



TRINITY
ACADEMY

Young Carer Policy

Name of policy	Young Carer Policy
Date approved	September 2019
Date to be reviewed	September 2021

Introduction

Trinity Academy is committed to supporting young carers to access education. This policy aims to ensure young carers at Trinity Academy are identified and offered appropriate support to access the education to which they are entitled.

Principles

Definition

A young person, under the age of 18, who is helping to look after someone at home. Most are caring for a parent, commonly in a single parent family but some may be taking responsibility for a sibling, grandparent or other relative. In some instances a young carer may care for more than one family member.

The person they look after will have one or more of the following:

- Physical disability (including sensory disability)
- Learning disability
- Mental health problem
- Chronic illness
- Substance misuse problem

The school will support a young carer in any feasible and practical way in order to help them overcome additional barriers to learning.

Process

Identifying Young Carers

A young carer will take on additional responsibilities to those appropriate to their age and development. A young carer might be providing the main care or share responsibilities with another family member. The caring tasks that a young carer has to deal with can range from:

- **Nursing care** - giving medication, injections, changing dressings, assisting with mobility etc.
- **Personal intimate care** - washing, dressing, feeding and helping with toilet requirements
- **Emotional care** - being compliant, monitoring the emotional state of the person cared for, listening, being a shoulder to cry on, supporting a relative through depression and trying to cheer them up.

- **Domestic care** - doing a substantial amount of housework, cooking, shopping, cleaning, laundry etc.
- **Financial care** - running the household, bill paying, benefit collection etc.
- **Childcare** - taking responsibility for younger siblings in addition to their other caring responsibilities

The school's Pastoral Support Leader will identify young carers who present a combination of the following factors:

- Being late or absent due to responsibilities at home
- Concentration problems, anxiety or worry in school
- Emotional distress
- Tiredness in school
- Lack of time for homework
- Poor attainment
- Physical problems such as back pain from lifting
- False signs of maturity, due to assuming adult roles
- Behavioural problems (taking out their anger or frustration)
- Lack of time for extracurricular activities
- Isolation, embarrassed to take friends home
- Limited social skills
- Bullying
- Feeling that no one understands and that no support is available
- Low self esteem

The school recognises that it may also be difficult to engage with parents – due to fears about the child being taken into care, fears about their condition being misunderstood or their parenting skills being called into question. They may also be unable to attend parents' evenings.

Support offered

Trinity Academy acknowledges that young carers may need extra support to ensure they have equal access to education. Through this policy, Trinity Academy is giving the message that young carers' education is important.

A designated link member of staff (often the Pastoral Support Leader) will be assigned for each young carer. The designated teacher will liaise with relevant colleagues, Carers' Support Centre and other relevant external agencies with the consent of the young carer. All young carers will be made aware of their designated link.

The support offered will vary depending on the personal circumstances of the family. Support may include:

- Providing a structured environment for the completion of classwork and homework
- Where appropriate, financial support for school trips, school resources and uniform.
- Access to the school nurse, school counsellor and, if appropriate, referrals to CAMHS
- Home visits by the PSL or other members of the senior staff
- Alternative arrangements for parents who are unable to attend parents' evenings
- Regular mentoring
- A tailored curriculum and/ or timetable.

Monitoring

The Deputy Headteacher with responsibility for assessment will monitor the educational progress made every term – including academic performance, attendance to school and extra-curricular clubs and behaviour. He or she will liaise with the designated teacher for each young carer.

Policies Linked to the Young Carer Policy

- Academic Enrichment Policy
- Equalities Policy
- Assessment Policy