

Support for Young Carers and Parent Carers in Solihull

At some point, children, young people and families may find themselves in a caring role. This can happen gradually or suddenly, for example following illness, disability or changes in family circumstances.

This leaflet explains:

- Who **young carers** and **parent carers** are
- What support is available in Solihull
- How to access help

Are you a carer?

Young Carers

A young carer is a child or young person aged 5 to 17 years old who provides regular help or support to someone who may have:

- A disability or long-term condition
- Mental health needs
- Learning disabilities
- Drug or alcohol misuse
- A serious or long-term illness

This support may include:

- Getting washed or dressed
- Helping around the house including money management
- Looking after brothers or sisters
- Giving emotional support
- Helping someone to move around safely
- Supporting with appointments or communication

You do not have to do everything, or care all the time, to be a young carer.

Parent Carers

A parent carer is a parent or guardian who provides ongoing care for a child or young person with special educational needs and/or disabilities (SEND) or mental health condition beyond what is typical for their age.

Caring can include:

- Personal care and supervision
- Attending appointments and meetings
- Managing behaviours or medical needs
- Providing emotional support
- Coordinating education, health and care services

Why Support Matters

Caring can be rewarding, but it can also be challenging.

For Young Carers

Caring can sometimes affect:

- School attendance or concentration
- Friendships and social time
- Emotional wellbeing
- Feeling tired, worried or stressed

Young carers should be supported to:

- Be safe and well
- Enjoy being a child or young person
- Achieve at school and in life

For Parent Carers

Caring responsibilities can affect:

- Physical and emotional wellbeing
- Family life and relationships

- Work, training and finances

Support aims to build confidence, resilience and wellbeing for the whole family.

Support in Solihull

Support is based on what each family needs. You do not need a formal assessment to get help. Support may include:

- Emotional wellbeing and mentoring support
- Young carers groups and activities
- Support in school or college
- Short breaks and respite opportunities
- Training, advice and peer support
- Signposting to specialist SEND services
- Assessment of your needs as a carer

Accessing Support

Carers Trust Solihull

Carers Trust Solihull supports young carers and parent carers on behalf of Solihull Council.

They provide free and confidential support, including:

- Information and advice including signposting
- Emotional and practical support
- 1:1 support
- Groups, activities and events
- Support to have your voice heard

Further breakdown for Young Carers and Parent Carers is as follows:

Young Carers

Young carers may be offered:

- Group activities and trips
- Safe spaces to relax and have fun
- Opportunities to meet others in similar situations

Parent Carers

Parent carers may access:

- Support groups
- Community activities
- Short breaks services (see *short breaks statement*. [Short Breaks Statement cover and back v2](#))
- Support to spend time on their own wellbeing

Contact details:

Phone: **0121 788 1143**. Phone lines are open Monday to Thursday, 9am to 4pm and Friday, 9am to 3:30pm.

Email: centre@solihullcarers.org

Website: www.solihullcarers.org

Assessments

Young Carers Assessment

In Solihull, young carers are supported through a Young Carers Assessment, which is carried out by Carers Trust Solihull on behalf of the Council.

The assessment:

- Focuses on the child or young person's needs, wellbeing and wishes
- Considers how caring responsibilities impact on education, health and everyday life
- Helps identify the right support to reduce inappropriate or excessive caring

Young Carers can be referred to Carers Trust Solihull by:

- Self-referral
- Parents or carers
- Schools or colleges
- Health services including GP's
- Professionals working with the family

The views of young carers are central to the process, and support is tailored to their age, circumstances and outcomes.

Parent Carer Assessment

Parent carers may be offered a Parent Carer Needs Assessment, completed by Carers Trust Solihull on behalf of the Council. The assessment:

- Looks at how caring impacts the parent carer
- Identifies what is important to them
- Helps connect families to the right support and services

Parent Carers can be referred to Carers Trust Solihull by:

- Parent Carers
- Health services including GP's
- Professionals working with the family

Emergency Planning

Carers Trust Solihull helps young carers and parent carers to make a simple emergency plan. This is a plan for what should happen if there is an emergency or unexpected situation, such as a carer becoming unwell or unable to provide care.

As part of support:

- Carers Trust Solihull will work with families to talk through "what if" situations
- They will help write down who can help, what support is needed, and who to contact
- The plan is kept clear and practical, so it can be used when needed
- Both the carer and Carers Trust Solihull will keep a copy of the plan

Emergency plans are reviewed and updated if circumstances change, helping families feel prepared, supported and reassured.

Further Information

There are a range of resources both locally and nationally which offer advice and guidance on supporting young carers and their families, including:

- [Solihull's Local Offer](#) - a website about services and support for children and young people with disabilities or special educational needs and their parents
- [The Children's Society](#) which can help you understand your rights as a young carer, introduce you to other young carers and advise you on different ways into education and employment

- Sense which offers support and activities to young carers and siblings of disabled people
- Barnardo's which helps young carers to look after their loved ones and give them time to enjoy their childhood
- NHS advice on being a young carer and your rights
- Childline which offers advice on how to access support for you and your family

You can also find out more about support for carers by visiting the Council's website www.solihull.gov.uk/children-and-families