

# HOW TO IDENTIFY A YOUNG CARER

Knowledge and training in carers' awareness for GP Practices is key to success in the work of identifying carers, remembering that carers can be as young as 5 yrs to 100 yrs. The practice needs to have a structured, systematic way of identifying carers and the patients who have carers within their patient lists; otherwise it is virtually impossible to implement a policy of providing support to carers. If there is structured recognition of carers it can make them feel acknowledged and valued and that they are part of a team providing health care to the person being cared for.

## What may be some signs that a young person is a carer?

- Taking time off school
- Tiredness
- Back Problems
- Requests for letter to school re: frequent illnesses
- Regular collecting of Prescriptions
- Arranging appointments for parents
- Repeated translation for sick parents
- Looking Unkempt
- Sometimes Young Carers can be the only relative of the cared for person, which may have a bigger effect.

## Looking at the parents...

- If your patient has Mental ill health, do they have children?
- If your patient has a Chronic illness, do they have children?
- If your patient has a physical disability, do they have children?
- If your patient has a Drugs Misuse problem, have they got children?
- If your patient has an Alcohol Misuse problem, have they got children?
- If your patient always has their child with them at appointments or waiting in reception?
- If your patient has a disabled or chronically sick child, do they have siblings?

## What to do when you have identified a Young Carer:

- If the child is under 8 years and there are concerns, they need to be shared with Social services.
- Over 8's can be referred to Carers Lewisham's Young Carers Team, please use attached referral form, however if there are any serious child protection issues, these must be shared with Social Services.
- If for any reason the parents or child do not wish to engage with Cares Lewisham, the GP practice should inform the child's school.

# BEING A YOUNG CARER ALWAYS HAS AN IMPACT



**REFERRAL TO CARERS LEWISHAM  
For Young Carers**

**Name of referrer:**

**Tel:**

**Agency:**

**Date of referral:**

**Do you have parent's permission to refer?**

**Yes No**

**CARER DETAILS**

Name of Young Carer\*:

Ethnicity:

Address:

Date of Birth:

Sex:

Tel:

Relationship to cared for person:

What are their caring responsibilities:

School:

**CARED FOR DETAILS**

Name of cared for person:

DoB:

Address (if different from above)

Disability/Health problem:

How does the disability/illness affect them:

**WHAT SUPPORT DO YOU THINK THE YOUNG CARERS NEEDS:**

**RETURN FORM TO:** Carers Lewisham, Lewisham Carers Centre, Waldram Place, SE23 2LB.

**FAX:** 020 8699 0634 **Email:** info@carerslewisham.org.uk

**TEL:** 020 8699 8686

**FOR CL OFFICE USE ONLY:**

Date received:

Dealt with by: