**YORK CARERS CENTRE**

**GUIDELINES FOR COMPLETING A YOUNG CARERS REFERRAL**

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| **Who are young carers?** |

***Young carers are children and young people under 18 years old who provide unpaid care to a family member who is physically or mentally ill, has a long-term health condition or physical/learning difficulty or addiction problem***

Young carers may provide practical and/or emotional support to the person they care for and to siblings and other family member, beyond what is expected of their age group.

* **Practical** Cleaning, cooking, laundry, paying bills, collecting prescriptions
* **Physical** Lifting and moving, responsible for shopping for food
* **Personal** Assisting in bathing, dressing, feeding, medication
* **Emotional** Listening, comforting, coping with mood changes
* **Siblings** Helping siblings to get dressed, cooking meals, helping with homework, taking brothers or sisters to school

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| **Referral Criteria** |

**To be eligible for our service a young person must be:**

* Aged between 5 - 18 years.
* Helping to care for someone who is experiencing mental/physical ill health, has a long-term health condition, physical and/or learning difficulty or addiction problems.
* Providing practical and/or emotional caring on a regular basis that is having a negative impact on their lives eg affecting their social lives, education, physical or emotional state.
* Lives within City of York council boundary

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| **Who can make a referral?** |

Anyone can make a referral to the young carers service:

* Parents/Guardians
* Professionals and agencies (e.g. Schools, GP’s, Social Workers, health workers and community workers).
* Young people can make the referral, however if you are a young person we do need to seek parental consent to be able to work with you.

***\* In making a referral the referral must be completed with the consent and presence of a child or young person as well as gaining/confirming parental consent.***

* The young carer service can only accept **one sibling** from each family (the child most impacted by their caring role)

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| **The Young Carers Assessment process** |

Once an appropriate referral is received a support worker will contact the family and arrange a school visit to complete a Young Carers Assessment with the young person, which will last approximately one hour. This is an assessment of the caring role to ensure that we are the right service for the young person and family. If the young person isn’t in school we can arrange to do this elsewhere.

We will explain all about the service, what we do and how everything works.

If the young person/child is eligible, the level of support will be determined on the assessed need at the time.

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| **Where to send completed referral forms** |

**Please complete the online form or email the completed from to:** [**enquiries@yorkcarerscentre.co.uk**](mailto:enquiries@yorkcarerscentre.co.uk) **or by post to: York Carers Centre, 17 Priory Street, York, YO1 6ET.**

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| **If you have any queries or want to discuss the child/young person before you complete the referral form, including if you are unsure if the young person meets the criteria, please do not hesitate to contact the Young Carer team:**  **01904 715490 youngcarers@yorkcarerscentre.co.uk** |

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| TIER | LEVELS OF NEED | YOUNG CARERS OFFER |
| GREEN  Universal Offer  ‘Prevention’ | *The young carer is achieving life opportunities and the impact of their caring role is low* | **Interventions aimed at reducing any later incidences or problems**   * Youth club sessions * Trips and activities * Advocacy, information and signposting to local opportunities and funding streams |
| AMBER  Early help | *The young carer is affected by their caring role and is at having an impact on their life opportunities* | **Targeted group work**     * Youth club sessions * Trips and activities * Small group sessions * Advocacy, information and signposting to local opportunities and funding streams |
| RED  Targeted intervention | *The young carer is at risk, vulnerable and their caring situation is seriously impacting on their life opportunities* | **Intensive individual support / 1:1 sessions**   * Youth club sessions * Trips and activities * Small group sessions * Advocacy, information and signposting to local opportunities and funding streams * Time limited, Intensive support with identified goals and review * 1:1 sessions |

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| **Disengagement** |

* Engagement with the Young Carers service is voluntary. Each family is encouraged to participate as much as possible.
* If a family has not engaged with the service for a 12 month period, we will check if they still want to be registered. If not they can re- refer again in the future.

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| **Referral Criteria Checklist** |

**Please use the checklist below to ensure that our criteria has been met:**

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| The young person: |  |
| Is between the age of 5 – 18 years old |  |
| Lives in York |  |
| Is aware of the referral, and parent/guardian consent has been given |  |
| Cares for a family member within the home (parent/sibling/other relative) |  |
| I know that only one child per family can be referred to YCC (the child who is most impacted by their caring responsibilities / most in need of support) |  |
| The young person cares for someone with: |  |
| A physical disability (including sensory impairment) |  |
| A learning disability |  |
| A long-term illness |  |
| A terminal illness |  |
| A mental illness |  |
| Alcohol, substance misuse, addiction |  |
| Their caring role has a direct impact upon, or affects: |  |
| Social inclusion |  |
| Educational opportunities and achievement (absences, problems with homework) |  |
| Their emotional wellbeing |  |
| Their physical wellbeing |  |
| Family relationships |  |