

Examples of how transition plans can help young carers:

All Bromley Well Young Carers aged 14+ can have a transition plan to help you start thinking about your future and prepare for adulthood. The plan will look at what you might like to achieve in the future and look at what things are going well/what is not going so well in your life at the moment. This plan will then help us to offer you the support you need to achieve your hopes and dreams.

Carrie

Encouraging future hopes and dreams in a young carer

Carrie (aged 17) is a young carer for her mother who has bipolar disorder. She provides emotional support to her mother and helps with household chores. Carrie was referred to a young carers service in her area and a support worker has worked with her to identify her care and support needs.

Following a home visit, the support worker found that Carrie did not recognise herself as a young carer. From a conversation about her future, Carrie realised that she had learning needs, having missed most of her GCSE exams due to caring, and was concerned about whether or not she could gain a college place or a job. The support worker did a transition plan with Carrie which highlighted several care and support needs. The plan showed that to help her achieve what she wanted in the future, Carrie needed help with housing, and finding out what benefits she could get. This transition plan also helped Carrie secure a place at the local college to study information technology. While waiting for the course to start, Carrie is undertaking a work experience programme during the school holidays. The work experience is giving her a break from her caring role as well as providing educational benefits. Carrie will be able to access support from the young adult carer service at the college drop-in sessions when she starts her course in September.

Deb

Supporting a young carer to go to University

Deb had been known to her Young Carers service for two years and joined age 16 when she was referred to the service and just started at sixth form. Deb lived with her mother and two brothers. Her mother had bipolar disorder and alcohol dependency.

Deb's attendance at school was poor and she was struggling to manage her school work alongside her caring responsibilities at home. Her caring role included cooking, shopping, checking medication and making sure that her brothers got to school.

By working with her young carers worker, the impact of caring for Deb was reduced and by working with her school there was an improvement in her attendance and grades at school.

The young carers worker did a transition plan with Deb's to help her prepare for adulthood and her future. This transition support helped to build Deb's confidence and aspirations over a period of time which helped her make choices about what she would like to achieve in the future. She chose to go to a university away from home. This meant that her practical caring role would stop but that she would continue to give emotional support to her mum. By doing a transition plan, the young carers worker could get help for Deb's mum from adult social care so Deb's could move away from home for university. She was also linked into support services at the university so she was still supported away from home.

Doing a transition plan early meant that lots of support could be put in place for Deb's mum and her brothers which made moving away for university possible and easy.

Sean

A young carer with shared caring responsibilities

Sean (aged 16) lives with his parents. His father has spina bifida, a brain tumour, diabetes, heart disease, a faulty heart valve and depression. Although Sean's mother is the main carer, she works part time which means that Sean is responsible for dressing and bathing his father and for giving him emotional support. Caring means that Sean cannot concentrate in school, argues with teachers and constantly worries about his father and lack of money at home.

After a conversation with his young carers support worker, Sean got 1:1 emotional support at school via a young carers worker to make sure that he had the necessary emotional support. A referral was made to social care to get his mum support as an adult carer and his father was given support for his health. The family also had an assessment to find out what benefits they could claim and adult social care assessed the house so they could get adaptations made to their home to help Sean's father move around the house easier and need less support.

A transition plan was developed with Sean to put his caring in perspective and removed some of his worries. The school provided extra pastoral support and more time within school to have 1:1 sessions with the young carer's worker. He is more focused and has an apprenticeship lined up for when he leaves school. His father is much happier, has started a course in digital photography and is getting out of the house more. The family are receiving more benefits which has improved their finances and Sean's mum is getting support as an adult carer.

Without a transition plan, Sean and his family would not have got all of this support.