



Barnardo's

Yorkshire

BELIEVE IN CHILDREN



Bradford Young Carers Service





Purpose of Session

- To know how as a PPG you can ensure your GP practices are supporting young carers
- To think about how PPGs can engage with young carers and young people



Who are young carers?

- Young carers are '...a person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work).' Children and Families Act 2014 Section 96





Who might young carers care for?

- Any member of their family
- Usually someone they live with
- Family members with:

Physical disabilities

Mental health problems

Drug and alcohol addictions

Long-term illnesses

Learning disabilities



What do Young Carers do?

- Household tasks
- Emotional support
 - Personal care
- Childcare for younger siblings



Facts and figures

■ QUIZ



Hot air balloon activity

- On your tables is a Hot Air Balloon. Work as a group to –
- On the sandbags identify barriers to –
 - 1) Young Carers being identified and supported by GPs
 - 2) Young People (Inc. young carers) engaging with PPGs
- On the clouds identify solutions to the barriers you thought about on the sandbags



Top Tips for Supporting/identifying Young Carers

- GPs to ask the questions – who cares for you, who helps look after you.
- Raise Awareness amongst staff (Inc. reception staff)
- Consider nominating one member of staff to be link person (Young Carer Champion)
- Add caring role to records (Inc. person they care for)
- Have a clear display on carers including young carers—detailing support services available
- When appropriate include young carers in discussions about their caring role and consult with them about their families needs



- When prescribing medication consider whether a young carer may be administering it. Find ways to relieve them of this or if appropriate offer training
- Ensure GPs are available for young carers to talk about their situation without them having to wait until they have a health problem.
- If you have a practice website/newsletter have information for young carers
- Give young carers flu jab



Top tips for engaging young people



Action Plans

- Having heard everything and thinking about the cloud solutions you came up with we would now like you to produce an individual action plan for your GP surgery on how they can –
- Help Young Carers to feel recognised and supported
- Encourage Young people (including young carers) to get more involved in surgery development and joining the PPG



- Have you any questions?
- Thank you for you time and listening.

