**Specialist Support provided by Leeds Young Carers Support Service.**

Leeds Young Carers Support Service is commissioned to work with young carers and families whereby there are high amounts of care being provided and/or the care being provided is not age appropriate. Legislation refers to this as being inappropriate and/or excessive.

The ‘Day in the life of…’ brief assessment tool has been developed and will help practitioners understand as early on as possible if the child or young person is providing care, at what level, the impact this is having and inform services and the family to understand which service is best placed to support them.

There is further guidance below on how to use the brief assessment tool.

Please note Leeds Young Carers is not commissioned to provide direct support to sibling young carers but we can be contacted for advice and information.

Examples of inappropriate or excessive care may be:

* Supporting with personal care such as bathing, dressing and toileting
* Collecting and dispensing medication
* Managing finances
* Providing emotional support

If a referral is appropriate a Young Carers Practitioner or Senior Practitioner will be allocated to complete a young carer needs assessment with the whole family and agree goals through the use of an Early Help Plan. The purpose of the Early Help Plan is to identify support that will reduce the inappropriate or excessive caring tasks for the child or young person and improve the quality of life for the whole family.

Leeds Young Carers Support Service work with families up to 6 months however in some circumstances this can be extended depending on level of need.

Examples of support provided may be:

* Work alongside health and adult care providers to support health and care needs.
* Provide advocacy for the family.
* Support families to access financial advice and support.
* Support improved communication with family members and professionals.
* Work with schools to improve support for child or young person.
* Support children and young people through transition periods.

To refer to Leeds Young Carers Support Service, two referral documents are required to be completed and sent by email to [Leedsyoungcarers@family-action.org.uk](mailto:Leedsyoungcarers@family-action.org.uk). These can be found on our website downloads page.

1. “A Day in the Life of …..” Brief Assessment Tool

2. [Early Help Part 1 - Understanding me/my family](https://www.leedsforlearning.co.uk/Pages/Download/604dab85-132d-4cbc-bd17-f185e24c0356/PageSectionDocuments)

Referrals are screened by managers and referrers notified of any decisions. In the instance a referral is not felt appropriate for our service we will always endeavour to provide information and advice.

**How to use the young carers brief assessment tool - A Day in the Life of …”**

The tool can be completed with the child/young person and/or parent, but consent must be gained by the parent/guardian to refer into Leeds Young Carers Support Service. Capturing the child’s voice is imperative wherever possible.

An early help approach is crucial, and best practice is to complete “A day in the Life of…” brief assessment tool with all families where there is a parent with a health need and children under the aged of 18 living in the household.

This will help ascertain as early on as possible if a child or young person is providing care, at what level, the impact this is having and inform services and the family what support could be offered.

There are 4 potential outcomes of the brief assessment:

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| 1. No care is being provided by the child or young person. Be mindful if there are any other adults in the household that could be providing care and may require support. Carers Leeds support adult unpaid carers. |
| 1. The child is providing a low amount of care and taking in to account age, gender, ability and stage in life this is felt to be appropriate, and no additional support is required. |
| 1. The child is providing a moderate amount of care and taking in to account age, gender, ability and stage in life this is felt to be appropriate, but the child, young person and/or family requires some additional support. The Family Hub can be contacted for further advice if specialist young carer support is not required. 0113 535 0185, or email: [family.hubs@leeds.gov.uk](mailto:family.hubs@leeds.gov.uk). |
| 1. The child is providing high amount of care and/or taking in to account age, gender, ability and stage in life this is felt to be inappropriate but the child, young person. This is what legislation refers to as inappropriate and/or excessive care. The child or young person should be referred to Leeds Young Carers Support Service and a full young carer’s needs assessment will be completed with the child/young person and family. |

If the brief assessment concludes outcome 1, 2 or 3 it is important you regularly review this in order to respond effectively if anything changes and either additional support is required from universal/targeted services, or a referral needs to be made to Leeds Young Carers Support Service.

A referral may be made to Leeds Young Carers Support in the instance that the amount of care and/or the impact it is having has increased and/or progress made at review is limited.

At any point Leeds Young Carers Support Service can be contacted for information and advice even if the outcome of the brief assessment tool does conclude a referral to our service is not required.