

## ITEM No ...6.....

**REPORT TO:** CHILDREN AND FAMILIES SERVICES COMMITTEE –  
7 SEPTEMBER 2020

**REPORT ON:** CARERS (SCOTLAND) ACT 2016 AND YOUNG CARERS

**REPORT BY:** EXECUTIVE DIRECTOR OF CHILDREN AND FAMILIES SERVICE

**REPORT NO:** 204-2020

### **1.0 PURPOSE OF REPORT**

This report provides members with the second annual progress update on the Council's response to Young Carers as outlined in the Carers (Scotland) Act 2016. It details activities carried out to enhance support to Young Carers during the last 12 months, including through co-production, early identification and intervention. It further details the plan to update A Caring Dundee: A Strategic Plan for Supporting Carers in Dundee 2017-2020 following a review of this plan by the Dundee Carers Partnership.

### **2.0 RECOMMENDATIONS**

2.1 It is recommended that members:

- i. note the progress, success and impact of awareness raising and support provided to Young Carers to date;
- ii. instruct the Executive Director of Children and Families Service to provide a further update report on the implementation of the Act in 12 months; and
- iii. instruct the Executive Director to present a revised Young Carers Strategy for approval no later than 31 March 2021.

### **3.0 FINANCIAL IMPLICATIONS**

3.1 The Scottish Government has provided additional funding to Integration Joint Boards (IJB) for the implementation of the Carers Act from 2018/19 onwards. Further additional funding of £295k has been received in 2020/21 to support the next stage of implementation taking the total investment for Dundee to £946k.

3.2 The IJB allocates the funding for the Dundee Carers Centre through these funds to provide targeted support to Young Carers. The Children and Families Service also received £107,600 in 2020/21 to further support the coordination of services and for the provision of Young Carers Support Plans.

### **4.0 CARERS (SCOTLAND) ACT 2016**

4.1 The Carers (Scotland) Act 2016 came into force on 1<sup>st</sup> April 2018. The Act imposed new legal duties on Local Authorities and Health Boards in relation to both Adult Carers and Young Carer. It defines a Carer as anyone who provides, or intends to provide, care for another person. It also notes that carers can be any age and may be parents, spouses, grandparents, daughters, brothers, same sex partners, friends or neighbours of the person being cared for.

4.2 The Carers (Scotland) Act 2016 states Local Authorities have a duty to offer and provide what it describes as 'Young Carer Statements'. This is effectively a support plan developed with and for a Young Carer to overcome any identified barriers created by their caring role and ensure they can achieve positive outcomes. This applies to any child or young person who is under the age of 18 or is still a pupil at school and who provides care to another individual.

## **5.0 LOCAL IMPLEMENTATION**

- 5.1 In Dundee, in accordance with the principle of co-production, A Caring Dundee: A Strategic Plan for Supporting Carers in Dundee 2017-2020 was developed jointly by the Children and Families Service, Health and Social Care Partnership (HSCP), Third Sector and Carers. Collectively, we have committed to a shared vision to achieve: *'A Caring Dundee in which all Carers feel listened to, valued and supported so that they feel well and are able to live a life alongside caring'*.
- 5.2 The Dundee Carers Partnership is co-chaired by HSCP and Carers Centre and draws membership from a range of statutory and third sector organisations, as well as including representatives of carers. It leads partnership work in relation to carers of all ages, including Young Carers. During late 2019 and early 2020 the Carers Partnership completed a review of 'A Caring Dundee' and concluded that a fully revised strategy should be prepared.
- 5.3 The Carers Partnership began the preparation of the revised strategy with the intention of presenting this to the Integration Joint Board and the Children and Families Committee for approval and publication prior to 31 October 2020. This work has been unable to progress due to the onset of the COVID-19 pandemic in March 2020 but as part of the staged approach towards recovery, partners are committed to presenting a revised plan by March 2021.
- 5.4 In Dundee the Young Carers Sub-Group, co-chaired by the Dundee Carers Centre and Children and Families Service, has oversight of the work with Young Carers. Our approach to Young Carers prioritises early identification and support through co-production work undertaken in our primary and secondary schools. A case study highlighting the benefits of an early intervention approach is attached as (Appendix 1). The Scottish Government are taking a keen interest in this approach.

## **6.0 DEVELOPMENTS OVER THE LAST 12 MONTHS**

- 6.1 The emphasis on co-production, including with a Young Carers Voice group consisting of representatives of Young Carers, has continued to be at the heart of the approach. In order to promote a consistent approach within schools and cement learning from developments, a template partnership agreement was completed in February 2020 for use by the Carers Centre and all secondary schools, outlining minimum expectations on the contribution of the partners to identification and support. Within this framework, approaches include:
- Young Carer Ambassadors now act as volunteers to inform and contribute towards approaches in every secondary school, alongside Carers Centre and school staff.
  - A Young Carers Voice member hosted Virtual Hub (Facebook live) during Carers Week alongside the Minister for Public Health Joe Fitzpatrick MSP
  - Two Young Carer Ambassadors participated in Virtual Hub (Facebook live) broadcast in August 2020 to highlight supports available for Young Carers returning to school
  - The learning from a Young Carers Statement test is embedded and peer support groups for Young Carers are now run jointly by Ambassadors and staff in all secondary schools
- 6.2 In order to continue to promote awareness, sessions facilitated by Young Carers Voice and Young Carer Ambassadors were held in Harris Academy and a number of primary schools in January, reaching 400 young people. A series of roadshows by Young Carers Voice to highlight young carer's rights were also held in March 2020 but unfortunately cut short by COVID-19. These involved key partners such as Young Scot to publicise the Young Carer Entitlement Card. The roadshows reached a total of 1198 young people.
- 6.3 Further approaches towards awareness raising have included the development of an eLearning Young Carers Workforce Module to be embedded in the Dundee City Council Digital Learning and Support Resources and the Carers of Dundee Portal. A Carers of Dundee website has also been developed as a one stop shop for families, workers and agencies on information, advice, support, toolkits and other resources available for carers, young carers and their families.
- 6.4 Operational guidance (Appendix 2) in regards to Young Carer support and Young Carer Statements has been agreed, formalising the process for Young Carers to access additional support. Where the Young Carer's needs are critical or substantial and cannot

be met by existing resources, they are eligible for a funded statement. Where this is assessed as appropriate and agreed with the Young Carer, the completed Statement will be considered by a multi-agency panel. Support might, for instance, include funded breaks.

- 6.5 As a result of this and related work, the number of Young Carers identified and receiving support over the last 2 years since the Act was introduced has increased markedly, from 65 in September 2018, to 208 in August 2019 and 298 in August 2020. As existing and new Young Carers will need to be aware of and have access to support, it is likely that this will continue to increase but difficult to quantify. Last year, there were 11 Ambassadors in schools and there are now 22, with a target of 32 by the end of 2020.
- 6.6 Support has also involved helping identified Young Carers to gain full recognition and accreditation for the learning and skills they acquire in carrying out their caring role. In 2019-20, 50 Young Carers worked towards accreditation in Hi5, Dynamic Youth and Adult Achievement Awards (for 16+) and of these, 26 achieved awards during this period.

## **7.0 COVID-19**

- 7.1 Like all services, the pandemic has significantly interrupted approaches towards Young Carers but partners have adapted to ensure they continue to be identified and receive support. At point of lockdown, the Carers Centre worked closely with schools to ensure as many Young Carers as possible who received informal support through school were referred to the Carers Centre to enable them to receive remote support via telephone and the NHS Near Me/Attend Anywhere platform.
- 7.2 As a result of this flexible approach, the Carers Centre has engaged with over 100 Young Carers each month since lockdown started. Where Young Carers were also being supported by Social Work teams, further face to face support was provided on either a weekly, fortnightly or monthly basis depending on assessed levels of risk and need. In addition, the Carers Centre received 14 new referrals from schools and 3 from Social Work teams between April and June 2020.
- 7.3 Early in the pandemic, Young Carers identified not being able to access supermarkets on their own for fear of being challenged by Police Scotland. Working with DVVA, local supermarkets, HOPE, Police Scotland and the NHS Pharmacy Service, the Carers Centre developed an E-Card for Young Carers to enable them to access protected shopping hours and pick up prescriptions. Since its launch at the beginning of April, over 50 cards were distributed. A similar card has been developed for adult carers and personal assistants.
- 7.4 The Carers Centre Developed a Virtual Hub which is a weekly broadcast via Facebook live. Whilst under 18s cannot watch live, families were encouraged to watch together on topics of interest. This included a session which was delivered by the Education Support Officer ASN, covering home schooling for Children with Additional Support Needs. The Carers Centre supported an additional 23 Young Carers and their families to work towards Hi5 and Dynamic Youth Awards as family projects, providing focused activities during this challenging period.
- 7.5 However, like all children and young people, Covid-19 has had a significant impact in curtailing normal activities and restricting the range of available support. Given their caring roles, this is likely to have been more pronounced for Young Carers than for others. Following the re-opening of schools on 11 August and as part of the broader recovery plan, work is therefore focused on fully re-connecting and re-engaging with Young Carers on a face-to-face basis; re-familiarising them with school; and reviewing individual support.

## **8.0 GOING FORWARD**

- 8.1 As Young Carers return to school post- lockdown school coordinators are available to support as before. Adopting appropriate protocols for peripatetic school staff will allow Young Carer link workers to visit and offer additional support where required. The increased number of school ambassadors offers peer support adding to existing practice
- 8.2 While the Dundee Carers Strategic Partnership will continue to coordinate the implementation of the Act and related developments, the Young Carers sub group will be formally established as a group in its own right. To enhance support and ensure developments continue to be aligned with other approaches towards children, young people and families across the city, the group will report to Children and Families Executive

Board. Once established, the sub group will review the self-evaluation carried out pre-lockdown and in line with the Dundee Carers Partnership will report specifically on the revised Young Carers plan no later than March 2021.

**9.0 POLICY IMPLICATIONS**

9.1 This report has been subject to an assessment of any impacts on Equality and Diversity, Fairness and Poverty, Environment and Corporate Risk. There are no major issues.

**10.0 CONSULTATIONS**

10.1 The Council Management Team have been consulted in the preparation of this report.

**11.0 BACKGROUND PAPERS**

11.1 None.

Paul Clancy Executive Director  
August 2020

Chris Wright, Acting Senior Manager

## Appendix 1

### **Case Study - Example of early intervention, support and moving on to becoming a young volunteer:**

T is a young carer for their single parent who has cancer. Through 1:1 support T applied for Short Breaks funding for a games console so they could pursue their gaming hobby. Initially T went home at lunchtime every day to check on their parent over time this reduced to 3 times per week.

T spoke to their Guidance Teacher, so the school could understand the extent of their caring role and support their attendance. Through accessing day trips through the Carers Centre summer programme, T made friends and developed confidence in group settings, taking on a leadership role in some groups.

T then went on residential with the Carers Centre which was a big milestone in feeling able to leave their parent overnight. T accesses group support in school and is a Young Carer Ambassador in school, taking a leadership role in raising awareness of and supporting young carers in their school as well as feeding into decision making processes for young carers.

T makes newly identified young carers in their school feel at ease in the group and also contributes to supporting citywide events for young carers – T feels proud to undertake this role and make a difference.



## Appendix 2

### Operational Guidelines - Young Carer Support

These guidelines are to provide you with practical instructions in regards to young carer support and young carer statements. These should be used in conjunction with the attached framework which outlines the national eligibility for young carer support against the SHANARRI outcomes. The leaflet, support for carers in schools, will also provide practical advice and guidance.

The Young Carer Co-ordinator has responsibility within the school for developing work, alongside the Link Worker from the Carers Centre, to increase the number of young carers identified and ensure there are opportunities for support.

The named person is ensuring co-ordination and implementation of a young carer statement where required.

#### Identified Young Carer

Where a young carer is identified you (named person) must ensure that the member of staff with the best relationship with this young person (young carer co-ordinator, guidance teacher, school & family development worker), has a conversation to understand to what level the caring role has an impact on their day to day life and ability to participate in education.

The level of impact identified during this conversation will determine the next stages of intervention:

#### Level 1 (Green – low or no impact)

- Tick the box on the authority tab on SEEMIS to indicate this young person is a young carer
- Record any relevant details in the pastoral notes including any reasonable adjustments made to support the young carer in school (eg agreed a later start time/alternative homework arrangements)
- Provide the young carer and their family with a copy of the young carer in schools policy, leaflet and information on any drop in or group opportunities available in school for young carers including details of the Carers Centre link worker, and when they are in school

#### Level 2 (Amber – moderate impact)

- Complete all the actions at level 1, move to level 2 if the young person needs additional support from more than one agency
- Support the young carer to complete a young carer statement workbook with the support of the worker they have the best relationship with (eg Young Carer Co-ordinator, Dundee Carers Centre Link Worker, Guidance Teacher, School & Family Development Worker)
- Hold an informal meeting with those people the young carer has identified as important to their support – this may include family members, friends, Dundee Carers Centre, other agencies providing support to the young person/family – but should be co-ordinated and chaired by the named person.
- In addition to the young carers in school's policy a range of information about the supports and resources available to support young carers are available on the Carers of Dundee website
- Record this meeting on the (Wellbeing Plan – Education) – on Mosaic. This form has been adapted to include all the legal requirements of a young carer statement.
- Ensure you tick the box on SEEMIS to indicate this young person has a young carer statement
- Set a date and time to review the impact of the plan with the young carer and their family. This should at a minimum be before the end of the current school year.
- The young carer workbook should be stored securely in the PPR

#### Level 3 (Critical/Substantial Impact)

It is likely that those young carers at level 3 are involved in more complex TATC processes which are around wider issues than solely the impact of being a young carer. In this context:

- The lead professional should ensure that a young carer statement is completed as part of the Level 3 process
- The lead professional should delegate the preparation of the statement to a person with whom the young carer has an established relationship
- The process of preparing the statement should follow the processes in Level 2
- The young carer statement should be noted as an action point on a wider agenda, but there is no requirement to go into full details at the wider meeting
- The lead professional should ensure the elements of the (Wellbeing Plan) relating to young carers are filled out to ensure it meets all the legal requirements of a young carer statements

- The named person should ensure that the box on SEEMIS is ticked to indicate this young person also has a young carer statement
- The young carer workbook should be stored securely in the PPR
- A range of resources and information on supports available for young carers can be found on the Carers of Dundee website
- Where the young carer's needs are critical or substantial and cannot be met by the existing resources of the Children & Families Dept they are eligible for a funded statement (and the following process should be followed)
- The young carer statement should be regularly reviewed as part of the ongoing Level 3