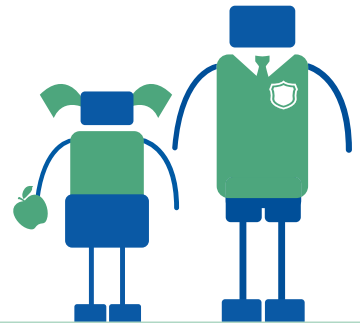


School support for young carers

It can be hard to combine school with looking after family or friends who have a disability, illness or need support in later life.

Our Carer Passport scheme can help to take the pressure off and make sure young carers get the right support and understanding.

Talk to your Head of Year, form tutor or young carer lead for more information.



Looking after someone?

In every classroom, chances are there are several children or young people with caring responsibilities at home.

Who are young carers?

A young carer is someone who is under 18 who helps to look after someone in their family or a friend, who has a long term illness, is disabled, has mental health needs or misuses drugs or alcohol.

What do young carers do?

A young carer could have many different extra responsibilities in the home such cooking, housework and shopping.

They may also help someone to move around or get dressed or help to give medication. A young carer could also be helping to look after a younger sibling.

A young carer may not always have these extra responsibilities but may be worried about the person with an illness or disability.

How this might affect school work?

Being a young carer can have a big impact on the things that are important to growing up, including their school life.

Young carers may need extra time to complete their homework or be late to school because of their caring responsibilities. They may be unable to stay late after school, so any detention would need to be at lunchtime.

They may need access to a phone at times so they can stay in touch with the person they care for.

They may need to take some time out of lessons and receive some extra understanding from their teachers.

A young carer may sometimes need:



Time out



An OK to use phone



Extra time



To be late



Understanding

Carer Passport

Our Carer Passport scheme is designed to make it easier for young carers to get the right support and understanding.

What is a Carer Passport?

A Carer Passport is a way of identifying young carers within the school. It can be used when a young carer is struggling due to their caring responsibilities and will immediately highlight to a teacher or other member of staff that they need this additional support.

The Carer Passport also means that young carers do not need to continually explain their situation to different members of staff and can quickly access the support they need.

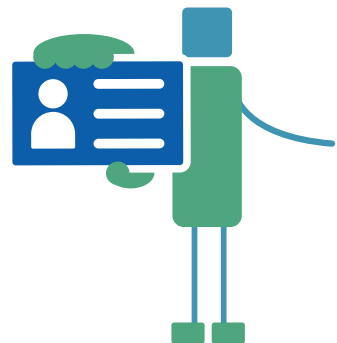
The Carer Passport is also a way of connecting students with local services for young carers, if appropriate.

How to use a Carer Passport

Students can show a teacher or other member of staff the card when, for example, they need time out of class, or extra time to do work, or to make a phone call in relation to their caring role.

This will alert the teacher to the caring responsibilities discreetly, and the teacher can log that this flexibility was granted and follow up at a later time to check the student is okay.

It is important the Carer Passport is used within existing school rules and is not abused in any way. Everyone at school needs to trust in the scheme for it to work well when students need the extra support.



Where to find more information

Talk to your Head of Year, Teacher or Young Carer Lead for more information about how our Carer Passport scheme could help.

More information about the benefits and challenges of establishing Carer Passport schemes can also be found on the Carer Passport website, as part of a partnership project run by Carers UK and Carers Trust, funded by the Department of Health and Social Care.

www.carerpassport.uk

“A Carer Passport would help me because I get so frustrated when teachers don’t know my situation and I have to repeat myself... I could use more support but don’t like to ask.”

“Young Carers often tell us the most important thing is that there is someone at school they can talk to, who knows that they care for someone and understands when and how this impacts on their time in school.”

