

# What to do if you identify a Young Carer

- Reassure them that there is help and support
- Ask if you can register them as a Young Carer (Log this on your systems)
- Give them information about the Young Carers Service and talk to them about a referral if needed
- Ask them to access the available support, such as counselling, pastoral care, health checks and the school health team

## HOW TO IDENTIFY A YOUNG CARER



TüVida



Integrated Care System  
Nottingham & Nottinghamshire



Nottingham City Council

Nottinghamshire County Council

# How to identify a Young Carer... just ask!

## Signs someone might be a Young Carer

- Regular lateness
- Poor attendance
- Not completing homework
- Tiredness
- Low attention span
- Lack of motivation
- Low mood / mental ill health
- Parent / guardian does not attend school events
- On pupil premium / free school meals
- Change in hygiene / appearance
- Change in behaviour - angry/withdrawn/quieter

## Questions you could ask

- Do you look after someone who relies on your support?
- Is someone in your household unwell? Who takes care of them?
- I wanted to have a quick chat to see how you are. I've noticed you've [SEE SIGNS ABOVE] and I just wanted to check if you're okay or if there's anything we can do to help.
- Sometimes, when things are happening at home, it can affect how we feel at school/college. So I wondered if there is anyone in your family who needs extra support because of physical or mental illness, or any disabilities, or because of drug or alcohol problems?

- Do you do anything at home to help someone or look after them? Or to help anyone else in your family because of their illness/disability/drug or alcohol use?

*If 'Yes': What kind of things do you do?*

- Is there anyone else at home that helps out? Or anyone who doesn't live at home that helps with looking after your family?

- Do you often think about or worry about your family when you're not with them? Does it distract you or make it hard to concentrate?

*If 'Yes': Is this on your mind all the time or just when you're away from home?*

*If 'Yes': What kind of things do you worry about?*

- Do you get time to yourself to relax, see friends or do any hobbies on your own, away from the people you care for? Does looking after someone take up too much time and stop you doing things you want to do? What kind of things?

- Does caring have any effects on your own health? (Physical and/or emotional)

- How are things going at school/college? Does caring affect school/college for you?

- Do you have anyone you already talk to about your caring? You're not alone and there is support available if you want any.



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