

Step 6

Tool 1: Checklist of support young carers may need

Purpose

This checklist provides examples of the types of support young carers may need.

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Homework/coursework support

In place?

Making homework/coursework support groups available to pupils, including young carers, at lunchtime.	
Ensuring teachers are flexible with deadlines for homework.	
Notifying an examination board about a young carer's circumstances to secure coursework extensions. Young carers may find it difficult to meet coursework deadlines due to caring responsibilities.	

Support to enable young carers to socialise and gain support from others

In place?

Running a weekly peer support group for young carers at lunchtime (see Step 6, Tool 2: Running a peer support group for young carers).	
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Emotional Support

In place?

Ensuring there is a member of staff available that young carers know how to access and can talk to in a confidential setting.	
Running a peer mentoring scheme. This could include enhancing an established peer mentoring scheme by training existing peer mentors specifically on the issues facing young carers. Alternatively, a scheme for younger pupils could be developed and coordinated by older pupils who are young carers.	
Refer to school-based counselling or art therapy service or a similar service provided outside of school.	

Behavioural support

In place?

E.g. enabling young carers to use a time out card if they feel angry or upset.	
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Health support

In place?

E.g. signposting to school nurse, where available (see Step 6, Tool 5: Working with school nurses to support young carers and their families), GP service or CAMHS.	
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Transition support

In place?

Working with feeder and linked schools to plan and implement support for young carers and their families through transitions. You will need to ensure how information will be shared between the operational leads and that the pupil is aware of the support they will receive throughout the process.	
Ensuring careers advice meets young carers' needs.	

Flexibilities

In place?

Implementing a flexible approach across the school, for example on mobile phone usage so that young carers are able to use a telephone to call home during breaks and lunchtimes to reduce any worry they may have about a family member, as well as teachers discussing deadlines for homework and coursework.	
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Access to extracurricular activities and wider life experience

In place?

Providing transport and/or respite care provision to help young carers participate in after school activities.	
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Making appropriate referrals to other agencies

In place?

<p>This may include:</p> <ul style="list-style-type: none"> ● Adult and/or children's services ● Local young carers' service (see Step 6, Tool 6) ● School nurses (see Step 6, Tool 5) ● Local agencies, including voluntary sector organisations, providing services to those affected by disabilities, long-term illness, mental health conditions and/or substance misuse, and/or a bereavement support service ● GP and/or Child and Adolescent Mental Health Services (CAMHS) 	
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