



Research & Audit



Training & Education



Business Consultancy



Workforce Development

Young Adult Carers in the Borders

Young Adult Carers should have the same life opportunities as everyone else

‘Evidence Into Practice’

FIGURE 8
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Borders Carers Centre runs a service specific to YACs aged between 18-25. This service provides:

- **Support with caring**
- **Carers Assessments/Support planning**
- **Education, employment and training support**
- **Advocacy**
- **Financial Assistance**
- **1 to 1 support**

“Having someone to contact with your worries or just to have someone to talk to. You never feel alone.”

“Being able to allow young carers to have a life of their own and to take the stress and worries away from them.”

“I feel that the service has been perfect for me. I am no longer caring for my father as he has all the support he needs and I have now moved out and live with my partner and we are expecting a baby. Even though I no longer care completely for my father, the service still contacts me to check in and see if things are ok which I feel is great.”

THE NUMBERS...

- **More than 375,000 young adult carers (16-25) in the UK**
- **27,391 in Scotland**
- **421 in the Borders.**
- **Underestimated? Many YACs remain 'hidden'.**
- **YAC's between 16-18 are twice as likely to be out of employment, education and training.**

SCOTLAND

Provision of Unpaid care	Provides 1-19 hours unpaid care	Provides 20-34 hours unpaid care	Provides 35-49 hours unpaid care	Provides 50 or more hours	Total
0 to 15	7660	1014	380	948	10,002
16 to 24	16939	3452	3518	3482	27,391
25 to 34	23076	4061	4917	9294	41,348
35 to 49	82580	13091	13380	33406	142,457
50 to 64	106938	16263	12252	40602	176,055
65 and over	36140	18434	6054	44350	104,978

BORDERS

Provision of Unpaid care	Provides 1-19 hours unpaid care	Provides 20-34 hours unpaid care	Provides 35-49 hours unpaid care	Provides 50 or more hours	Total
0 to 15	146	15	2	24	187
16 to 24	273	46	53	49	421
25 to 34	346	51	72	139	608
35 to 49	1735	253	230	558	2776
50 to 64	2778	288	245	723	4034
65 and over	1053	235	129	903	2320

Who Young Adults Carers are caring for

The literature reveals that YACs are providing unpaid care for, parents, grandparents, young and older siblings, partners, children and wider family members. This can be one or more persons at any particular time.

Reasons for YACs providing care

There are a variety of reasons why YACs provide care. Although not a comprehensive list, issues such as:

- **mental ill-health**
 - **old age**
 - **physical disability**
 - **Dementia**
 - **substance misuse (including alcohol)**
 - **special needs**
 - **blood-borne virus**
 - **Dyspraxia**
 - **epilepsy and**
 - **Asperger's syndrome**
- are all highlighted in the literature.**

Type of care provided

The literature reveals that the caring roles carried out by YACs include providing practical assistance such as:

- personal care
- preparing meals
- household tasks
- budgeting
- collecting shopping and medication,
- helping those with sensory and visual impairments, and
- translating for family members whose language is not English.

Emotional support in person or by telephone is also provided.

Positive aspects

Confidence and inner strength.	A close and loving relationship with parents.
A mature and responsible outlook.	Effective communication, being able to multi-task.
Able to transfer their caring skills into career and job choices.	Developing a sense of social responsibility and empathy, an understanding about illness and disability.
Life skills being useful preparation for independence e.g. homecare.	Having a caring attitude towards others in society.



Negative aspects

Worry/anxiety about the person they care for regardless of whether the young adult carer lives with the person they support or not.	Missing school and poor educational performance.
Seeing loved ones in pain or in hospital.	Restricted educational and career opportunities.
Health problems as a consequence of caring: stress, depression, tiredness.	Experiencing negative emotions (fed up, lonely, lost, frustrated, and guilty).
Insufficient time and money for leisure, holidays and social activities.	Lack of recognition and feeling they are not being listened to.
Lower than average family income, which restricts opportunities.	Unable to pursue a career or job choices outside of caring roles.



Ground breaking new research published in January 2015 by the Carers Trust shows the shocking impact of caring unpaid for a family member or friend on young adults in their education and when looking for work.



Time to be Heard

A Call for Recognition and Support
for Young Adult Carers



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Key findings:

- **Miss or cut short multiple days of school, college, university or work each year because of their caring role.**
- **Rarely receive the assessments they are entitled to, with only 22% of those surveyed receiving a formal assessment of their needs by the local authority.**
- **Have higher rates of poor mental and physical health than the average young person.**



Time to be Heard

A Call for Recognition and Support
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The *Five Ways to Wellbeing* is a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population. They were developed by **nef** (the **new economics** foundation) as the result of a commission by *Foresight*, the UK government's futures think-tank, as part of the *Foresight Project* on Mental Capital and Wellbeing.



Five Ways to Wellbeing

New applications, new ways of thinking

FIGURE 8
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Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



How are you?

I'M FINE...

Frustrated..
Isolated..
Neglected..
Emotional..



“More awareness of what 'caring' means as many don't even realise they are 'caring' for someone. When you grow up and you know no different you think of your lifestyle as normal.”