



An Daras
Multi Academy Trust

An Daras Multi-Academy Trust **Young Carers Policy**

The An Daras Multi-Academy Trust (ADMAT) Company

An Exempt Charity Limited by Guarantee

Company Number/08156955

Status: Approved	
Recommended	Yes
Statutory	
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Advisory Committee	LGAB/Board of Directors
Linked Documents and Policies	Safeguarding Policy – Jan 2015

Young Carers Policy

March 2015

Introduction:

The An Daras Academy Trust is committed to supporting Young Carers to access education. This policy aims to ensure Young Carers are identified and offered appropriate support to access the education to which they are entitled.

Definition:

A Young Carer is a child or young person 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:

- Physical disability
- Learning disability
- Mental health problems
- Chronic illness
- Substance misuse problems

Caring tasks:

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 parent 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.
- **Child care** – taking responsibilities for younger siblings

Possible effect on education:

The An Daras Trust acknowledges that there are likely to be Young Carers among its pupils, and that being a Young Carer can have an adverse effect on a young person's education. Because of their responsibilities at home, a Young Carer might experience:

- 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, because of assuming adult roles

- Behavioural problems (taking out their anger or frustration)
- Lack of time for extra-curricular 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

It also might be difficult to engage their parents (due to fears about child being taken in to care, fears about their condition being misunderstood or their parenting skills being called in to question). They may be unable to attend parents' evenings.

Support offered:

The An Daras Trust acknowledges that Young Carers may need extra support to ensure they have equal access to education. Through this policy, we are giving the message that education is highly important to Young Carers and we can give support where needed.

The designated link teachers for our Young Carers are the SEND-Co/Inclusion Leaders who will liaise with relevant colleagues and other relevant agencies with the consent of the Young Carer and their family.

We will provide Young Carers with:

- Opportunities to talk to someone in private and not to discuss their situation in front of their peers
- Understanding that sometimes a Young Carer may not want to discuss their situation until the time is right for them
- Respect and sensitivity to their role and their family
- Confidentiality at all times
- Support and access to other services as appropriate and necessary
- Acknowledgement of child protection procedures with regard to any Young Carer being at significant risk of harm as a result of their caring duties
- Opportunities to meet as a group with fellow Young Carers to discuss how they feel and understand that they are not alone
- Opportunities for discussion and learning in all areas of the curriculum to facilitate fuller understanding, acceptance of and respect for, the issues surrounding illness, disability and caring

The An Daras Trust recognises that flexibility may be needed when responding to the needs of Young Carers. Available provision includes (but is not limited to):

- Access to telephone during breaks and lunchtime, to phone home
- Negotiable deadlines for homework (when needed)
- Access to homework clubs (where these are available)
- Arrangements for schoolwork to be sent home (when there is a genuine crisis). Any approved absence for a Young Carer will be time limited (DfES 2006)
- Access for parents with impaired mobility
- Alternative communication options for parents who are sensory impaired or housebound
- Advice to parents if there are difficulties in transporting a young carer to school

This Policy agreed and adopted March 2015. To be used in conjunction with our Young Carers Charter and will be next reviewed in March 2017.