young Adult Carer

***“It's really hard for me to get excited about anything in my life, but I get really excited about this project. It's kind of pure – everything in my life always seems to come with worries and anxieties, but this project comes with no worries at all AND its something that is just for me and makes me have times for myself. So much of what I do is about other people.”***

Young Carer participant in art project with a focus on transition to adulthood



**The vision of this Strategy is to enable Torbay's Young Carers and Young Adult Carers to be protected from inappropriate caring, and to be able to have access to any additional support they may need to ensure they are safe, healthy, aspiring and achieving. We will achieve this through effective partnership working and the delivery of timely and high-quality services.**

**This refreshed strategy will provide a flexible and effective mechanism that confirms our common intent to find the most effective ways of supporting Young Carers under 25 and their families. The Action Plan at the end of the document sets out the goals, expectations and responsibilities for the next three years.**

## **Introduction**

Torbay's Strategy for Young Carers under 25 years old refreshes and builds on our previous Strategy for Young Carers Under 25 (2012-15). It represents the continued commitment by Torbay Council, Torbay and South Devon NHS Foundation Trust, and Torbay Youth Trust, together with their partner agencies (see Action Plan), to continue to deliver joined-up support services for this important group of young people and their families. It also sits firmly under - and links robustly into - the over-arching Torbay Carers Strategy 2021-24.

In producing this inter-agency strategy, there is a recognition that we need to continue to take a whole family approach to supporting Young Carers under 25 to achieve their outcomes, and that for the strategy to be effective we should design it around those outcomes and not around organisational boundaries.

## **Who is a Young Carer under 25?**

It is someone aged under 25 who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Older Young Carers (16 – 25) are known as 'Young Adult Carers' and they may have different support needs to younger Carers.

Young Carers and Young Adult Carers tell us that they may be helping to care for a physically disabled parent or sibling, or a parent experiencing mental ill health, alcohol or drug misuse. While research has found that caring can be very rewarding; there is a strong body of evidence about the negative impact of caring on health outcomes, social connectivity, educational engagement and employment

opportunities for Young Carers.<sup>10</sup> Often the caring role has a significant impact on their lives, resulting in difficulties at school, emotional difficulties or social isolation.

Frequently young people in caring roles do not feel that they are able to access the same opportunities as their peers because they are concentrating on their caring roles.

### **The Legislative Context**

The Children and Families Act (2014) required local authorities to take reasonable steps to identify Young Carers in their area, provide assessments for Young Carers under the age of 18, and identify whether caring responsibilities are appropriate.

The Care Act (2014) introduced new obligations to Young Carers in transition to adulthood, including the requirement on adult services to provide transition planning for Young Carers who are likely to need support after becoming 18 years old.

### **The National Context**

The Children's Society estimates that there are around 800,000 Young Carers under 18 caring for an adult in the UK, and of those aged 11-15 27% miss or have difficulties at school due to their caring responsibilities.<sup>11</sup>

It is estimated that there are more than 314,000 Young Adult Carers aged 16-24 in England and Wales, with over one in ten Young Adult Carers providing 50 or more hours of unpaid care a week.<sup>12</sup>

With the added complications of COVID-19, Young Carers and Young Adult Carers have missed out on even more education, work and social opportunities than before and urgent support is needed if they are not to be left behind their peers.

Nationally there has been increasing recognition of Young Carers and the need to mitigate the impact of their caring role. For example, in 2019 the NHS Long-term plan noted Young Carers feel invisible and often in distress, with up to 40% reporting mental health problems arising from their experience of caring. Young Carers should not feel they are struggling to cope on their own. The NHS will be rolling out 'top tips' for general practice which have been developed by Young Carers, which include access to preventive health and social prescribing, and timely referral to local support services.

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<sup>10</sup> [The lives of young carers in England: Qualitative report to DfE | www.basw.co.uk](http://www.basw.co.uk)

<sup>11</sup> [Supporting Young Carers | The Children's Society \(childrenssociety.org.uk\)](http://childrenssociety.org.uk)

<sup>12</sup> [Young Adult Carers - Learning and Work Institute](http://www.learningandworkinstitute.org.uk)

The revised guide 'Working Together to Safeguard Children' (2018) has strengthened the emphasis on early identification, assessment and intervention, and has reinforced the need for agencies to work together effectively to support families with Young Carers, developing a whole-family approach.

In addition, 'Shaping our future, Improving Assessment and Support for Young Carers' Transition into Adulthood' (2018) DHSC reinforces the importance of strong partnership working to support the transition of young carers into adulthood within the national and local context.

### **The Torbay Context**

In 2019, the organisations belonging to the Integrated Care System signed up to a Commitment to Carers (C2C) with seven principles based on the NHSE's Commitment to Carers and the Triangle of Care.

1. Identifying Carers and supporting them
2. Effective Support for Carers
3. Enabling Carers to make informed choices re their caring role
4. Staff awareness
5. Information-sharing
6. Respecting Carers as expert partners in care
7. Supporting Carers whose roles are changing or who are more vulnerable

Each of the principles includes more details about identifying, supporting and involving Carers including Young Carers. In Torbay, the following organisations have signed up to the Commitment to Carers:

- Torbay and South Devon NHS Foundation Trust
- Torbay Council
- Torbay Youth Trust
- Devon Partnership Trust
- Rowcroft Hospice
- Compass House Medical Centres

The Torbay Young Carers' Health Needs Assessment of 2016<sup>13</sup> estimated that there were around 1,170 Young Carers under 25 in Torbay in 2011. This equated to approximately 35 Young Carers per 1,000 young persons aged less than 25 years – significantly higher than the England average of what. There were more female (55%) than male Young Carers; with the majority (66%) aged between 16 and 24

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<sup>13</sup> HNA drew on information drawn from the Census of 2011 and from claims of Carers allowance aged 18 to 24 years of age (2011)

years and of White British ethnicity. Compared to England, over half of the wards of Torbay had significantly more young unpaid Carers, who also provided more intensive levels of support. Similar to national findings, the majority of Torbay's young unpaid Carers self-reported their health status as good or very good; however there was a higher proportion reporting fair, bad or very bad health status. Whilst we have not yet received the data from the 2021 Census, we know that there are more young people than ever in caring roles now, particularly as we navigate through the significant changes that have occurred over the past two years of the Covid pandemic.

Torbay has long-established and well-developed support in place for Carers under 25. Now part of Torbay Youth Trust, the Young Carers Service works with Carers up to age 18, and the Young Adult Carers Service, which sits within Torbay and South Devon NHS Foundation Trust, has been running services to Carers aged 16-25 since 2009. These two services work closely together, including focusing particularly on the transition phase (14-18), with the service overlap between 16 and 18 ensuring transition between services happens at the most suitable time for the young person.

In February 2021, the Directors of Torbay Children's Services, Torbay Adult's Services and The Youth Trust committed to the refreshed Memorandum of Understanding 'No Wrong Doors: working together to support Young Carers and their families', an important document which emphasises the benefits of a joined-up approach. But beyond this, our approach reaches into the heart of good partnership working across a variety of agencies and organisations to ensure that the voice of Young Carers under 25 can really be heard, and that the outcomes they identify, whether individually or more generally, can be the focus of the work.

There are good reasons for looking at Young Carers throughout childhood into young adulthood:

- The development needs of children and young people do not fit neatly with the boundaries between Children and Adult services. Evidence from the experience of Young Carers and Torbay Young Adult Carers service has highlighted that the needs of most Young Carers over 16 were closer to those of adults than young children (e.g. issues of employment, higher education, personal relationships)
- Many disabled and vulnerable parents are known to Adult services, which has a duty to support them in their parenting role. This support should have a significant impact on reducing inappropriate caring by Young Carers.
- Planning for the transition of young people into adulthood requires effective joint working and a shared commitment to seamless services.

## **Torbay's Vision for Young Carers under 25 – 2022-2025**

The priorities for Young Carers are no different from those we hold for all young people in Torbay, and the 4 priorities within the Children and Young Peoples' Plan (CYPP) 2018-23<sup>14</sup> are key aspirations we hold for Young Carers alongside our targets for them as a unique group. The priorities of the CYPP are:

Priority 1: Children get the best start in life

Priority 2: The impact on children and families from domestic abuse, alcohol/substance misuse and all forms of child exploitation is reduced

Priority 3: Education outcomes for all children and young people are improved

Priority 4: Young people are healthy, make positive choices and influence their own future.

In Torbay the needs of Young Carers under 25 are recognised in the over-arching Torbay Carers Strategy 2021-4.

### **Continuing our Work with Young Carers Under 25 Across Torbay**

Young Carers being supported in Torbay range from 5 years to 25 years, and provide varying levels of care. Torbay Young Carers Service and the Young Adult Carers Service are working with over 700 young people, providing a range of support according to the level of caring role and need.

A broad range of services for Young Carers under 25 is delivered in Torbay:

- A drop-in and appointment-based service within most secondary schools and South Devon College.
- Young Carers assessments offered to children and young people with an identified caring role in line with statutory requirements.
- Targeted young Carer assessment, advice and support in referring primary schools.
- South Devon College have a specific Learning Support Lead who works to identify and support Young Carers and Young Adult Carers at the College.
- Fortnightly drop-ins for 16-25 year olds (which can be quickly moved on-line during Covid whenever required).
- Supporting transition for those young people moving from primary to secondary school, from secondary school to college, into employment, and as they reach 25 or if their caring role comes to an end.

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<sup>14</sup> [Children and Young People's Plan - Torbay Council](#)

- Individual support for those Young Carers under 25 with higher intensity of need or risk.
- Advocacy and involvement workers in child protection, Child in Need and Common Assessment Framework forums and plans.
- Events and activities for Young Adult Carers and Young Carers and their families

### **Strategic Priorities 2022 – 25 for Young Carers under 25**

The overall aims of this strategy are that young people with caring responsibilities will be identified as early as possible through sound understanding and awareness in all services that support children or their parents. This will enable them to achieve the best outcomes possible, thereby reaching their potential, while their special roles within their families are acknowledged, rewarded and supported. We will continue to work with a whole family approach to reducing inappropriate levels of care by young people and will ensure Young Carers' voices and those of their families shape our services, and provide regular review and audit of those services.

In addition to the consultation for the overarching Carers Strategy, we established a consultation process to develop the priorities specific to Young Carers under 25:

- Consultation with Young Carers / Young Adult Carers Operational Steering Group (Feb - April 21), including face to face and on-line meetings. This led to the Young Adult Carer Operational Steering Group developing a questionnaire to be completed by Young Carers under 25.<sup>15</sup>
- Linking with staff in partner agencies, to review the needs of Young Carers, and identify gaps in service (Feb – October 21).

**Our four priority areas for action are:**

- 1. Identification of Young Carers Under 25 at the First Opportunity**
- 2. Information, Advice and Support Services available to Young Carers Under 25**
- 3. Young Carers Under 25 Assessments Proportionate to Need, including Whole Family Approach**
- 4. Involvement of Young Carers Under 25 in service delivery, evaluation and commissioning.**

The Action Plan attached to this strategy sets out the steps within each priority area that we will take, what outcomes will be achieved, the timescales and the accountable agencies.

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<sup>15</sup> Available on request

# Torbay Young Carers Under 25 (YC<25) Strategy Action Plan 2022 – 2025

| <b>1. Identification of Young Carers Under 25 at the First Opportunity</b> |   |   |                  |   |
|--|---|---|------------------|---|
|  | <b>Priority</b>   | <b>Target/Service Standard</b>  | <b>Timescale</b> | <b>Responsible</b>  |
| 1.1  | Young Carers Under 25 Awareness - programme of on-line and bespoke training with Young Carers under 25 helping to deliver, which improves early identification of Carers including Young Carers (YCs) | Develop and maintain rolling program to <ul style="list-style-type: none"> <li>- GP practices</li> <li>- Hospitals</li> <li>- Schools/College/Universities</li> <li>- Adult &amp; Children’s Social Care Teams</li> <li>- Drug and Alcohol Services</li> <li>- Devon Partnership Trust</li> <li>- CAMHS</li> <li>- Imagine This partners</li> <li>- Other agencies within the Bay</li> </ul>  | 3-year cycle     | Torbay Carers Service & Youth Trust’s Young Carers Service (TYCS)   |
| 1.2  | Young Carers Under 25 Carer Awareness to improve early identification of Carers including Young Carers  | Develop suite of on-line training for different situations – <ul style="list-style-type: none"> <li>- First brief video – basic awareness</li> <li>- On-line quiz to enable self-identification</li> <li>- Young Carers under 25 stories onto video</li> <li>- ‘Seven-minute briefing’ training tool</li> </ul> Develop posters and other campaign materials for communal areas eg GP practices, youth clubs, sports halls<br>Lessons/ Presentations at schools/colleges about being YC.<br>Creative use of social media. | December 22      | Torbay Carers Service & Youth Trust (Young Carers Services)<br><br>Torbay Carers Service/ Youth Trust / S Devon College |

|     |   |  |   |   |
|-----|---|--|---|---|
|     |   | Involvement of Young Carers, and use of video, art works and podcasts created by young people to raise awareness. Distribution of regular newsletter to professionals as well as families to keep Young Carers in mind.  |   | Young Carers Service  |
| 1.3 | Improve public identification of Young Carers Under 25  | Regular campaigns to raise awareness of Young Carers Under 25 across Torbay (linking in with Torbay Carers Strategy 21-24 action Plan)   | Carers Week<br>Carers Rights Day<br>Young Carers Day              | Carers Services<br>Carers Services<br>Youth Trust                                       |
| 1.4 | Improve identification of Young Carers Under 25   | Link into national Carers events to promote identification of Young Carers Under 25 by Commitment to Carers (C2C) organisations (as per wider Carers Strategy)   | Carers Week<br>Carers Rights Day<br>Young Carers Day              | C2C organisations   |
| 1.5 | Improve identification of Young Carers Under 25 in Educational Settings including Torbay Children educated in Devon | Update current contacts and establish link worker within every school / educational setting in Torbay (to include PRU, MTS, SEN provision).<br>Develop links with schools outside the Torbay boundary attended by Torbay children.<br>Sign off working agreement with DYC for Young Carers from Devon at school in Torbay / Torbay YCs at school in Devon<br>Undertake annual schools survey to ID young Carers, and use findings to inform services | List by Mar<br>2022 Update termly<br><br>March 2022<br><br>Annual | TYCS / Schools and educational settings.<br>TYCS Corridors Project / Devon Young Carers |
| 1.6 | South Devon College to continue to identify Young Carers Under 25   | Through Learning Support Lead, Young Carers Service, and Young Adult Carer Service. Set and achieve target for each year.  | 2022 -<br>2023 -<br>2024 -  | SDCollege/YAC Service/YC Service  |
| 1.7 | GP Practices to continue to improve identification of Young Carers Under 25   | To increase numbers of Young Carers under 25 and specifically under 18 identified and logged as carers on EMIS System within Practice (in line with Quality Markers and Torbay Carers Strategy 21-24 action Plan).   | 2022 -<br>2023 -<br>2024 -  | YCS/YAC Service/GP Surgeries  |



|     |  |  |                                |                                      |
|-----|--|--|--------------------------------|--------------------------------------|
|     |  | Set and achieve targets (119 Under 18s as of Nov 2021)<br>Build relationships between Young Carers Service and GP surgeries to improve identification of Young Carers.   |                                | Young Carers Service                 |
| 1.8 | Improve identification of Young Carers under 25 from Ethnic Minority backgrounds                                     | Involvement in 'Mind the Gap' Project.<br>Increase links with community organisations<br>Consideration of language – ensuring both written and verbal information is accessible to all.  | Ongoing<br>Ongoing<br>April 25 | YC Service/YAC Service and partners  |
| 1.9 | Other Agencies to continue to improve identification of Young Carers Under 25 as per Devon-wide Commitment to Carers | Increase numbers of Young Carers under 25 identified and referred to YAC/YC Service. Set and achieve targets<br>Devon Partnership Trust<br>Child and Adolescent Mental Health Service (CAMHS)<br>Community Mental Health Teams<br>Adult Social Care<br>Children's Services<br>Enhance relationships and named links with teams working with children and families across Torbay (including 0 – 19 services, Children's Disability Team, Children's Learning Disability Team, CAMHS, Children's Social Care, Early Help Team, Imagine This partners)<br>Build relationships with adult teams such eg. Adult social care; Adult Mental Health; Substance Misuse services; Carers Support Workers in GP Surgeries / hospital. | 2022 -<br>2023 -<br>2024 -     | YC Service, YAC Service and Partners |

## 2. Information, Advice and Support Services available to Young Carers Under 25

|     | Priority  | Target/Service Standard  | Timescale             | Responsible                        |
|-----|---|--|-----------------------|------------------------------------|
| 2.1 | Enable Young Carers under 25 to easily find information about | With Young Carers under 25, co-produce range of information in range of formats. | Distribute leaflet by | Young Carers Services/YAC Services |

|     |   |  |   |   |
|-----|---|--|---|---|
|     | relevant support, by maintaining a range of information, in a variety of formats, and available at a range of places. | Ensure information around support for Young Carers under 25 is clear and easy to find.<br>Clear links to other information/support services available for young people under 25. Continue to provide advice and information via website and social media, including links and awareness of wider support agencies.   | March 2022<br><br>March 22 and ongoing  |   |
| 2.2 | Maintain Young Adult Carers and Young Carers information, advice and support services.                                | Range of drop ins and booked appointments available to identified Young Carers under 25 across Torbay (schools, college, other).<br>YC Service to continue to provide range of activities, groups and support open to all Young Carers regardless of caring level (as well as additional support appropriate to those with higher level needs). Include evaluating impact of these.<br>Use range of communication methods (including online), depending on individual family preference / situation<br>Link regularly with partners in schools and wider agencies who are working with Young Carers / their families. Ensure aware of YC activities so they can support YCs' attendance. (Professionals mailing list to be established as per 1.2)<br>Creation of lanyards for Young Carers to include age appropriate information, advice, links and QR codes to access website (alongside young Leaders group)<br>Development of welcome packs for YCs joining service<br>Development of support tailored to specific groups of carers e.g Parental Mental Illness, Substance Misuse, MS; Siblings with ADD, ADHD, neurodiversity. | Ongoing<br><br>Ongoing<br><br>Ongoing<br><br>March 2024<br><br>March 2024<br>March 2024 | YC and YAC Services<br><br>YC Services<br><br>YCS<br><br>YCS<br>YCS |
| 2.3 | Ensure GP practices meet requirements of GP Quality Markers (as per Torbay Carers                                     | Work with GP-based Carer Support Workers to ensure Practices are Young-Carer friendly.   | March 2024<br><br>March 2024  | Carers Services/ YCS/ GP CSWS                                       |

|     |  |  |                                       |   |
|-----|--|--|---------------------------------------|---|
|     | Strategy 21-24)  | Ensure Young Carers / YACS know what GP practices offer. Pilot within 2 Surgeries – work with surgery teams and Young Carers who are registered with these surgeries.  |                                       |   |
| 2.4 | Improve opportunities and support to Young Carers under 25 in employment or wishing to seek employment | Support Young Carers under 25 into employment including Set and achieve target for NEET Carers.<br>Enhance links with partners who support Carers into work Brixham YES, Eat that Frog, JobCentre, CareersSouthWest  | 2022<br>2023<br>2024                  | Carers Services, Youth Trust, Careers South West and partners |
| 2.5 | South Devon College to maintain information, advice and support services for Young Carers under 25     | Continue support from South Devon College Learning Support Lead (Young Adult Carers), Young Adult Carer Services and Youth Trust.  | Ongoing                               | South Devon College, Young Carers and YAC Service             |
| 2.6 | Support Young Carers Under 25 to engage in age-appropriate activities provided by wider community      | Increase numbers of Young Carers joining opportunities provided by Torbay Youth Trust and partners. (Measure via feedback from YCs and data where available.)<br>Work with partners re barriers to Young Carers Under 25 joining wider events e.g. transport needs and costs.  | 2022<br>2023<br>2024<br>Ongoing       | YC Service, YAC Service and Partners                          |
| 2.7 | Skills based training to be available to Young Carers  | Cookery, First Aid, budgeting, safe caring practices, stress-busting, mindfulness etc to be built into ongoing programmes, some specifically targeted at transition age.   | 2022<br>2023<br>2024                  | YC Service, YAC Service and Partners                          |
| 2.8 | Ensure support of Young Carers' Under 25 mental health needs   | Target support re Young Carers emotional well-being (Mindful Mammals, My/Self Project, DNA-v model, self-expression through art, drama and music)<br>Ongoing training for staff and volunteers to include Youth Mental Health First Aid (+ other relevant training to ensure good practice in supporting YCs' emotional needs).<br>Maintain list of resources / support incl. referral processes | Dec 22<br><br>March 25<br><br>Ongoing | YC Service, YAC Service and Partners                          |

### 3.Young Carers Under 25 Assessments Proportionate to Need, including Whole Family Approach

|     | Priority   | Target/Service Standard   | Timescale                           | Responsible  |
|-----|--|---|-------------------------------------|--|
| 3.1 | Ensure response to YCs under 25 is appropriate to level of need, person- centred, and outcome focused. Preventative approach with early access to support and information. | Referral process, assessment process, information and advice etc are clear and accessible to all.<br>Seek feedback from Young Carers under 25 who use the YAC or YC service.<br>Young Carers assessments offered to children and young people with an identified caring role in line with statutory requirements, to monitor and report against agreed assessment numbers offered and within agreed timescales  | March 2022<br><br>Monitor quarterly | Young Carers Services/ Young Adult Carers Services<br><br>Young Carers Services/ Young Adult Carers Services /Childrens Services       |
| 3.2 | Maintain offer of activities and events through YC / YAC Services and also signposting.  | Regular activities and events across the year to support Young Carers under 25, including using charitable funds. Also signposting to other organisations.  | Ongoing                             | Carers Services/ Youth Trust/ other organisations.   |
| 3.3 | Ensure Whole Family Approach (WFA) is embedded, addressing the needs of Young Carers Under 25 (as per Torbay Carers Strategy 21-24)  | Include WFA in induction and awareness training with <ul style="list-style-type: none"> <li>- Adult Social Care (ASC) teams - zone / specialist</li> <li>- Children's Services</li> <li>- Devon Partnership Trust</li> </ul> Meet targets of referrals to YC and YAC Services by <ul style="list-style-type: none"> <li>- Adult Social Care</li> <li>- Mental Health (MH)</li> <li>- Substance Misuse (SM) Services</li> </ul> Measure referrals from YC services into ASC. | 2023<br><br>2022<br>2023<br>2024    | Adult Services / Children's Services / DPT<br><br>Youth Trust<br>Children's Services<br>ASC / MH / SM<br>Steering Group<br>Youth Trust |
| 3.4 | Whole Family Approach - linking Young Carers Service with Adult Social Care  | Develop robust communication pathways, including data sharing agreements, for YC Service to Adult Social Care so that a YC Needs Assessment triggers reassessment of need for adult being cared for.  | July 2022                           | Young Carers Services / Adult Social Care  |

|     |   |  |  |   |
|-----|---|--|--|---|
| 3.5 | Whole-family Approach – Signposting   | Measure number of families needing additional support referred to other organisations eg Early Help  | Ongoing.   | YC Service/YAC Service and others.  |
| 3.6 | Whole-family Approach – Activities  | Run six activities per year which support ongoing relationships with families and peer support for parents.  | 2022<br>2023<br>2024   | YC Service/YAC Service and others.  |
| 3.7 | Safeguarding Young Carers Under 25 - provide quality-assured services that effectively assess risk and direct support to the appropriate level and area of need | Ensure staff supported and trained around agency Safeguarding processes.<br>Immediate safeguarding supervision/case discussion regarding any safeguarding concerns and support with referrals to Children’s Services.<br>Inclusion in MASH/Strategy meeting enquiries and feedback for Torbay families/Young People via generic email.<br>Regular safeguarding supervision with opportunity to discuss individual cases alongside wider emerging/ identified themes, updates from partner agencies / MACE.<br>Clear links to Safeguarding Policies to be established on YAC Service information. | Ongoing<br><br>Ongoing<br><br>Quarterly<br><br>Ongoing<br><br>2022 | YAC Service, YC Service<br>YAC Service, YC Service<br>Safeguarding Nurse<br>Practitioner<br>YAC / YC Service Safeguarding<br>Nurse Practitioner, TSDFT<br>Safeguarding Children Team<br>YAC Service |
| 3.8 | Safeguarding - ensure that young people who use the Young Carers under 25 services are clear about involvement around safeguarding..                            | Service staff to ensure clear information around safeguarding processes available to young person at point of contact.<br>Also to include parents/parent guardian as appropriate   | Ongoing  | YC / YAC Service Staff  |
| 3.9 | Transitions - ensure Young Carers Under 25 are supported through transitions.   | Review processes to ensure smooth transitions from:<br>Primary School to Secondary School/ College;<br>School/ College to further education/Employment;<br>YC Service to YAC Service<br>Young Adult Carers Services to Carers Support for over 25<br>Set and achieve targets for numbers of Young Carers of transition age (16 – 18) to be identified at S Devon College with YAC service  | December ‘23<br><br><br><br>2022<br>2023                           | YC / YAC Service/ SDevon<br>College/ Universities/ Careers<br>South West<br><br>SDevon College, YAC service,<br>YC service  |

|      |   |  |  |  |
|------|---|--|--|--|
|      |   | <p>with YC service</p> <p>Link with partners around support for Young Carers Under 25 transitioning through their services eg. CAMHS to DPT, Children’s Social Services to Adult Social Care Services (including Transitions Team).</p> <p>Maintain transition events and staff link drop-ins between YC and YAC Services for year 11 cohort and year 13 cohort.</p> <p>Develop Transitional assessment tool for 14+ YCs.</p> <p>Measure numbers of statutory transition assessments for Young Carers aged 14+</p> | <p>2024</p> <p>Ongoing</p> <p>Ongoing</p> <p>March 22<br/>2022<br/>2023<br/>2024</p> | <p>CAMHS/DPT /Adult Social Care Transitions Team</p> <p>Young Carers/Young Adult Carers Services<br/>YC / YAC Service<br/>YC / YAC Service</p> |
| 3.10 | Life and learning Transitions – to ensure Young Carers under 25 are supported around life learning skills | <p>Continue skills-based training/ support around key areas eg finances/ cooking on a budget/ car maintenance/ understanding medication/ understanding GP practices.</p> <p>Identify with Young Carers under 25 (individually and via Operation Groups) key life learning transition outcomes they wish to achieve, and work with them to ensure signposting, support and training is available</p>  | <p>Ongoing</p> <p>Ongoing</p>  | <p>YAC and YC Services with partner agencies.</p>  |

## 4. Involvement of Young Carers Under 25 in service delivery, evaluation and commissioning

|     | Priority   | Target/Service Standard   | Timescale            | Responsible   |
|-----|--|---|----------------------|---|
| 4.1 | Ensure local and national reports about Young Carers Under 25 are used to develop services that affect them.   | Continue to use Carers UK, Carers Trust, Children's Society<br>Include Project reports and other information as appropriate to develop support to Young Carers Under 25.  | Ongoing              | Young Carers Services and Young Adult Carers Services.  |
| 4.2 | Ensure genuine Young Carer under 25 representation (involve on 'my terms') in Carers Services and Youth Trust meetings / developments, with associated support and training as required. | Young Carers under 25 Strategy meeting to have strong Carer Representation (co-chair if possible).<br>Young Carers under 25 involved in Signposts newsletter, Website, Facebook, leaflets and comms;<br>In all Carers projects.<br>Maintain YAC Operational Group (led by YACs)<br>Enhance involvement of Young Carers and their families in YC services.<br>Continued Development of Flashlight Project and young leaders' group.<br>Engage in regional / national opportunities<br>YC / YAC involvement in all service recruitment.<br>YC involvement in Youth Forum. | Ongoing              | Young Carers Services and Young Adult Carers Services.<br>Children's Society Include.                     |
| 4.3 | Peer Group for Carers 25 -35, to support transition from YAC Service   | Continue Takota group providing peer support to Carers 25 - 35  | Ongoing              | Takota  |
| 4.4 | Young Adult Carer Evaluators as part of pool of Carers trained to evaluate services for Carers Services  | Ensure there are at least 3 YACs who are part of Carers Services 'pool' of Carer Evaluators.<br>Undertake a minimum of one service evaluation every 2 years which looks specifically at support to Young Carers under 25. (To be chosen by Young Carers under 25 Strategy Board.)   | Ongoing<br><br>T.B.C | Carers Services<br><br>YC<25 Strategy Board.<br>Evaluation to be undertaken by Carers Services Evaluators |

