

Young carers and CPA

Is the service user a parent? 40 – 50% are!

We all have a duty to consider the needs of young carers. Caring can be a positive experience, but children should not be allowed to take on too much.

What do I need to consider?

How are the children affected by their parent's illness and are they taking on caring responsibilities? Children may:

- Provide emotional support
- Monitor the adult and their treatment
- Help around the home
- Help to look after siblings

What is the impact of caring on the child's wellbeing?

What do I need to do?

Consider the child's needs from the time of their parent's first assessment

Tell the child who you are and what you do

Ask the child what they know and what they think about their parent's illness

Explain to the child it's not their fault

Discuss with the parent the affect their illness may be having on their child and help them decide what information to share with them

Encourage the parent to talk to their child about their illness

Support the parent and child to identify someone the child can talk to

If appropriate, undertake Common Assessment Framework (CAF) and involve other agencies in providing support.

Further sources of information:

Oxleas staff [intranet](#) and the CAMHS website www.camhscares.nhs.uk

Local young carers projects:

Bexley Moorings
020 8300 9742

www.bexley Moorings.co.uk

Carers Bromley
01689 898 289

www.carersbromley.org.uk

Greenwich Carers Centre
020 8301 8678

www.greenwichcarerscentre.org

