



Be part of the family

The Regis Academy

Version 1.0

Young Carers Policy

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Approved By	A.Pincher

DEFINITION

A young carer is someone under the age of 18 years who provides regular and ongoing care to a family member who is physically or mentally ill, disabled, elderly or misuses substances. A young carer will take on additional responsibilities to those appropriate to their age and development. Young carers may be primary carers, such as caring for a parent, or a secondary carer, such as helping to care for a sibling. A young carer becomes vulnerable when the level of care giving and responsibility to the person in need of care becomes excessive or inappropriate for that child and risks jeopardising their emotional or physical wellbeing, educational achievement and life chances.

A young carer may undertake some or all of the following:

- Practical tasks
- Physical care
- Personal and intimate care
- Emotional support
- Household management
- Looking after siblings
- Interpretation
- Administering medication
- Taking responsibility of younger siblings
- Financial care

ISSUES FACED BY YOUNG CARERS

Caring responsibilities that young carers undertake can affect young people's education in a number of different ways including, but not limited to, the following:

- Lateness
- Tiredness
- Lack of concentration
- Anxiety
- Non-attendance
- Late or no submission of homework
- Not participating in extracurricular activities and school events
- Experiencing bullying or isolation
- Underachieving academically
- Poor education/career choices

Young carers may exhibit challenging behaviour in environments away from home in order to offset the fact that they have to take on adult responsibilities and behave in an adult fashion within the family home. Many may be unable to develop friendships outside of school, due to reasons such as being unable to invite friends to their home, restricting the development of a pupil's social skills. Some young carers carry out tasks for which they are physically ill equipped; this can affect their overall health. Long-term caring responsibilities can also significantly affect the mental health of young people, which like their physical health, can lead to poor attendance. Some families will be dependent solely on state benefits, affecting their ability to afford proper school clothing and/or extra-curricular activities, such as school trips. Families involving a young carer may be unwilling or unable to attend

school functions, leading to them becoming more isolated from the school environment and unaware of issues that the young carer may be experiencing.

IDENTIFYING YOUNG CARERS

During the referral process for pupils, The Regis Academy will:

- Identify parents or family members who have disabilities or other long-term physical/mental health conditions.
- Clarify whether the pupil has caring responsibilities. Identify whether the young carer has any additional needs that need to be supported.
- Establish individual pupil plans to recognise the child's specific needs as a young carer.

Where appropriate, a young carer may be referred to the Local Authority or other support agencies for a needs assessment. The Regis Academy will continuously bear in mind that where a parent has a disability, mental health or substance abuse issue, the pupil might be the carer whilst showing none of the indicative signs of a young carer.

YOUNG CARERS IN SCHOOL

The Young Carer lead, Craig Bannister (Head of Centre) is the main point of contact for young carers in the school. This appointed person is responsible for:

- Ensuring that young carers have the same access to a full education and career choices as their peers.
- Promoting and coordinating the support young carers need.
- Liaising with other agencies as appropriate, including adult services.

It is important that staff members can effectively identify young carers and that young carers feel that they can ask for help; therefore, raising awareness among staff and pupils about the issues relating to young carers and what support is available is vital. In order to ensure that staff members understand the issues faced by young carers, training and ongoing professional development about the matter is provided for staff and the governing body. Staff members will keep up-to-date with national and local developments, legislation and guidance affecting young carers and their families.

The Regis Academy aims to create a welcoming and friendly environment for all pupils, in which young carers feel comfortable to discuss their situation. The curriculum, primarily PSHE lessons, will be used to promote a full understanding, acceptance of, and respect for, the role of young carers. The Regis Academy premises is accessible to people with disabilities and/or illnesses, offering additional support to enable them to attend parents' evenings and other school events. Staff members will not discuss a young carer's personal situation and related arrangements in front of their peers. The Regis Academy will follow child protection procedures regarding any pupil who they believe to be at risk of significant harm due to inappropriate levels of caring.

AVAILABLE SUPPORT

The Young Carers lead will meet with young carers on a regular basis and will liaise with teachers regarding difficulties, attendance and deadlines. Additional support is offered in order to remove any communication barriers with parents, allowing them to be fully engaged with the education of their

child. Targeted early interventions are used in order to provide support to young carers, ensuring that they are able to reach their full potential. Where parents are unable to physically attend parental engagement sessions due to their disability, medical condition or substance abuse, alternative arrangements will be considered where necessary. Young carers are provided with opportunities to speak to someone in private regarding their role as a young carer. Here at The Regis Academy, Staff members treat young carers in a sensitive and child centred way, upholding confidentiality. The Regis Academy will continuously promote additional links with adult care agencies, which may be able to support families and relieve care responsibilities.

MONITORING AND REVIEWING

The Head of Centre and Designated Safeguarding Lead will continually monitor and review practice to ensure this policy is implemented correctly. Staff will all be aware of other relevant school policies, which will be implemented alongside this policy.