

**Action Plan for SABP for the Young Carers Strategy- April 2011**

“My Care” published Dec 2010 by the Mental Health Foundation estimates that there are up to 200,000 young people nationally looking after a parent with a mental health problem. This would suggest about 3,400 of the Young Carers in Surrey look after someone with mental health problems.

The identification of young carers between the ages of 0 – 18 birthday is a key priority addressed in the action plan of the Interagency Strategy for Young Carers in Surrey 2011-2014.

Young people should not be expected to carry the same caring responsibilities as an adult so their identification is the first step in enabling them to have the same life opportunities as other young people.

Factors contributing to the under identification of young carers are:

- Lack of awareness by a professional in contact with a child and/ or their family
- Poor information systems collating data about young carers
- Young carers and their families’ reluctance to be identified
- Children / young people not seeing themselves as a young carer

Young carers must be able to access the same range of universal, targeted and specialist services as other children and young people. This is the starting point for the strategy: to build on the range of services by enhancing and embedding professionals’ understanding of the challenges and barriers young carers face. This strategy is of importance to all those in the children’s workforce and adult health and social care.

An area that also needs further development is how young adult carers access support and Actions for Carers (Surrey) are to undertake a research and development project to explore how this group of carers can be better supported.

The five key areas of work are:-

1. Promoting a positive culture
2. Identification of young carers
3. Using a whole family interagency approach to assessments and service delivery
4. Supporting young carers and their families in order to reduce the number of young carers where caring is impacting negatively on their well being
5. Raising awareness about young carers and their issues. Take into consideration cultural backgrounds of young carers.

The following objectives have been developed from the strategy document, in conjunction with CAMHS Youth Advisors, specifically for SABP to address.

Objective	Action	Who	Outcomes	Timescale	Progress
1. To encourage a culture of openness so that young carers and their families feel confident to identify themselves	All staff to have access to information to enable them to understand the impact of caring on a young carer and why a young person may be undertaking an inappropriate caring role	CYPS and all	Staff will be more aware and better able to identify young carers, so young carers will feel more confident and safe to share details of their caring role and its impact on their life	By September 2011	

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	Training and information on carers issues (including young carers) to be part of induction training.	All SABP clinical staff	Staff will understand the issues young carers face and be better able to support / signpost them Increased number of staff attending young carer awareness training	By June 2011	
2. Agencies working with families will acknowledge that young carers and their families are experts in their own lives and must be fully involved in the development and delivery of support services	Views and strengths of family and of each individual, including young carers, recognised and included in the care planning process	All SABP clinical staff	Where there is an assessed need of a family, strengths and views of each individual member including young carers will be incorporated in the care plan	By March 2012	
3. To facilitate improved identification and signposting of young carers by staff in the Health service	Ensure discharge protocols include identification and signposting of Young carers and record on RIO	All SABP clinical staff	Young carers identified and signposted	By March 2012	
	Child and Adolescent Mental Health service (CAMHS) staff to identify and support Young Carers in school & community	Sector CAMHS/PMHT and specialist CYPS	More Young carers recognised, supported or signposted by CAMHS with support and advice offered to professionals on working with families	By March 2012	
4. To facilitate better identification of young carers in Adult Social Care services	Improve both awareness of Young Carers needs and professional practice. Improve identification and support for	All SABP clinical staff			

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	young carers and their families through the Care Programme Approach and carers assessments in Mental Health Services			By March 2012	
5. A range of information available for young carers and their families to suit their circumstances and cultural needs	To distribute resources for young carers and their families by having a range of leaflets available and refer to the use of translation and interpretation policy	AD-CYPS for dissemination across all services	Information will be more accessible and will be suitable for the recipient. Professionals working with young carers and their families will routinely disseminate this information and signpost young carers and their families to other relevant information.	By Sept 2011	
6. Young Carers to be involved in all decisions around the Strategy	<p>Young carers to be involved in decisions made from the managerial level down to the front line working.</p> <p>Young carers to have a voice in how they wish this service to be given to them at all levels.</p> <p>Young carers to help make the strategy at all levels.</p>	<p>CYA &amp; CYPS</p> <p>CYA &amp; CYPS</p> <p>CYA &amp; CYPS</p>	<p>Young carers to be involved with every aspect of the strategy development and delivery</p> <p>Young carers to have a voice in all of the strategy, and for that voice to be listened to.</p> <p>Young carers to shape the service to how they feel is best for young carers.</p>	By June 2011	
7. Young carers to be regularly informed of the development of the strategy	Young carers to be invited to managerial meetings and to be able to have voice in	CYA & CYPS	Young people to attend managerial meetings for all the different services that	June 2011	

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	<p>these.</p> <p>Young carers to be informed of any publicity and awareness projects going on as they may be able to help.</p> <p>Young carers to be told directly and asap if something is not doable.</p>	<p>CYA &amp; CYPS</p> <p>CYA &amp; CYPS</p>	<p>are involved</p> <p>Young carers to help shape the awareness and publicity projects</p> <p>Professionals to be honest with young carers about what they can realistically do.</p>		
<p>8. To be held accountable to the young carers</p>	<p>All to be held accountable to young carers if deadlines or actions not met</p> <p>All to keep young people informed of any changes and to be told why.</p> <p>Ensure all young people are involved in care planning.</p> <p>Undertake care plan reviews with young people.</p>	<p>All SABP clinical staff</p> <p>All SABP clinical staff</p>	<p>Professionals to be honest with young carers of why actions and deadlines have not been meet.</p> <p>Young carers to be told why changes have been made and professionals to be accountable to the young carers</p>	<p>June 2011</p>	