

Young Carers Speak Out!

November 2015 to March 2016



A child and young person version October 2016



Hello

In Cardiff and the Vale of Glamorgan there are lots of young carers.

Young carer - someone (under 18) who helps look after someone in their family who is ill or disabled.



All local authorities (councils) have to support young carers. It's the law.

To help them, the Welsh Government has set out rules in The Carers Strategies (Wales) Measure 2010.

We want to make sure we're doing everything we should do.

So we asked young carers about their experiences and ideas.

There was:

an online survey

an event in Cardiff with workshops



This report tells you what young carers said.

1 About

49 boys took part

50 girls took part

and 2 others

Where do you live?

30 from Vale of Glamorgan

71 from Cardiff

Education:

- 33 go to primary school
- 56 go to secondary school
- 7 go to college.
- 5 are doing other things.

Who do you care for?

66 Parents

56 Siblings

7 Grandparents

26 said they care for more than one person



2 Working together

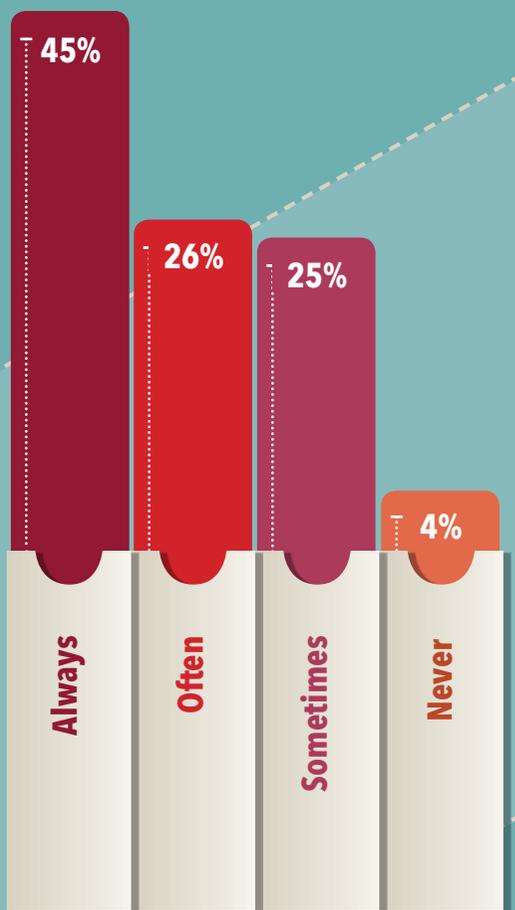
There are lots of people working together to support young carers.



Who supports you?



Do you feel the people who support you talk to each other to make things better for you?



How can we make support better?

- Communicate better
- A nurse for my Dad
- GPs can do more to help
- I'd like someone to talk to, to help me cope with things
- They need to work together as one group
- Money
- More help
- If someone could help me
- People knowing what a young carer does
- More fun activities

3 Letting people know

Do the people who support you understand what you do?

Teachers take me out of class and talk to me about my Dad and ask how he is doing.

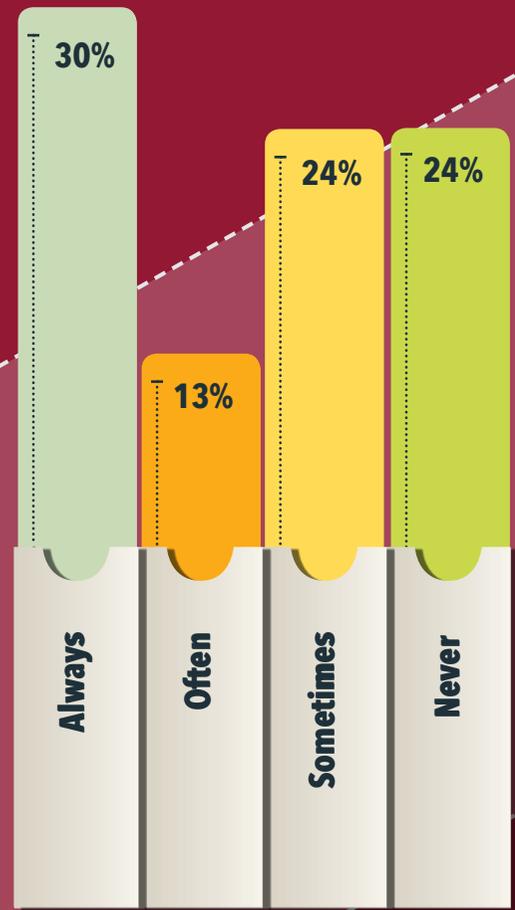
Young Carers Project workers are fun, and they are knowledgeable and listen.

A chemist asked me when getting sleep pills. Teachers don't really care. Friends don't ask that much.

My teacher doesn't ask at all, but she knows that I struggle at home.



Do you feel you have the right support from your school, college or employer?

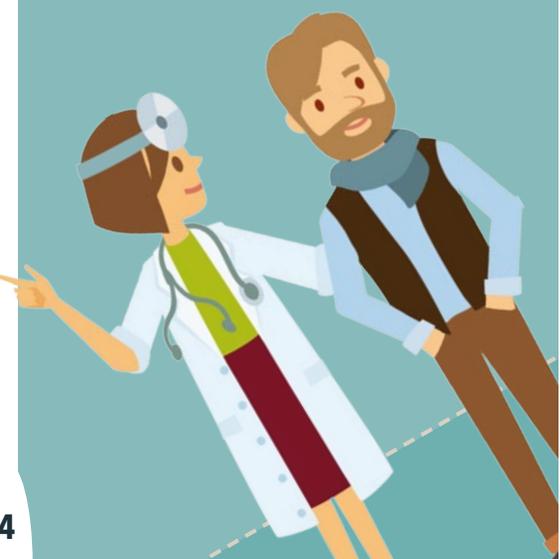


I want more support.

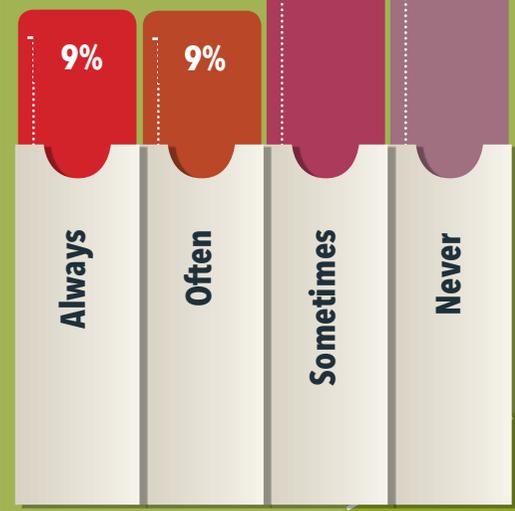
They are aware of my brother's disability and they are very helpful and supportive of us.

My GP asks me questions.

Often you get too much sympathy but no support.



Are you treated differently because you're a carer?

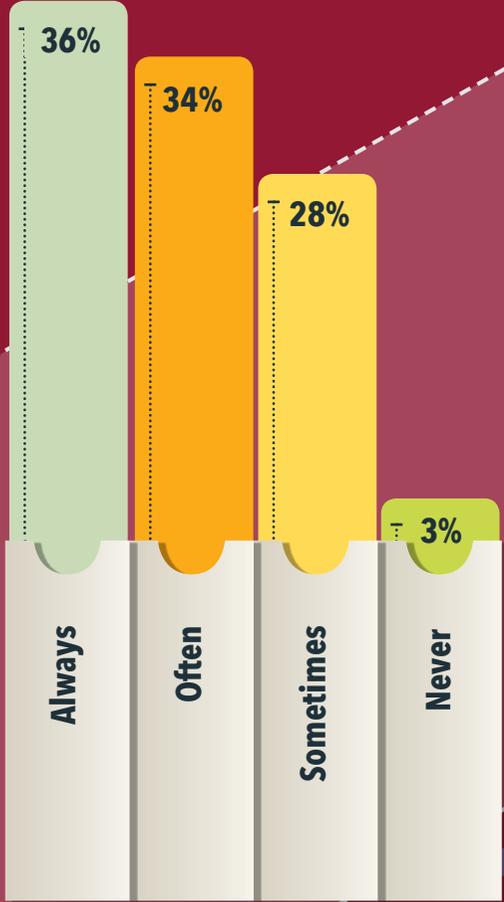


4 Skills

Young carers do lots of different things for the people they care for. This means they learn different types of skills.



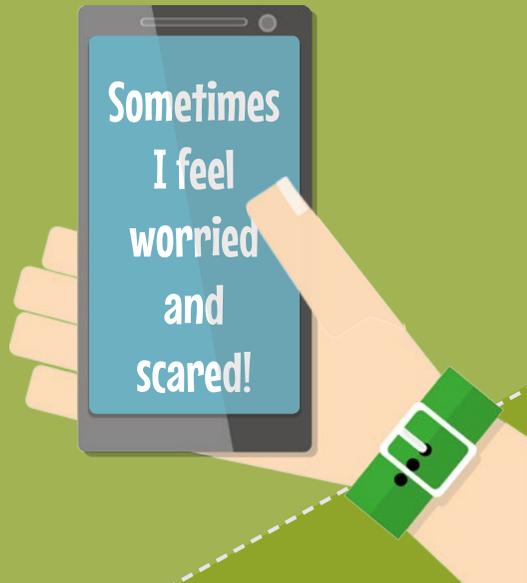
Do you feel you have the skills needed to be a carer?



What would you like sessions in?

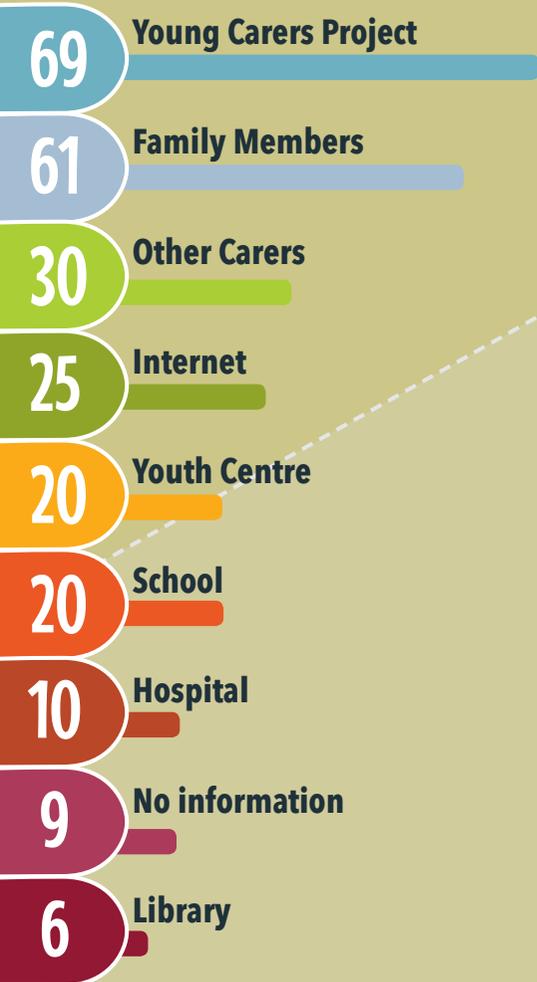


Do you feel you have the confidence to be a carer?

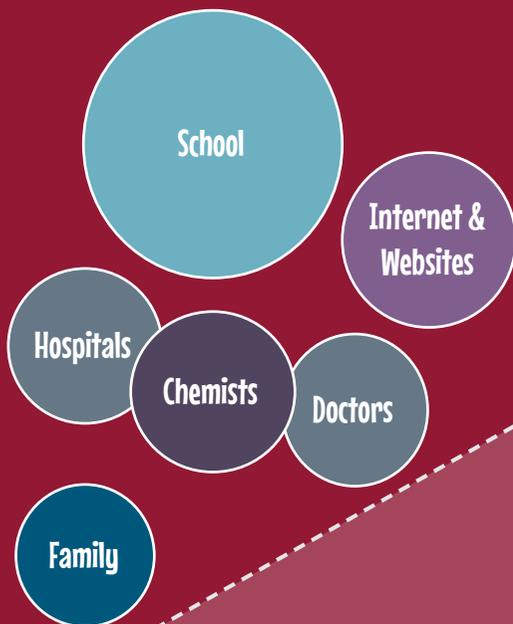


5 Information

Where do you get information to help you as a carer?



Where would you like to get information from?



also from:

- Young Carer project worker
- Emails to me
- Young carers
- Books
- Youth centre
- YMCA

Is there enough information and is it up-to-date?



How can we make information better?

- More young carer workers
- Posting letters
- More youth friendly
- Posters and leaflets
- Explain ideas more
- Keep me up-to-date
- Emails or Texts
- Put it in school

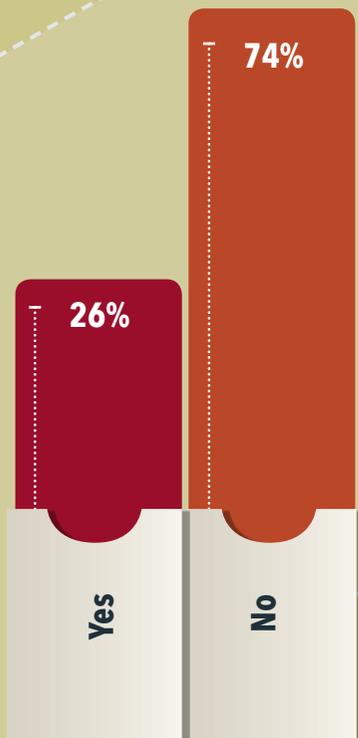


Support and planning

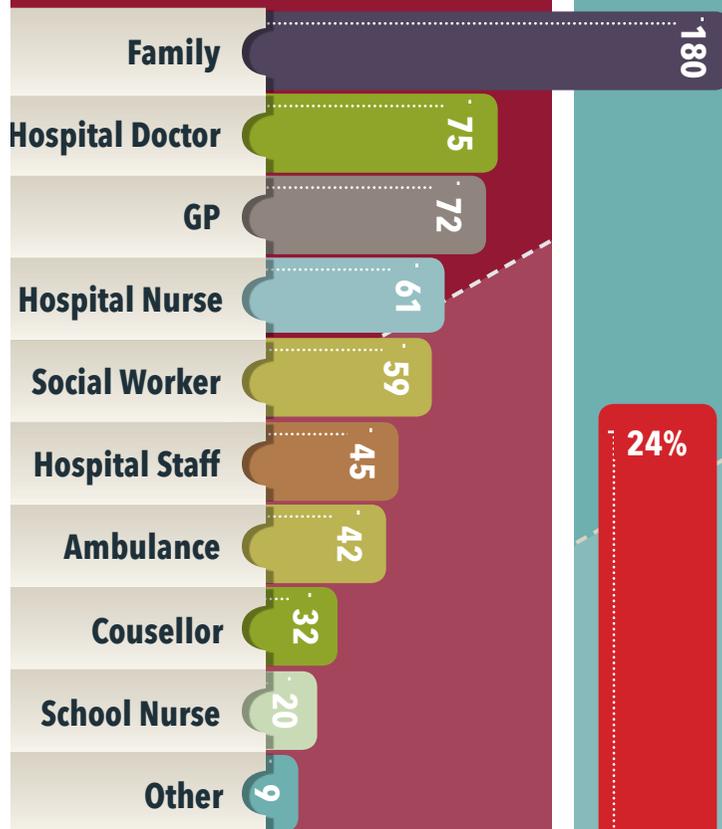
We want to step in early to give young carers support.



Have you been assessed by someone other than a Young Carers project worker about your caring role?



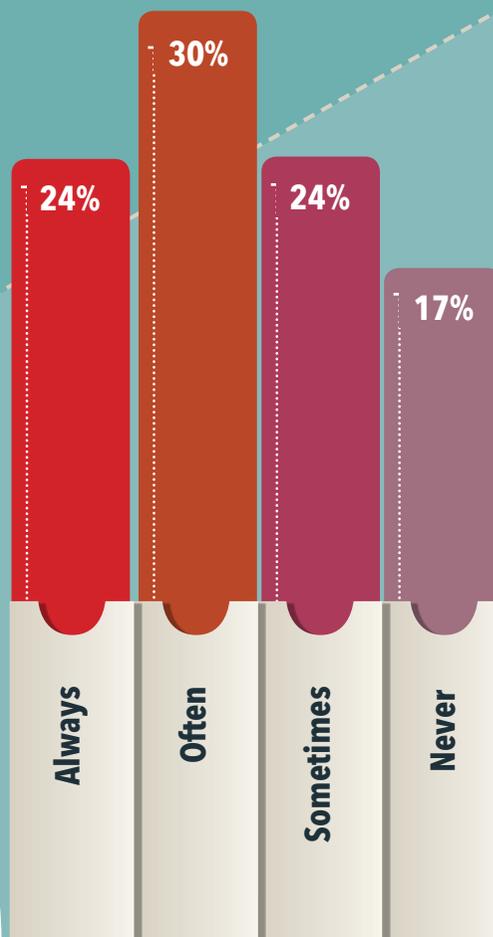
If the person you care for has ever been taken to hospital – how much information and support were you given by:



Scores out of 200



Do you feel you are involved in making decisions about your role as a carer?



Young carers said:

I have help but I can make my own decisions

Mum tells me a lot and I get to decide things with her

Often - I can choose the activities

Mum chooses what I do

I don't get to make decisions



7 Education

Young carers need support to meet their goals in education and their future.

35%

feel their teachers are 'good' at noticing and understanding them.

57%

said they are never or only sometimes given the right support at school.

20%

said they could get information about being a young carer through school.



Young carers told us about problems at school:

Homework deadlines are the most challenging thing. Schools don't really understand what a young carer does. They don't give you extra time.

They don't understand that you can't do ALL the work.

My day

I usually wake up at 6 am, do a few dishes, make my Mum's breakfast, go to work for a good 6, 7 hours. By the time I get back I've got to help my Mum around the house, cleaning and then I'm not in bed till about 12 o'clock. Then it just repeats over and over again. Schools need to relax the rules more for pupils like me.

50%

want more support

"I worry about what if my Dad's fallen or been hurt while I'm in school and no one is home."

"I'd like to improve the quality and availability of full-time carers so I can focus on my education."

"I worry about being away on school trips and not being at home to help."

"I'm tired but still having 2000 things to do!"

30% of under 13's see their teacher as their main support



Young carers said they want:

- all teachers to go on training to understand and support young carers better, especially primary school teachers
- schools and colleges to have guidelines (rules) about homework, time off, phoning home and other things to support young carers
- schools to have information and resource packs for young carers to get support.

8 Mental health

Sometimes young carers feel alone or different. This can cause physical, emotional and mental health problems.

54%

felt they had some influence on decision making.

21%

have seen a wellbeing coordinator.

29%

have seen a counsellor.



Why do you worry, stress or get angry?

What will everyone think?

Friends don't understand the pressures or risks of what I do

When people don't understand

Other people get more attention than I do

My friends sometimes make me angry

Giving the right tablets

Young carers said:

"I need more time to myself so that I can focus on my mental health."

"You just get stressed out with each other."

"You've got so much on like school and it just gets to you."

"I would like to change. The chance to live freely instead of having to look after my brother."

"I need more money. Less pressure. Less stress."

"There's loads of arguments with my family."



Young carers said they want:

- everyone to understand what they do - this could be done through assemblies or lessons
- more time off or funded breaks from caring
- support from a counsellor or someone from mental health service straight away
- more support so they could have more control over their lives
- more mental health services.

9 Strength

What would you tell new young carers?



"Don't give up too easily. It will be difficult if you haven't cared for somebody before."

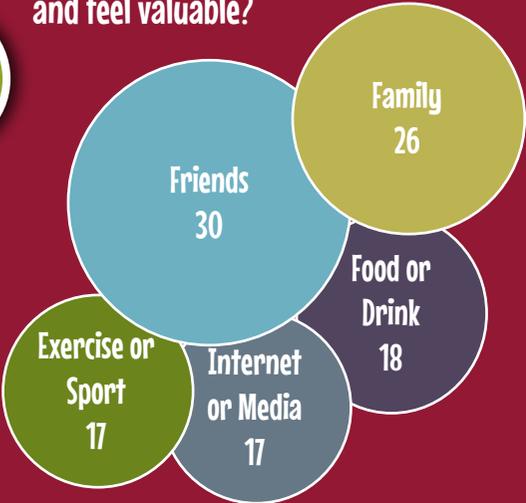
"Always try and talk to someone if it's getting too much."

"Be patient, you need to try and build your patience."

What is the best thing about being a young carer?



What helps you grow and feel valuable?



and lots of other things.



Young carers said they want:

- Young Carers Projects to have good funding because of the fun activities, support and advice they give
- more information and support for services so more young carers are noticed and get help.



Thanks for reading this

You can read the full version of this report here:
www.valeofglamorgan.gov.uk/carers

If you think you are a young carer then contact:
 Vale of Glamorgan: 01446 725202
 Cardiff: 02920 536490

