



# Young Carers Transition Guidelines

Schools & Colleges



## Introduction

These guidelines have been developed with young carers and young carers school leads to help ensure that young carers as a group are recognised in the transition process and the impact that caring can have on their education, health and wellbeing is understood so appropriate transition is provided.

## Who are young carers?

Young carers are children and young people under the age of 18 who provide regular ongoing support and care to a family member who is disabled, has a long-term illness, mental health issues or is affected by substance misuse.

Young carers are resilient, empathic, organised, communicative, flexible and good problem-solvers. Through caring, young carers develop skills and qualities that will be useful in their futures.

However, young carers can struggle to juggle their education and caring role. Without support, it can impact on their capacity to enjoy and achieve at school.



## Statistics

- **39%** of young carers said nobody in their school was aware of their caring role
- On average young carers miss or cut short **48** school days a year
- Young carers attain at least **1** grade lower in all GCSE subjects
- Young adults carers are **4** times more likely to drop out of college or university
- Identification of young carers leads to improved attendance, attainment and wellbeing.

*Sources (BBC & Nottingham University 2018, Hidden from view, Saul Becker, 2014, Carers Trust, 2017.)*



## Young carers say school transition makes them feel:

- "**Not ready** to leave school, to make new friends."
- "**Cast off** from the support I've had."
- "**Fearful** of not fitting in, being judged, of being separated from the person I care for."
- "**Anxious** about expectations and remembering things."
- "**Overwhelmed** with all the new pressure and responsibilities."
- "**Confused** about what support there is for young carers."
- "**Frustrated** if the school doesn't know I'm a young carer."
- "**Hopeful** that the school will understand my needs."
- "**Good** about having a fresh start."

## Young carers say what helps school transition is:

- Knowing who the young carers contact is and how to contact them
- Meeting the young carers lead before starting school
- Having an additional visit before starting school
- Being informed and being able to ask what support is available
- Having a buddy or peer mentor
- Display boards and publicised support for young carers
- Staff awareness of young carers and the issues they have with caring
- Student profiles and passports that include caring
- A flexible support plan that takes into account the caring role
- Better links between schools

***"Reach out to young carers, don't leave the responsibility to us."***

Young Carer, 17



# Young Carers Transition Checklist

Transition is an essential time to identify young carers and develop support during and beyond to ensure a young carer can participate and progress in their education. Based on young carers and young carers school leads views, we suggest schools use the checklist on the following pages to ensure positive transition.



## Establish

- Recognise young carers as a vulnerable or at-risk group.
- Identify young carers on school monitoring systems e.g. SIMS, Arbour, CPOMS.
- Include young carer awareness in staff induction and training.

## Identify

- Include young carers on vulnerable pupil trackers/transition spreadsheets
- Share and ask for information at transition meetings between schools
- Contact young carers leads at new schools and colleges\*
- Have a question to identify young carers, including questions regarding disability and illness in the family on school registration forms\*\*
- Ensure there are opportunities for young carers to self-identify by including questions on family roles and caring in introductory about me activities.

\* [www.carerssupportcentre.org.uk/young-carers/young-carers-in-schools/local-member-schools](http://www.carerssupportcentre.org.uk/young-carers/young-carers-in-schools/local-member-schools)

\*\* Does anyone in the family have a long-term health condition, disability or history of substance misuse?

\*\*Does the pupil provide any help or support?



## Awareness

- Publicise the support offered to young carers in the school prospectus, school website, at parent information sessions and during pupil transition visits and induction.
- Include young carers support information in pupil planners and any induction materials given to pupils and their families.
- Provide a young carers assembly at the beginning of the school year for all year groups
- Make sure young carers are aware they have a right to an assessment and support outside of school.

## Support

- Ensure young carers have met the lead/key contact prior to starting school.
- Ensure parents and carers have been contacted by the school lead prior to a young carer starting school.
- Invite young carers to summer school initiatives.
- Develop young carers passports and support plans that take into account the young persons caring role and responsibilities.
- Offer young carers a buddy or peer mentor.



## Young Adult Carers & Post 16

- Prioritise young adult carers aged 14+ for careers support and extended work experience opportunities.
- Ensure careers guidance takes into consideration caring responsibilities.
- Consider young carers for special consideration/extenuating circumstances regarding exams and assessments.
- Highlight additional support including widening participation programmes and bursaries to young adult carers applying to college or university.
- Ensure young carers moving onto employment know their rights and have support.
- Ensure young carers are aware they have the right to a transitions assessment that will help to identify how to overcome barriers they may face as a young carers moving into further/higher education and employment.

## Resources

### **Carers Trust: Young Carers in Schools**

Setting up systems to identify, assess and support young Carers

### **UCAS: Students with Caring Responsibilities**

Support and advice on applying for university for young adult carers.

### **Carers Support Centre**

Work and caring support.

### **Carers UK**

Rights at work for carers.





## Useful Information

### **Carers Support Centre**

Bristol & South Gloucestershire Young Carers

### **Young Carers in Schools**

About the Programme

### **Young Carers in Schools**

Local Member Schools & Young Carer Leads

### **Young Carers Development Trust**

Resources

# About Us

We support children & young people aged 8-18 in Bristol & South Glos, who provide care for a family member who is ill, disabled or misusing drugs or alcohol.

## How do we support young carers?

We offer a tiered service depending on the individual needs of the young carer.

Support for young carers includes:

- a whole family young carers needs assessment
- breaks from caring; trips and activities
- Young Carers Voice; our young carers participation group
- Young Carers in Schools Programme
- Young Carers Free Family Days Out

For more information, please visit our website [www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk).

## Contact Us

To contact the young carers team, please use our [contact form](#) or call or email:

0117 958 9980

[youngc@carerssupportcentre.org.uk](mailto:youngc@carerssupportcentre.org.uk)



Carers Support Centre  
Bristol & South Gloucestershire

