

# LINCOLNSHIRE YOUNG CARERS

## INFORMATION SHEET

The Lincolnshire Young Carers offer is designed to help and support children and young people up to the age of 19 years who help to care for someone at home. That person may be a parent, sibling, grandparent, or any other relative who has a:

- Physical disability
- Mental health condition
- Learning disability
- Misuses alcohol or drugs
- Sensory impairment (hearing or sight loss)
- Life limiting condition
- Any other long-term illness or condition

The role undertaken by young carers can include:

- Extra housework, shopping, or cooking
- Helping with medication but NOT administering
- Emotional support
- Helping a sibling with a disability

Young carers often take on responsibilities which affect their friendships and relationships, learning and development, health and wellbeing, or future career choices. They experience increased levels of stress or anxiety, feelings of isolation and loneliness, lack of time to take part in social activities, and difficulties in keeping up with their education or homework.

Lincolnshire County Council have a statutory responsibility to make sure all our Young Carers are known, we have a partnership arrangement to explore individual situations and needs through an Early Help Assessment – we work closely with our partners to support them to feel confident to do this, as often they are the person known to the family. Where there are unmet needs identified, or more support is required we provide advice, support and guidance on what Young Carer support is available. Over 90% of our schools have Young Carer support in-house and our Early Help Teams also offer a range of groups and activities.

*“Ofsted take particular interest in the experiences of more vulnerable children, including young carers, during inspections.”*  
(Hansard, 2012)

Where Young Carers needs have been identified through an EHA and the young carer and their family consent to be included on our Young Carer register, we will include their details so that we can maintain at a minimum annual contact with them. All Young Carers on our register are offered a Transition Assessment from age 16 to support their moves through to adult services.

**WHO CARES?  
WE DO!**

For more information, please contact  
Lincolnshire Young Carers on  
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