

# One year on

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# Content

Introduction

Update on a national level

Update from Worcestershire School Health Nurses

Up and coming

Conclusion

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# The Happiness and Wellbeing of Young Carers

Young Carers have poorer health and wellbeing, and report a lower level of happiness with their lives, were more likely to be bullied at school and had poorer educational aspirations and outcomes than their peers who were not carers.

Lloyd (2013)

# National Statistics

- ▶ 1:2 carers care for more than 15 hrs per week
  - ▶ 1:20 misses school
- ▶ Young Carers are 50% more likely to suffer with illness/educational needs than their peers.
  - ▶ Almost 50% of Young Carers are boys
  - ▶ There is an increase of “sandwich carers” nationally.
- ▶ Being a Young Carer may affect physical and mental health, social and educational outcomes.

# The School Nurse and The Young Carer

## Why?

- ▶ Best placed to support young carers
- ▶ Skilled, trained and trusted by young people
- ▶ Have the clinical skills to provide holistic care
- ▶ Can provide support in educational and community settings

QNI (2014)

# School Health Nurse and the Young Carer

## How?

- ▶ Identify Young Carers within our schools
- ▶ Offer Age appropriate information regarding health issues
  - ▶ Access further support when necessary
  - ▶ Identify emerging health needs
- ▶ Help reduce negative impact of being an Young Carer.

# How the SHN meets the needs of the Young Carer

▶ Referral to other agencies	43
▶ General 1:1 support	29
▶ Assessments	21
▶ Signposting	9
▶ Health Action Plans	6
▶ Emotional wellbeing	6
▶ Counselling	4
▶ Being an Advocate for Y/P	1
▶ No support	6

QNI (2014)

# The Young Carer and the School Health Nurse

- ▶ Who we are
- ▶ What we can offer
- ▶ Understand the impact on health & wellbeing of being Y/C
  - ▶ To tell their story only once
  - ▶ Services need to be non judgemental
  - ▶ We need to be trained and skilled
  - ▶ Need to understand the Y/C is the expert
  - ▶ To help support building “me” time into their lives
- ▶ Give the Y/C a fair chance to care but to offer support at crisis times
- ▶ Y/C want to know we can call on other agencies to support when needed



# Moving the School Health Nurse role on

- ❖ Assessment of family circumstances
- ❖ Ensuring that an acceptable level of care is being carried out and one that does not impact adversely on the young person
- ❖ Understanding that the Young Person and their family will have a different perspective of what is a “normal” role. The SHN nurse role is to alleviate tensions between yc/family/other services.

Carers Trust (2014)

# Moving on cont.

- ▶ Childrens and Families Act 2014 amended

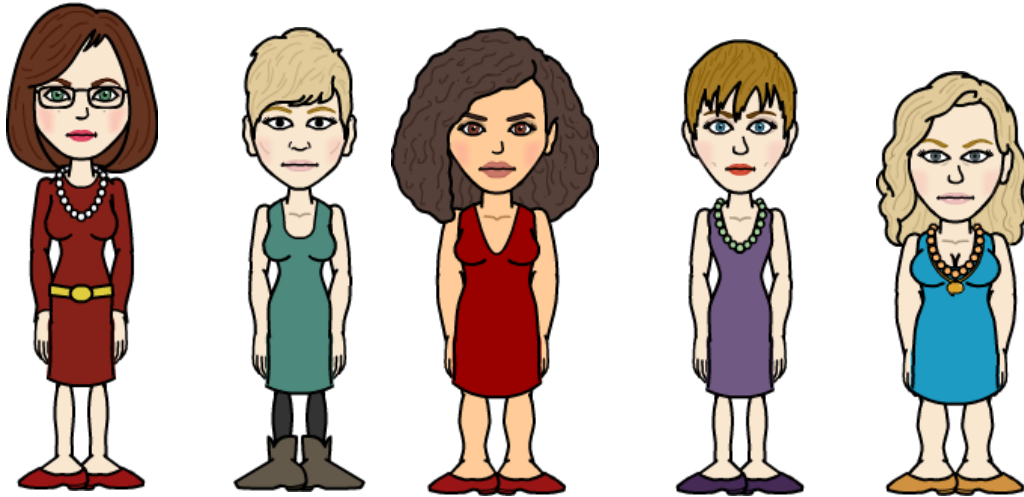
The right to assessments of needs for support for all Y/C under the age of 18 yrs  
(April 2015)

Ensuring that Local Authorities take responsibility for supporting young carers

# Making changes locally

- ▶ Focus Group set up September 2014

# The School Health Focus Group



# Developing support

- ❖ Focus group meetings 6-8 weekly  
SHNs, Worcestershire Young Carers, Y/C
- ❖ Work in partnership with GP practices across the county
  - ❖ Work with our schools to highlight Young Carers
  - ❖ Work in Partnership with Worcestershire Young Carers
    - ❖ Developing a Health Assessment for Y/C

# Developing Support cont

- ▶ Setting up MDT meetings within each locality  
SHN, Y/C Youth workers, family support, school, parents, GP's
- ▶ Each of our GP practices will have a register of Y/C
  - ▶ Each school will have a register of Y/C
- ▶ Every School Health Nurse will undertake the QNI Supporting Young Carers Learning Resource.
- ▶ For SHN to become integral part of Worcestershire Young Carers

# Its not all bad.....

- ▶ Motivated
- ▶ Highly effective multi-taskers
  - ▶ Mature
  - ▶ Independent
  - ▶ Sense of Achievement
- ▶ Enhanced Family relationships
  - ▶ Family Inclusion
  - ▶ Sense of Value
- ▶ Promotion of resilience

QUESTIONS???





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