

# Derbyshire Young Carers Service



## Guide for Families

### What is the Young Carers Service?

We support Young Carers aged 5-18 and help them to manage their caring role at home. Young Carers help to support, practically and emotionally, family or close friends who have long term health conditions, including mental health conditions and problems with drugs or alcohol.

### Who can receive support?

Young Carers can receive support from us if they are:

- Aged 5-18
- Helping to, or providing care for a close family member or friend who has significant health problems, including mental health and substance misuse
- Affected by the health condition of a close friend or family member e.g. a sibling

### Who can make a referral?

Young Carers can receive support from us if they are:

- Any professional
- Self-referral
- Parent-referral

If you're not sure, we welcome phone calls to discuss before referral

### How do you make a referral?

1. Download our [referral form](#)
2. Fill in as much detail as you can and return to [youngcarers@derbyshirecarers.co.uk](mailto:youngcarers@derbyshirecarers.co.uk)
3. Telephone **01773 833833** for any help or advice





### What happens after a referral?

You will get a phone call from our triage worker to talk about the Young Carer, your family and the support you might need. If you agree to receive support, you will be given a support worker.

With your consent, your child's school (if not the referrer) will be informed that we are working with your child.

### What support is offered?

All Young Carers can expect 2 one to one visits from one of our support workers to establish the type of support they need. This will usually happen at school.

Our support worker will also visit the family home, to talk to you.

They will then be placed in one of 3 tiers of support:

**Level 1:** Young carers receiving regular one to one sessions, with specific focuses or family support sessions, with focuses. Set number of sessions, then review. May also attend activities/groups.

**Level 2:** Young carers attending monthly group sessions, small group input and regular contact. Set number of sessions, although this can be extended. Young carers waiting for allocation can attend their local group.

**Level 3:** Young carers attending school holiday activities. If they don't attend across 2 holidays, the case is closed. If they attend regularly, this can continue.

The level for your child's support will be decided by their support worker. They will talk to you about it too. It will be checked again at agreed points and you can talk to your support worker about this. Young Carers can move between tiers of support as needed.

Monthly groups and activities will be offered on basis of need. Not all Young Carers need this type of support.

### What happens after the support is completed?

If our support worker feels that the work is completed, and the Young Carer has met their agreed outcomes, the case can be closed. This does not mean that the Young Carer is no longer caring, only that they are coping well with their caring role and no longer need extra support.

Before closing, the support worker will be in touch with you and with others, including school staff, who will be asked to continue providing support and how to make another referral if your child needs support again in the future.

