



YOUNG CARERS' RIGHTS

Introduction

Everybody has rights, including children. Rights make sure we are all treated fairly and can reach our full potential. Children have additional rights to adults. This is because children need extra protection and don't have the independence that adults do. As well as your rights as a child, you also have specific rights as a young carer.

Your Caring Role

Your caring role should not make you feel sad or worried, impact your health, stop you from spending time with your friends, get in the way of your education, prevent you from working when you want to and/ or stop you from being able to plan for your future. You should not be at a disadvantage to other children because you are a carer.

Your needs

Your welfare and your needs are very important. It is the responsibility of the local authority where you live to find out whether you need any help and support to be well, happy in your caring role, able to spend time with friends, participate in school and/ or work and plan for your future in the way that you wish to.

Assessment

The way your local authority can find out what your needs are and how they can support you is by offering you a Young Carers' Needs Assessment.

A Young Carers' Needs Assessment should involve a conversation between you and a professional that you know (who has undergone training and who you are happy to have the conversation with) to find out about your caring role. The conversation should include:



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- What your caring role involves
- How you feel about it your caring role
- Things you enjoy/ are good at/ enjoy/ need
- Whether any support would help you
- Whether they could put any support in place for the person that you care for that could make your caring role easier

After your assessment, you and your parents should be given a written report describing what you talked about and you should be told what support your local authority might be able to offer you.

You can ask for a Young Carers' Needs Assessment, but you should be offered one as soon as anyone in your school, or anyone who works with you and your family realises that you are a young carer. Your assessment should be regularly reviewed in case your circumstances change, for as long as you are a young carer.

You can choose who completes your assessment. As long as they are a professional and they have undergone training in how to complete a Young Carers' Needs Assessment, they can do it. If the person you would like to complete your assessment has not completed training, they will need to do the training, or they can be involved with the training, alongside someone who has completed the training. Your parents/ caregivers must be involved in the assessment. You should be given some confidential time to talk to the person completing your assessment if you feel that you need that.

Transition Assessments

When you are approaching adulthood, there may be some things that you want to plan for in your future. If it looks like you might need some support with that, you should be offered a transition assessment to help you to plan for your future. A transition assessment should explore how you feel about your caring role, any needs for support that you may have, your wants and needs relating to education and employment and whether they could put any support in place for the person that you care for that could make your caring role easier.