

# Help for Sisters and Brothers

## What is a young carer?

*In this how to guide  
you'll find out  
about...*

- *What a Young Carer is*
- *How to request an assessment*
- *What the assessment will include*
- *What kind of help might they get?*

A young carer is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem. That includes a sister or brother of course!

The extra care a young carer might give can be physical, emotional or practical. They might do extra jobs like cooking, cleaning, or helping someone to get dressed and move around. They might lose out on time with their parents because of the families need to care for their sister or brother. Most young carers don't realise how much they do to help their sibling. They very rarely know they are carers. The great news is that there is loads of help out there for them too.



### ***Top Tips...***

- *Keep a diary about your other children and note when and how they are helping.*
- *Contact your Local Authority right away to find out what they offer for young carers.*
- *Check out your Local Authority's website to see if you can download the assessment criteria in advance.*
- *When you have the assessment write down what is said and take note of names and job titles.*

## **Getting a Young Carers Assessment**

To organize an assessment, you need to speak to a social worker (don't panic! These tend to be specialists working solely with families with disabled children so are experts at finding the right help for your whole family. You'll find your disability social worker team by contacting your local authority.)

They must visit you to carry out a "young carers needs assessment". The assessment will help everyone figure out what help your children need and what else they might be able to offer your family. Your local Authority have to do another assessment if you feel that your circumstances have changed. This might include a divorce or separation, a change of schools, a change in your disabled child's condition or anything else you think is impacting your other children's wellbeing.

### **What will the assessment include?**

**The assessment will look at your other children's....**

- ✓ education
- ✓ training
- ✓ leisure opportunities
- ✓ and your views about their future

They have to ask about your wishes and involve your children, you and anyone else you want to be involved.

All these people should receive a written record of the assessment. This should include whether the local authority thinks you need support, whether their services could provide you with that support, and whether they will give you that support. It should also explain what you can do if you or your parents disagree with the assessment.

## What kind of help can my other children get?

The kind of support packages varies a lot depending on where you live. Some Local Authorities offer groups, help at school, grants for clubs or hobbies, therapists... contact your Local Authority to find out what packages your other children might be eligible for. There are lots of other places to find help and adventure too. Like residential summer clubs for siblings and the Young Carer's Festival in June. Check the Holidays and Counselling and Support sections of the directory at [www.skybadger.co.uk/directory/](http://www.skybadger.co.uk/directory/) to see what's available.

## Other How to Guides

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