

Step 6

Tool 10: Supporting young carers to transition into adulthood

Transitions into adulthood at 18 are particularly challenging and complex for young carers. The move into adulthood for young carers is likely to be hampered by lack of qualifications, limited social skills and continuing caring responsibilities, making entry into the labour market and/or participation in further and higher education difficult. At this important time young people and their families need to work with a skilled and trained assessor to draw out the outcomes that they wish to achieve as they reach adulthood.

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What are the common types of support that young adult carers need?

- Support to identify options of moving out of home.
- Careers advice that takes account of their caring responsibilities.
- Information about alternative care for the person they cared for.
- Financial advice.
- Information about bursaries and support available at further and higher education institutions.
- More information about different degrees and options for further education.
- Support to gain good grades, including flexible deadlines, homework and coursework support sessions. Schools can also notify examination boards to secure coursework extensions and/or extra time in exams.

What is the government's approach to young carers in transition to adulthood?

The Care Act 2014 significantly strengthened the rights of young carers at transition into adulthood. If a young carer is likely to have needs when they turn 18, the local authority must now assess them if it considers there is "significant benefit" to the individual in doing so. This is regardless of whether the child or individual currently receives any services. When a young carer approaches their 18th birthday, they may also ask for an assessment. As in all

assessments, local authorities will need to consider:

- What needs the young carer is likely to have when they turn 18.
- The impact of caring on the carer.
- The things that a carer wants to achieve in their own day-to-day life.

A transition assessment must also consider other important issues, such as:

- Whether the carer is able or willing to carry on caring.
- Whether they work or want to work, whether they want to study or do more socially.
- What types of adult care and support might be of benefit at that point.
- Whether other options beyond formal services might help the individual achieve their desired outcomes.

What is the role of schools?

The responsibilities are placed on the local authority – children's services and adult services will need to work closely together, but other services, including schools will need to play a role, ensuring they refer identified young carers for an assessment where appropriate.

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