

# Supporting Young Carers

## Top 10 tips for supporting young carers in GP surgeries courtesy of The Children's Society

1. Raise awareness about young carers amongst all the staff, including receptionists.
2. Consider nominating one member of staff to be a link person who will become informed about the key agencies in your local area offering support to young carers and their families.
3. Add caring role to the electronic patient records of both the young carer and the person they care for.
4. Use the online tool The Whole Family Pathway (available from [www.youngcarer.com](http://www.youngcarer.com)) to improve referral of the person with care needs, as well as the young carer, for support.
5. Have a copy of the 'Quick Checklist for supporting young carers and their families' on your intranet (available from [www.youngcarer.com](http://www.youngcarer.com)).
6. Use the notice board in your waiting area to promote sources of support for young carers and their families.
7. When appropriate include children in discussions about their caring responsibilities and consult with them about their family's needs.
8. When prescribing medication consider whether a young carer may be administering it. Find ways to relieve them of this responsibility or if appropriate, offer training.
9. Ensure that GPs are available for young carers to talk to about their situation without them having to wait until they have a health problem.
10. Try to avoid using children as interpreters. Contact your local council, or access Language Line for interpreting services: [www.language-line.co.uk](http://www.language-line.co.uk)

For more information about supporting young carers in your surgery please contact: Ann Tolaini ☎ 07786 195 889 ✉ [AnnT@carerssupportcentre.org.uk](mailto:AnnT@carerssupportcentre.org.uk)

If you care,  
we care.

Carers Support Centre  
Bristol & South Gloucestershire



[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)



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