

'Getting Your Voice Heard' Survey Results

We received

218

responses.

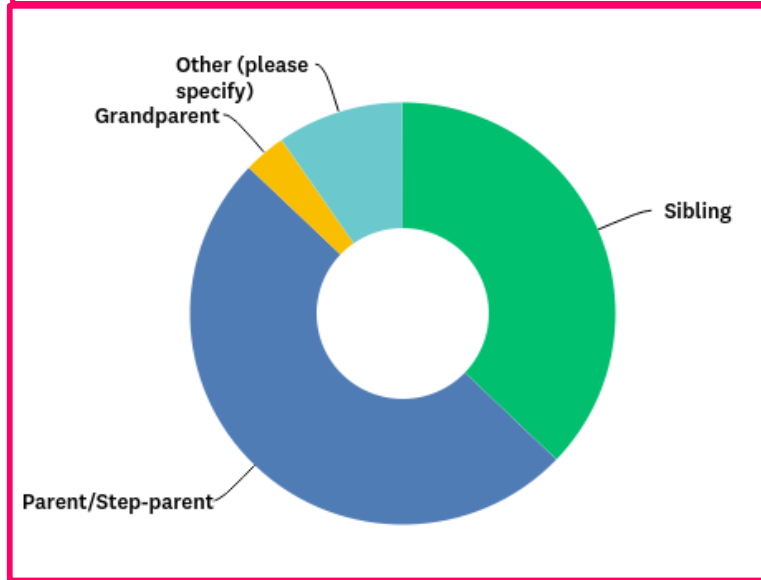
Who completed the survey?

Young people between 5 and 25 were invited to complete this survey.

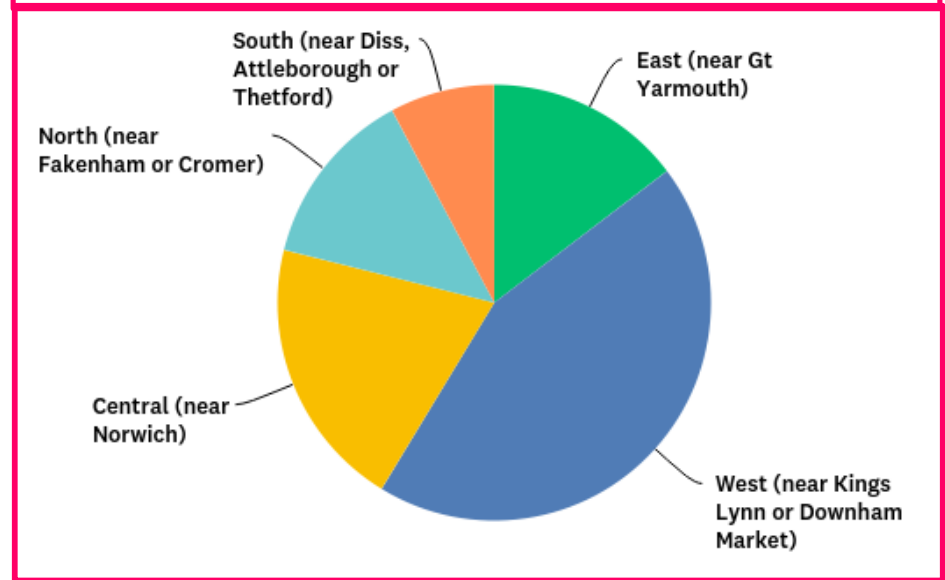
52%

of those who completed the survey were aged 12-15

Who do they care for?



Where do they live?



Why do they care for them?

Why do you help care for/ support them?	Number of young carers	Percentage (rounded)
Physical Illness/Disability	116	56
Learning Disability (e.g. Autism, Downs Syndrome etc)	65	32
Mental Health Issue	72	35
Substance Misuse (e.g. drugs/alcohol) issue	14	7
Prefer not to say	12	5.5

Higher than average number of mental health carers & learning disability carers

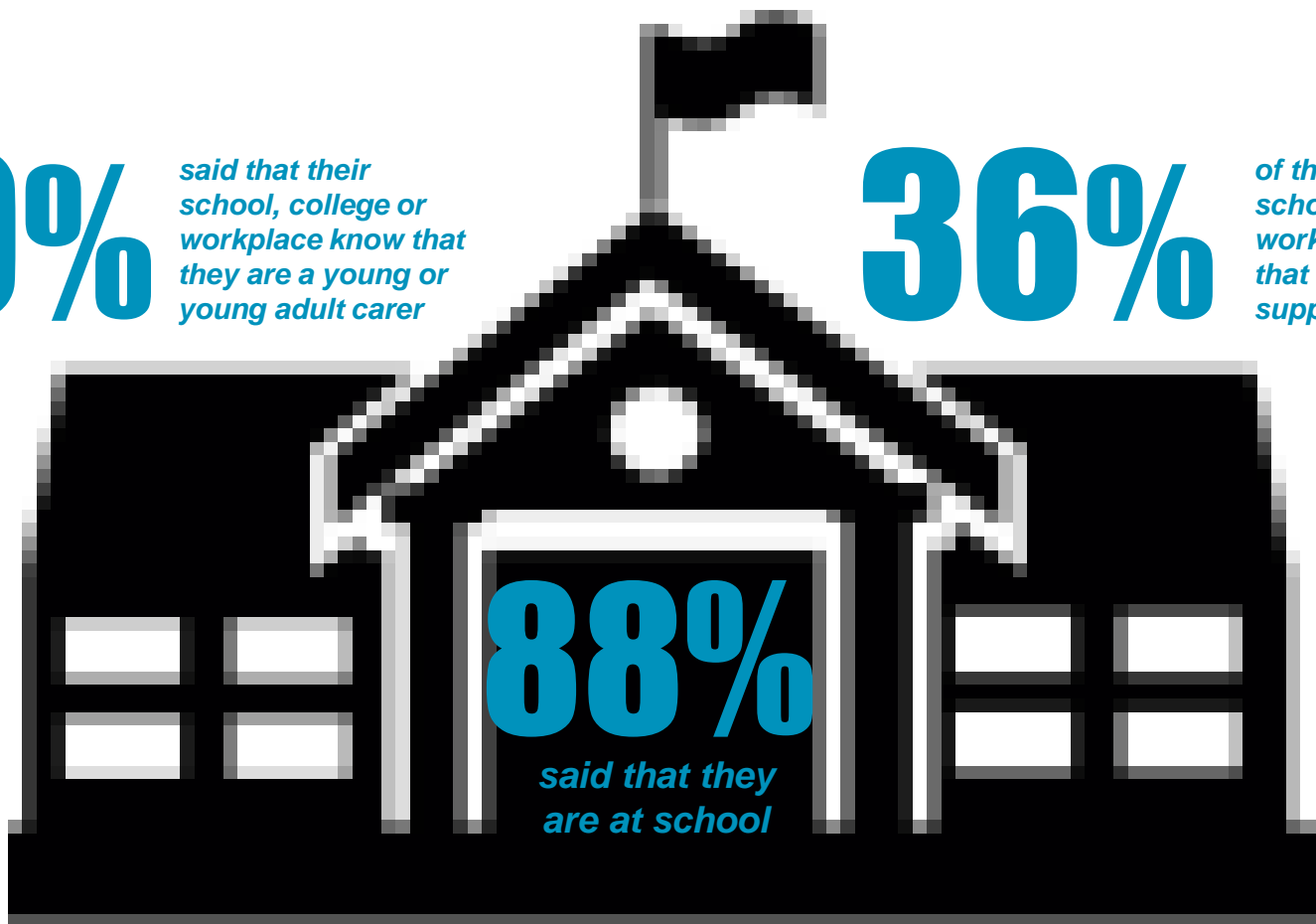
Do You Receive Support In Schools?

49%

said that their school, college or workplace know that they are a young or young adult carer

36%

of those whose school, college or workplace know feel that they receive support from them



11%

said that their caring role has impacted on their attendance a lot with a further 24% saying it has sometimes impacted

What other support do you receive?

- Only **9 young people** said that they receive support **online**.
- **99 young people** said that they receive support in the **community**; a further 31 young people suggested some of the support they receive is in the community.
- **78 young people** said that they receive no support (this includes some who counted this as excluding their young carers group).
- **21 young people** specified that family/friends provide support.

Bullying and Support

#CareForMeToo

NATIONALLY

26% *said that they had been bullied as a result of being a young carer*

LOCALLY

25% *said that they had been bullied as a result of being a young carer*

Of those who have been bullied, around 1% had spoken to nobody about this, with others saying they had spoken to friends, family or school staff.

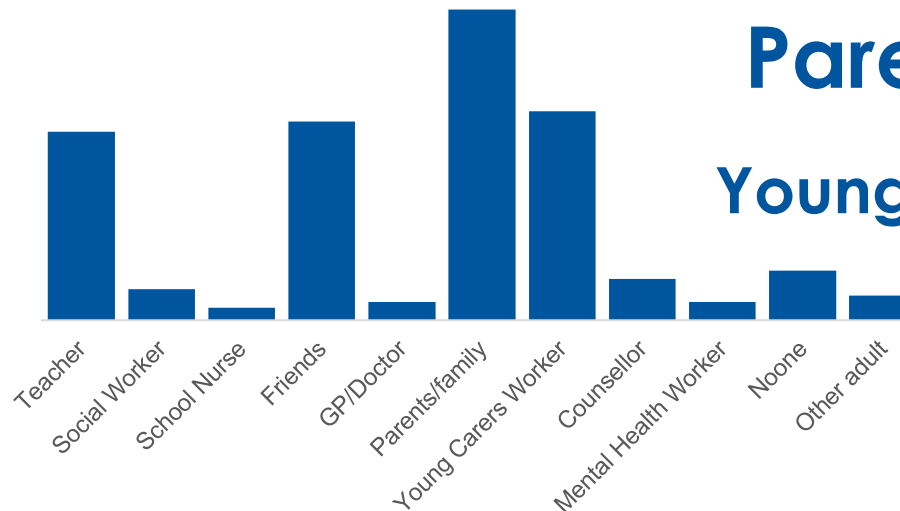
Who do you talk to?

Teachers

Friends

Parents/family

Young Carers Worker



What would make things better for you?

Understanding

'Understand that homework is hard to focus on, especially when being a young carer'

'Just understanding that I will have bad days and may not be as concentrated as usual.'

Awareness

'Being more aware of what a young carer is'

'Teach others about being a carer so they are more educated'

Adjustments

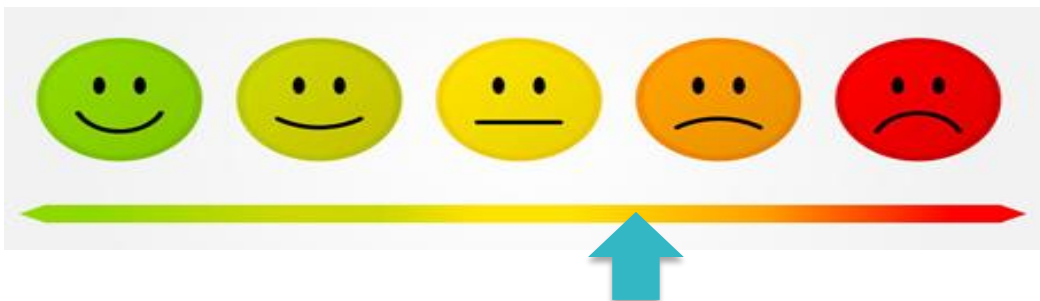
'They should listen to me when I am late, when my parents don't wake up and my homework is not done.'

'Allowing things like homework and other work to be slightly late if something happens at home.'

Support with Bullying

Information

How does being a young carer make you feel?



The average rating for young carers

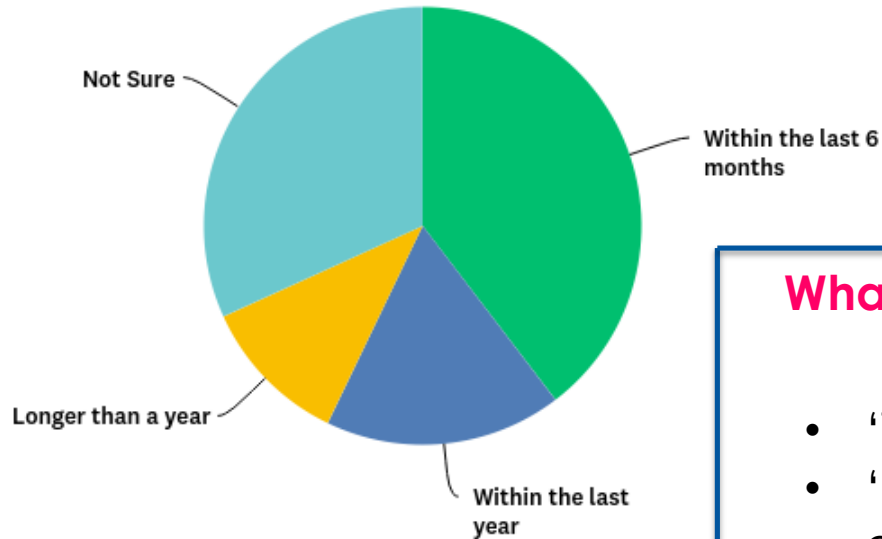
This backs up our Healthy Carers survey last year where young carers scored their mental health on average as 5.4/10

What would help make you feel better?

- **Talking to someone**- 'I sometimes feel run down and upset so I talk to my friends and people at my school for help or just some time out'
- **More help and support**- 'A bit more support'
- **Having a break**- 'Spend some more time outside of the house to have a break'
- **Talking to other young carers**- 'Talk to another Young Carer'
- **Health of cared for to improve**- 'My dad being better'
- **Sleeping**- 'Sleep and going out with friends'
- **Understanding**- 'better support in schools and teachers being MORE understanding'
- **Talking with family and friends**- 'Have someone to talk to'

Young Carers and GPs

When did you last see your GP/Doctor?



9%

had to miss out on an appointment because of their caring role in the last 12 months

What would have helped you not to miss these appointments?

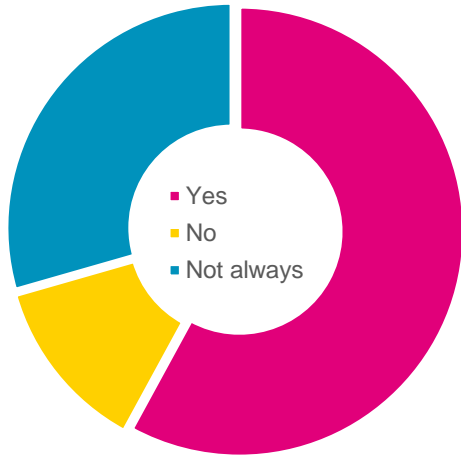
- 'Transport'
- 'My parents be more helped by others'
- 'Because my sister was very ill in hospital for a while.'
- 'A couple of days off school'
- 'My brother always has to come first and sometimes I miss out on things because my mum and dad can't do the things I want to do'

86%

had never have spoken to their GP about being a young carer

Other results

Do you have any time out from your caring role?



Did you know that you are entitled to have a Young Carers Assessment from Norfolk County Council?

67%

had either not heard of, or weren't aware they were entitled to a YCNA

Please see our stand for copies of the Guide to Young Carers Needs Assessments!

Helping young carers, young adult carers and their families in Norfolk

Norfolk County Council

Your Guide

“Young Carers. You are not alone. Up to 12,000 children and young people in Norfolk are carers. They help look after or support a family member or friend who is ill, disabled or misuses drugs or alcohol.”

Norfolk County Council
Norfolk County Council's ambition is for all children in Norfolk to achieve their full potential and have their needs met at the earliest possible opportunity so that no child in Norfolk is left behind.

Whole Family Approach
The council has a duty when carrying out an assessment to not only recognise how the young carer's wellbeing, health, education and development is affected by their caring role, but to also look at the needs of the whole family. This may lead to plans to support more than one member of the family. This might involve different services and organisations including Children's and Adult's Social Services, your school or college, your Doctor or Nurse or your Support Worker.

What does the Needs Assessment cover?
The Needs Assessment will consider how caring affects you, both physically and emotionally and how it affects your progress at school, college or work. It will also include how caring affects your social life, friendships and leisure. What you feel and want will be taken seriously and listened to in an assessment.

What is a transition assessment?
As a young carer approaches 18 the pathways of receiving and accessing support and services change. Making sure that you have information, options and choices in relation to your caring role and life is key.

⚠️ If you are worried about your own safety or that of another child or adult and want to speak to someone, contact us on 0344 800 8020. If it is an emergency telephone 999

Closing Remarks

Information in libraries about young carers and support available ("Shelf-help")

Build links between school nurses and young carers projects

Keep inviting us to do young carers training for lots of different professionals (school staff, social workers etc)

Think about the role pharmacies have in identifying/supporting young carers

More training sessions for young carers (e.g. Emergency First Aid, What to expect if we have to call 999, managing stress)

Always promote "Whole Family" approach – Who else is in the family and affected?

Create more opportunities for young carers/young adult carers to be involved in decisions about health services/support.

NSFT have carers leads for adults – can they have one for young carers?

Triangle of Care for Young Carers

Some of our ideas for improving health outcomes for Young Carers

Continue to raise awareness about young carers with young people

Make sure counsellors/mental health staff are aware of young carers

Young-person friendly versions of information for carers/information on conditions

Closing Food for Thought

- How can we get to the point where the majority of schools are accredited as carer-friendly? It should be the norm.
- Given the significant number of young carers caring for someone with a mental health issue, and the impact that being a young carer has on their own mental health, how can health agencies play a bigger role in improving early identification and support? NSFT? Primary Care? Acute settings?
- It highlights the need for continued awareness-raising (Education; Health/Social Care; Employers; Wider Community)
- Some key opportunities for all of us:
 - Making the Carers Charter real and embedded;
 - The next Carers strategy needs to be all-age and multi-agency
 - Building on the commitments to carers in the NHS Long-term plan
- We all have a role to play in ensuring young carers and their families are aware of their rights and support available