

# Supporting Change for Young Carers\*

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## 3 What has changed for young carers?

- 1 A diverse range of impacts
- 2 Projects help young carers relax and reduce their stress
- 3 Projects improve how young carers feel
- 4 Projects help young carers feel more confident
- 5 Projects help young carers make friends
- 6 Projects help enable young carers to gain understanding and new perspectives about their situation and themselves as carers
  - A Young carers knowing they are not alone in being a young carer
  - B Young carers feel it is 'OK' to be a young carer
  - C A greater understanding and confidence about their caring role and what to expect
- 7 Projects help young carers develop social skills
- 8 Projects help bring about improvements in school for young carers

## 2 How do the young carer services help facilitate change for young carers? (Key dynamics)

- 1 By enabling young carers to talk
- 2 By enabling young carers to have mutual support
- 3 By enabling young carers 'to be children' or young people
- 4 By enabling young carers to just have fun
- 5 By enabling young carers to have something to look forward to

## 1 Important features of the young carer services that help facilitate change

- 1 Staff play an important role
- 2 The skills, knowledge and experience of staff
- 3 Projects provide specialist support for young carers
- 4 Projects understand young carers and families
- 5 Projects tailor support for young carers based on needs
- 6 Projects provide consistent support for families
- 7 Projects provide a range of support (package of support)
- 8 Clubs 'not forced' and have a balance of structure and freedom
- 9 Projects are relational (relationships are built between staff and young carers/families and between young carers themselves)
- 10 Young carers feel safe, accepted and supported
- 11 Projects have guidelines in place and no bullying
- 12 Projects enable young carers to be with other young carers who understand
- 13 Projects build trust with young carers and families
- 14 Projects support early intervention to prevent negative impacts escalating

**What are the key conditions (or roots) that help enable young carer services to build these important features?**

(Policies? Capacity? Experience? Knowledge? Staff skills? Funding?)

**How can you, or your service, contribute to these conditions?**