

Young carer eligibility indicators table

| Caring has no impact | Caring has low impact | Caring has moderate impact | Caring has substantial impact | Caring has critical impact |
|--|--|---|--|--|
| Eligibility power to offer support | | | Eligibility duty to offer support | |
| Young carers – healthy | | | | |
| There are no identified medical needs | Young carer is able to manage some aspects of caring roles | Young carer is able to manage some aspects of caring/ family roles and responsibilities | Young carer is having difficulty managing aspects of their caring/ family/domestic and social roles | The young carer has significant physical and mental health needs that require attention due to the impact of caring which may cause serious harm to them |
| Young carer is in good physical health Young carer has good emotional wellbeing | There is a possibility of the young carer's health being affected | The young carer's role is beginning to have an impact on their physical or emotional wellbeing | Young carer has physical and mental health needs that requires attention | |
| Young carers – safe | | | | |
| Young carer is free from abuse, neglect or harm in their community, at home and at school | Young carer's situation in their community, at home and at school is currently stable and manageable although there may be some minor concerns | Young carer's situation is not ideal and there is potential of risk to either the young carer or the cared-for-person | Young carer's situation at home or in the community is not ideal and there are safety risks which cannot be remedied in the short term | Young carer's situation at home is unsuitable and there are significant safety risk for either the young carer or the cared-for-person |
| Young carers – nurtured | | | | |
| Young carer has positive emotional wellbeing. Their environment is nurturing with positive relationships with professionals and the cared-for-person | Young carer beginning to feel the impact of caring on their emotional wellbeing | The young carer's wellbeing and/or relationship with the cared-for-person is becoming strained and impacts on the young carer and or the cared-for-person | The young carer's wellbeing is being majorly impacted on a daily basis, this additionally impacts on the cared-for-person | The relationship between the young carer and their cared-for-person has completely broken down |
| The young carer is part of an extended family who offer respite and support | The young carer has some extended family who offer respite and support from time to time | The young carer has few extended family who offer respite and support from time to time | The young carer has some extended family who are not able to offer respite and support | The young carer has no extended family who are able to offer respite or support |
| The young carer does not require additional help | Young carer may occasionally require additional help | Young carer needs where possible additional help in a suitable care setting | Young carer is unable to sustain many aspects of their caring role | Intervention or input is required for the young carer's wellbeing. There are no positives in the relationship with the cared-for-person |

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|--|--|--|---|---|
| Eligibility power to offer support | | | Eligibility duty to offer support | |
| Young carers – responsible | | | | |
| Young carer is regularly heard and involved in decision making | The young carer has some opportunities to be heard | The caring roles means the young carer has limited opportunities to be heard | The young carer has few and irregular opportunities to be heard due to their caring role | The young carer has no opportunities to be heard or involved in decisions that have an impact on them |
| Young carer takes an active and responsible role to be involved in those decisions that impact on them | Young carer is sometimes able to take an active and responsible role to be involved in those decisions that impact on them | The young carer has limited opportunities to be involved in the decisions that impact on them | The young carer has few and irregular opportunities to be involved due to their caring role | |
| Young carers – included | | | | |
| The young carer is free from financial worries | The young carer is at small risk of financial stress | Caring is causing the young carer to feel limited acceptance in their community | The young carer feels isolated and does not feel confident in their community | The young carer does not feel accepted in the community they live in |
| Young carer is part of their community and able to join in community activities | Young carer unsure how to access community activities although feels accepted in community | Risk of financial pressure on the young carer | The young carer needs financial support | The young carer is in financial hardship and their financial position is severe |
| Young carers – active | | | | |
| The young carer has regular opportunities to take part in sport, recreation or activities at home and in their community | The young carer has some opportunities to take part in sport, recreation or activities at home and in their community | The young carer has limited opportunities to take part in sport, recreation or activities at home and in their community | The young carer has few or irregular opportunities to take part in sport, recreation or activities at home and in their community | Due to their caring role, the young carer has no opportunities to take part in sport, recreation or activities at home and in their community |
| | | | This may have negative effects on their healthy growth and development | This has a negative effect on their healthy growth and development |
| Young carers – achieving | | | | |
| Young carer is able to access education and/or training | There is a small risk to sustain education and/or training in the long term | There is a risk to sustaining education and/or training in the medium term | Young carer is missing education or training | The young carer is at significant risk of their education or training ending |
| Young carer has no difficulty managing caring and their education | Young carer has some difficulty managing caring and their education | Young carer has difficulty managing caring and their education | Young carer is at risk of their education and/or training ending in the near future | The young carer has had to give up their education or training |

| Caring has no impact | Category 1 Caring has low impact | Category 2 Caring has moderate impact | Category 3 Caring has substantial impact | Category 4 Caring has critical impact |
|----------------------|-------------------------------------|--|---|--|
| Needs met | Low level needs | Moderate level needs | Substantial level needs | Critical level needs |

Case studies – young carers

Needs met – A young carer who is 12 years old (female) has a Mum who has Multiple Sclerosis and uses a wheelchair. The house is suitably adapted. The young carer's Dad supports his wife with certain aspects of her personal care (such as washing and dressing) but on occasions the young carer will also provide some support in the home, particularly when her Dad is not there such as helping with household tasks and with some elements of personal care. The support provided is minimal as the young carer's Mum is very independent and is well supported by her husband. The young carer provides care on a regular basis but this impacts very little on her overall wellbeing.

Low level needs – A young carer, aged 15 lives with his parents and his younger sister, aged 10 who has Down's Syndrome. The young carer provides care to his sister on a regular basis by supervising her, assisting with some elements of personal care (for example: eating and drinking) and with mobility issues. Though the young carer has a good relationship with his sister, he sometimes feels 'neglected' in the family home because of the attention his sister needs; he is sometimes asked to supervise her when he would like to be out with friends and in this sense 'caring' impacts on him socially and emotionally though the caring 'tasks' are manageable. At school, he listens to a talk on 'Young Carers' provided by the South Lanarkshire Young Carers Service and decides to let his Guidance Teacher know he is a young carer so that he might access any activities to support him in his role. He feels better supported through the school.

Moderate level needs – A young carer is 17 and lives with his Mum and his sister. His Mum's mental health fluctuates and she experiences low moods/depression. His sister, aged 13 has Spina Bifida and requires a significant level of support with elements of personal care, which he supports his Mum with. The young carer worries about the impact of providing care on his Mum and money is an issue as his Mum is unable to work. He feels under pressure in juggling school work with caring tasks as well as "being there" for his Mum. School attendance and grades have suffered as a result and inviting friends round to the house can cause added anxiety to the young carer. Through his sister's Social Worker, the young carer is told about the Young Carers Service at South Lanarkshire Council. A referral is made to the service and he is supported through a YCS, which results in accessing Universal Connections, a holiday grant through Lanarkshire Carers' Centre and a referral to Adult Services for his Mum (with her permission).

Substantial level needs – A young carer, aged 14 lives with his Mum and Dad. His Dad has a history of alcohol abuse, which often results in verbal aggression towards the young carer and his Mum. The young carer provides 'care' to his Mum as she has mental health problems (anxiety, depression and agoraphobia). The young carer's 'caring tasks' impact on many areas of his wellbeing. A referral is made to Social Work Resources via his Guidance Teacher after a period of arriving late at school and sustained absences. The young carer is offered a YCS, immediately resulting in having an allocated worker from the Young Carers Service to address some of the young carer's presenting needs as well as access to Universal Connections.

Critical level needs – A young carer, aged 14 provides care to her Mum who has terminal cancer. The young carer and her Mum are referred to The Haven's Children and Family Service for support as a result of having had a Young Carer Statement completed. The young carer is struggling emotionally and begins to self-harm on a regular basis. This results in a referral to the Child and Adolescent Mental Health Service (CAMHS). The emotional and practical impact of providing care to her Mum is putting the young carer under a huge amount of pressure. A referral is made to Social Work for a home care package to alleviate the caring role and the young carer is supported through CAMHS and The Haven. She also accesses Universal Connections to give her some 'time out'.