# Transitions: Opening up opportunities for Young Adult Carers



### Thursday 22 June 2023



@YCAlliance

@CarersTrust

## Welcome and housekeeping

- Ensure microphones are on mute
- We will be recording the session after the first item
- Introduce yourself and make use of the chat
- Unanswered questions will be followed up after the event
- Join in the conversation on Twitter -@YCAlliance @CarersTrust

## Setting the scene

- Amount of care being provided
- Experiences of transitions assessments/support
- Mental health impact
- Educational/employment impact

Life opportunities



## Census 2021 (England and Wales)

Age range	2011	2021	Change
18-24	254,332	229,695	-24,637

For comparison: There were 127,197 young carers (5-17) reported in the 2021 Census



## Intensity of caring

Year	1-19 hours	20-49 hours	50+ hours	Total
2011	179,122 (70%)	43,305 (17%)	31,905 (13%)	254,332
2021	126,125 (55%)	71,125 (31%)	32,445 (14%)	229,695



# How is caring impacting on young adult carers?

- □ 65% of young adult carers said the amount of time caring has increased in the last year:
  - 38% by 6-10 hours
  - 24% by 11-15 hours
  - 9% by 16-20 hours
- □ 63% are caring for more people than they used to
- □ 46% 'always' or 'usually' struggle to balance caring with paid work
- ☐ 47% 'always' or 'usually' feel stressed because of caring
- ☐ 39% struggle to balance caring with education
- 28% 'never' or 'not often' get support to balance caring and learning
- □ 39% 'always' or 'usually' feel lonely
- ☐ 45% of young adult carers 'always' or 'usually' worry about their future





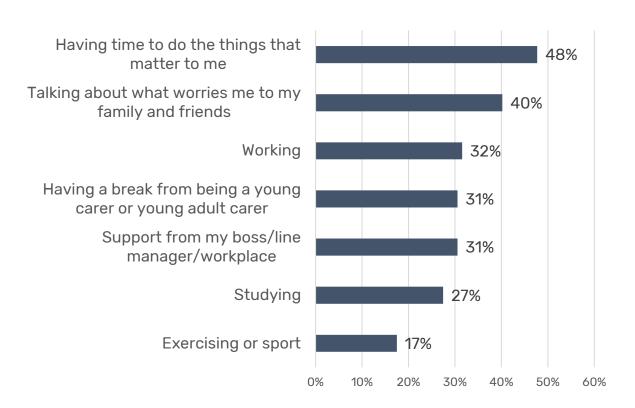
#### **Support for Young Adult Carers**

- □57% 'always' or 'usually' get enough support from carer services
- □48% are 'always' or 'usually' able to get help as a young adult carer easily
- □46% feel the person they care for 'always' or 'usually' gets enough care and support from organisations such as social services





#### What helps with being a young adult carer?





# **Experiences of young adult carers: The EUROCARE project**



Baowen Xue, UCL

& wider EUROCARE team

Transitions: Opening up opportunities for Young Adult Carers Young Carers Alliance webinar, 22nd June 2023









#### Meet the EUROCARE teams



ICLS / Dept of **Epidemiology & Public Health, UCL** 



Anne McMunn



Baowen Xue



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Giorgio Di Gessa





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**Carers Alliance** 

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Norwegian Research Council, grant no. 327659







#### **Aim of EUROCARE**

#### **Aim** is to investigate:

- differences in employment, social participation and health (mental and physical) outcomes between carers and non-carers,
- as well as gender, socioeconomic and ethnic differences in the social, economic and health consequences of caring across European countries.
- We adopt a life course perspective to focus on the consequences of young adults providing care, alongside those providing care in mid- and later-life.





### Focus of today- YACs

- Young adult carers (YACs) are an important but underrecognized group of informal caregivers.
- Young adulthood- a stage characterized by many important transitions (exiting full-time compulsory education, moving to employment, further- and higher-education, and forming partnerships and families)
- YAC's experiences on education, employment, social relationships
   & well-being in the UK



#### **UK Data**

- UK Household Longitudinal Study "UKHLS or Understanding Society"
- Following the same individuals since 2009
- Nationally representative of UK households



- All adults in household aged 16+ interviewed annu...,
- Large study: 40,000 households in wave 1





#### Info on caring in the UKHLS

"Is there anyone living with you who is sick, disabled or elderly whom you look after or give special help to (for example, a sick, disabled or elderly relative/husband/wife/friend etc.)?"

"Do you provide some regular service or help for any sick, disabled or elderly person not living with you?"

#### Plus:

- Weekly hours spent caring
- Number of people caring for
- Relationship to care recipient
- Place of care (inside or outside the household)
- Age of carer
- Duration of care





#### Young Adult Carers (YAC)

#### Becker & Becker (2008)

"People aged 18-24 who provide or intend to provide care, assistance or support to another family member on an unpaid basis."

Different age ranges have been used for identifying YACs (S. Becker & Sempik, 2019; Dellmann-Jenkins et al., 2000; Fruhauf & Orel, 2008; Young et al., 2006)

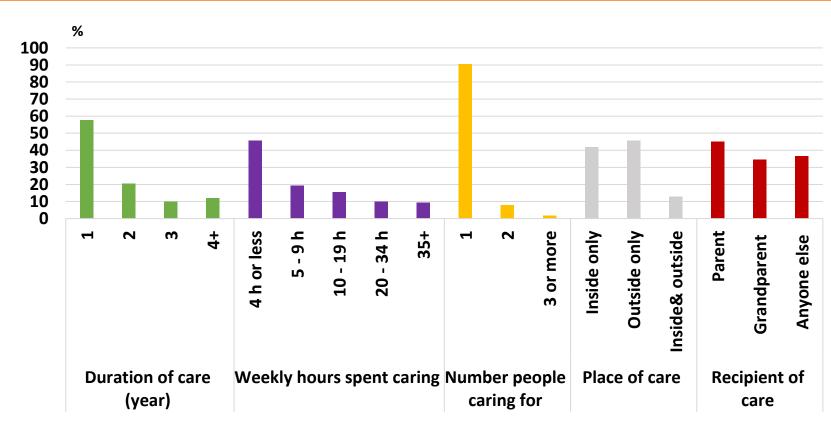
Here, we consider YACs to be young adults aged 16-29



In our data, 8.5-9% of young adults aged 16-29 were carers



#### **Caring characteristics among YACs**

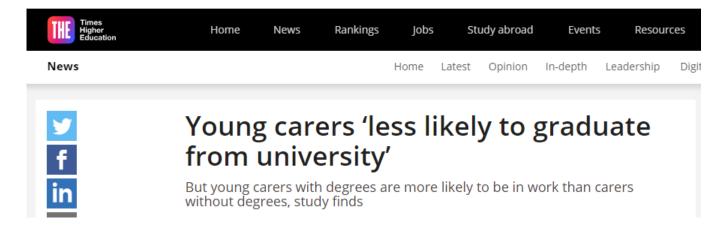


UKHLS data (2009-2019)



#### YACs & education

- Carers in our study were on average 38 per cent less likely to get a university degree than their counterparts with no caring responsibilities.
- The more hours they spent caring, the less likely they were to get a degree.
   e.g., those who cared for 35 hours+ per week were 86% less likely to have a university degree qualification.







#### **YACs & employment**

- YAC aged 23+ were **11% less likely to enter employment** than their peers
- Particular groups of YAC even less likely to enter employment:
  - Those caring for >2 years
  - Those caring for >5 hrs/week but particularly those caring for 35+ hrs (46% less likely to enter work)
  - Those caring for someone they live with (17% less likely to enter work)
  - Those caring for a parent (18% less likely to enter work)
- YAC who managed to obtain a degree had less impact of YAC on entering work





#### **YACs & social relationships**

- YACs reported fewer friends 1-2 years after becoming a carer but effect did not persist longer-term
- YACs providing >5 hrs/week had particularly fewer friends than their peers
- No effect of YAC on participation in community or social organisations/clubs





#### YACs & well-being

#### UK

 Mental health worsened during the transition to caregiving in young adulthood, particularly for women, those providing care for long hours.

#### **UK vs Germany**

- UK: Life satisfaction decreased, and the probability of reporting poor health increased after becoming a carer.
- Germany: No such association.
- The different welfare contexts in which young carers are providing their informal care.





#### **Implications**

- Need to support YACs to enter and complete higher education and establish themselves in the labour market.
- Need to support well-being of all carers, but particularly younger carers for whom care is less normative amongst their peers.
- Need to support those caring intensively. Long caregiving hours & co-residence
- How?
  - **►** Identification
  - ➤ Needs assessment
  - ➤ Support in schools, college, further/higher education
  - > Respite care
  - ➤ More access to formal care provision





#### Thank you

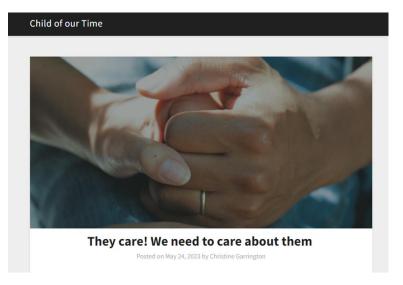
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EUROCARE Website: https://www.ucl.ac.uk/epidemiology-health-

care/research/epidemiology-and-public-health/research/eurocare-inequalities-informal-

caregiving-over

Blog: Child of our Time





# MISSED LIFE OPPORTUNITIES FOR YOUNG ADULT CARERS

Nic Brimblecombe, Madeleine Stevens, Derek King, Martin Knapp, Javiera Cartagena Farias

**JUNE 2023** 





#### BACKGROUND

- Provide care during critical time for educational development and key life transitions
  - > caring responsibilities can make these transitions more difficult
- Inequalities in who provides care and level of choice in providing care
- Policy provision for young and young adult carers includes:
  - assessment of needs with regards to employment, education, and mental and physical health
  - transition assessment as they approach age 18
- Research gaps (in 2020): impacts on this age group; longitudinal analysis; costs

#### **METHODS**

# Care provision time I (2014/16)

(Age 16-25 years old)

#### **Outcomes time 2 (2015/17)**

- I. Employment status
- 2. Left employment
- 3. Mental health
- 4. Physical health
- 5. Earnings from paid employment
- 6. Foregone tax revenue
- 7. Welfare benefits
- 8. Health service use costs

#### **METHODS 2: MATCHING**

Care provision time 0 (2013/15):

**Everyone = non-carer** 

Care provision time I (2015/17)

**New carers** 

**Non-carers** 

#### Carer characteristics time 0

Gender

**Ethnicity** 

Partnership status

Highest educational qualification

Health

Housing tenure

#### Outcomes time 2 (2015/17)

- I. Employment status
- 2. Left employment
- 3. Mental health
- 4. Physical health
- 5. Earnings from paid employment
- 6. Foregone tax revenue
- 7. Welfare benefits
- 8. Health service use costs

#### **RESULTS**

	Caring responsibilities
	time I compared to no
OUTCOMES AT TIME 2	caring responsibilities:
	all carers
	Odds ratio
Unemployed	2.39*
Left employment	2.57*
	Coefficient
Mental health score	-0.37 ns
Physical health score	-0.89~

#### **RESULTS**

OUTCOMES AT TIME 2	Caring responsibilities time I compared to no caring responsibilities: all carers	Caring responsibilities time I compared to no caring responsibilities: new (matched) carers	
	Mean cost difference (£)		
Monthly earnings from employment	-153.60*	-226.07*	
Annual forgone tax revenue	94.01*	135.73*	
Monthly individual state welfare benefits	46.87*	111.43*	
Annual health service use costs	273.44*	708.97*	

#### TOTAL COSTS

- Based on prevalence of all young people aged 16 to 25 providing unpaid care from the UKHLS sample (8.1%), total costs to government and NHS = £624 million a year in 2017
  - £63 million in forgone tax revenue
  - £377 million welfare benefits
  - £184 million health service costs
- For new carers (matched sample) = £1.01 billion a year in 2017

#### **RESULTS BY SUB-GROUP**

	TIME 2 OUTCOMES			
	Unemployed	Left	Mental health	Physical health
		employment	score	score
TIME I	Odds ratio	Odds ratio	Coefficient	Coefficient
Female	0.68*	0.79	-0.89~	0.05
Black and minority ethnic	1.42~	1.75	0.52	-1.69*
Highest educational				
qualification				
None	10.11*	٨	-0.07	-1.97*
GCSE	3.64*	2.01*	0.12	-3.54*
A-level	1.33	0.76	0.51	-1.70*
Housing tenure				
(compared to owner-				
occupied)				
Social-rented	1.70*	0.89	-2.05 *	<b>-0.84</b> * 31
Private rented	1.14	0.46*	-1.82*	-0.13

#### CONCLUSIONS

- Providing care during young adulthood has considerable negative effects on young people's employment, mental health and earnings, with potential for longer term consequences
- Inequalities by gender, ethnicity, educational level, and housing tenure
- For these reasons alone, good, appropriate and accessible support for young carers and the people they care for is needed
- That this would save government up to £1 billion a year just strengthens the case
- Our current study (REBIAS-YC) is adding to the evidence base on what good support would look like from the young and young adult carers' point of view

#### DISCLAIMER

This presentation summarises independent research funded by the National Institute for Health Research School for Social Care Research. The views expressed are those of the authors and not necessarily those of the NIHR SSCR, the National Institute for Health Research or the Department of Health and Social Care

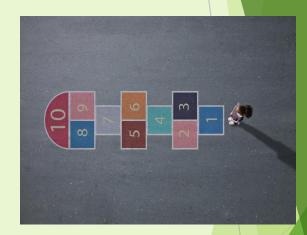
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## Transitional support for young adult carers

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#### Introduction



- The Carers Action Plan stated that young adult carers should be supported to make positive transitions to adulthood between 16 and 24 years (DHSC, 2018).
- Care Act guidance states that transition assessments should be undertaken when it is most appropriate for the young person (from 16 years) (DHSC, 2016/2022).
- Our study explored whether young adult carers services in England are delivering assessment and support that facilitates their transitions to adulthood.

# Study aim & objectives



#### Overview

We identified the strategic direction and focus of the services; the types of assessments being undertaken and the perceived impact of any support provided on young people's outcomes.

The staff identified key factors that facilitated or hindered their organisations' ability to provide transitional support to young adult carers.

#### **Acknowledgements**

We are grateful to the organisations and staff that took part in the study.

The research was funded by the Open University.

#### **Research methods**

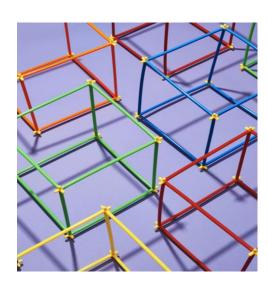


#### Methods

- We carried out an in-depth, qualitative study in early 2022.
- ▶ We interviewed the managers or lead workers in each service.
- Documentary analysis was undertaken of key organisational or service strategies or policies provided.
- Ethical approval was obtained from the Open University
   Research Ethics Committee.

#### Sample

- We identified a sample of services in England.
- We used a mapping process to initially identify a varied and geographical spread of organisations.
- We included services in areas of high deprivation and/or with ethnically diverse populations.
- Out of the organisations contacted, 11 agreed to take part.
- Half of the areas had mainly White British populations; the other areas were ethnically diverse.
- ▶ The organisations and the staff who took part are anonymised.



#### **Overview of services**

#### Size/scope of services

- Some were full-time services; others part-time.
- Numbers of young adult carers served varied greatly: 30 to 3-400.
- The number of workers was small: 1 few.

Well, I don't think the service is big enough. I mean you can't really provide an ideal service with one member of staff ...

Some services maintained young people on their registers indefinitely; others applied a time limit e.g. a year.

I think it enables us to see more young carers by having this one-year model...and so we don't create dependency.

But there's a downside to the fact it's only a year.

#### Local authority role

Most services received some local authority (LA) funding.

LA funding was usually only for a short period (e.g. a year).

Services were therefore dependent on fundraising and/or external charity funding.

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#### Sources of referrals to services

Young carers services

Fewer referrals than would be expected

'in the entire three years we haven't had any referrals (from in-house service)' (P9)

Other voluntary/community organisations

Statutory health and social care

Varies depending on area

'What we do find is GPs in ---- (name of area) are on the whole fantastic at referring carers to us' (P2)

Colleges & schools

Variable

'that's always been an area where we've found that we just don't really get any contacts' (P2)

Self-referrals

Infrequent

'so we've had some self-referrals' (P5)

#### **Strategy development**



#### LA strategies

- A partnership strategy for young adult carers (led by the LA) was not in place in any area.
- The services had been commissioned by the LA in only a few cases.
- Young adult services were relying on LAs to develop strategies to drive service development, but these weren't forthcoming.
- ► There was a perception that LAs avoided developing policies which would require them to fund provision.

No, there's no strategy in place, no. Again, that's something we're waiting for the local authority to produce, but we're not officially working with young adults. I think if they acknowledge it and put a strategy in place they'll have to fund us and I think they're avoiding that!

#### Service strategies

- Most of the services did not have a young adult carers pathway.
- One had a pathway which was for all their carer services (& internal only).
- In the absence of LA policies, there is scope for services to develop their own strategies to drive transitional support.

#### **Assessment processes**

#### *Transitions assessment*

Only one service conducted transition assessments with young adult carers.

A few organisations said there had been discussions with LAs about implementing TAs which did not progress.

There was little evidence that young carers services or LAs were undertaking (or sharing) TAs.

It seemed that LAs regarded transitions planning as unnecessary, preferring to treat young adults as adult carers.

Care Act guidance states that TAs are essential to enable young people to prepare for their futures.

## Adult carers & young carers assessments

- Most services conducted <u>adult carers</u> <u>assessments</u> for those 18 plus, or referred them for assessment.
- ► The adult carers assessment focused on the caring role.
- As it was designed for older adults, it wasn't oriented to needs of young people.
- Young carers were usually referred to the LA for their assessments (or inhouse).
- Despite being a statutory duty, these assessments were often not conducted or were not reviewed.

### **Service provision**

A range of support was provided:

Keyworking, social activities, short breaks, peer support, mental health support; education, employment and financial support.

Services often provided educational support via keyworking, peer support meetings or by referral to educational institutions.

Some form of employability and/or employment support was provided by most services (e.g help with applications, mock interviews).

A few services referred NEET young people to external organisations for support (e.g. mentoring).

The provision of financial advice and support was an important aspect of support (e.g. benefits checks, essential grants, debt advice).

There is a need for employment support to be expanded, especially for NEETs.

#### **Barriers to supporting young adult carers**

#### Young adult carers are a hidden group

"sometimes it can be a barrier just to actually, getting sat down with someone and tell them...

'there's a name for what you do'" (P10)

#### They may be reluctant to seek help

'there's a lot of shame around being a young adult carer and particularly in religious (or ethnic) communities' (P9)

#### Reliant on other organisations to identify them (e.g. schools/employers)

'getting the teachers...to...recognise a young carer' (P7)

#### Transitions assessment process not in place

'if there was a very clear transitions assessment process in place, there would be more young adult carers referred into us' (P3)

#### **Insufficient funding**

'there's not sort of specific funding pots really for young adult carers out there' (P5)

#### Policy framework needed

'I think the barrier is in the lack of policy...it means that nobody is obliged to do anything for them and so people wash their hands of it' (P9)

## Balance of supporting caring role vs future planning



#### **Future planning**

The staff were asked where the balance lay between supporting young adult carers in their current caring roles & providing support for future life planning.

Most said the primary focus is on the current caring role.

I think probably about 70% is supporting them now and probably about 30% is looking at the future.

Only 1 service provided more support relating to future planning.

This service was also the only one that undertook transition assessments with young people.

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#### Choice over future caring

- Care Act guidance states that assessment processes should identify if young people wish to continue caring after 18 (DHSC, 2016/2022).
- There is a limited focus on exploring choice over future caring.
- There were barriers to <u>expressing</u> choice and to <u>facilitating</u> choice:
  - Sometimes questions like that can be, they've got to be framed,
- because most of the time they don't have a choice and they're not going to have a choice.
- Young people may realise their role would fall to siblings:
  - ...if you're the youngest sibling that's when you get stuck because there's nobody to replace you once you move out
- Most of the staff said it was difficult or impossible to access LA support to reduce young people's caring responsibilities or enable them to give up the caring role:
  - You say right we'll try and get a care package, and they're offered one visit a day.

#### **Conclusions**



- The services sought to raise young adult carers' aspirations and achieve outcomes that mattered to them, in line with the Care Act.
- A range of positive impacts were identified, from psychological benefits to greater rights awareness and practical outcomes.
- Examples were: overcoming isolation, improving housing circumstances, gaining a university place or employment.
- Young adult carers provision was evidently <u>not</u> a priority for local authorities.
- Despite the aims of the Care Act, there is limited transitional assessment/support in England.
- The lack of transitional assessments and the prevailing use of adult carers assessments indicates that young adult carers are essentially being designated as adult carers.



- Our findings build on previous research by the Children's Commissioner (2016) and Children's Society (2020) which showed that many young people are not receiving transition assessments, or funding is limited to assessment, rather than support.
- Also, the recent Carers Trust survey recommended that employability and apprenticeship programmes should be developed to support young adult carers who experience additional disadvantage in accessing employment (2023).
- They also highlighted the need for financial support to be improved, including making Carer's Allowance available to those in full-time education.

#### **Recommendations**

- Strategic funding and development of transitional support are required to fully implement the Care Act.
- Local authorities need to take a stronger leadership role in producing local strategies to guide the development of young adult carers support.
- There is scope for young adult carers services to enhance their strategies to enable young people to give more consideration to future life planning.
- Educational and employment interventions need to be expanded, notably specialist support for women who are NEET.

#### Key journal papers from study:

Available via free, open access:

Boyle, G and Mozdiak, E (2022) Young adult carers: transitioning to adulthood or to adult caring?, *Children & Society:* 

Young adult carers—Transitioning to adulthood or to adult caring? - Boyle - Children & Society - Wiley Online Library

Boyle, G and Mozdiak, E (2023) Young adult carers services in England: facilitating choice over future caring?, *Health and Social Care in the Community*.

Young Adult Carers Services in England: Facilitating Choice over Future Caring? GBoyle HSCC Journal







## **Shaping our Future**

Luella Goold - Service Manager The Children's Society The Children's Society

@YCAlliance @CarersTrust

Microsoft Teams

## Presentation

2023-06-15 10:24 UTC

Recorded by

Organized by

Luella Goold

Luella Goold

## **5 Policy Opportunities**

- 1. Health and Care Act 2022
- Duties on Integrated Care Boards (s25)
- Care Quality Commission (s31)
- 2. "No Wrong Doors: working together to support young carers and families"
- 3. Cross-government roundtable
- 4. <u>APPG inquiry into life opportunities</u> for young carers and young adult carers
- 5. Care Act 2014

# Transitions: Opening up opportunities for Young Adult Carers



## **Comfort Break**



@YCAlliance

@CarersTrust

# Transitions: Opening up opportunities for Young Adult Carers



## **Welcome back**





'Hidden' and
'Hidden Canada'
virtual photo
exhibition



Background music – Song written and performed by young carers/young adult carers from Care for the Carers "Time to Shine project"

<u> Care For The Carers (cftc.org.uk)</u>





'Hidden' and
'Hidden Canada'
virtual photo
exhibition

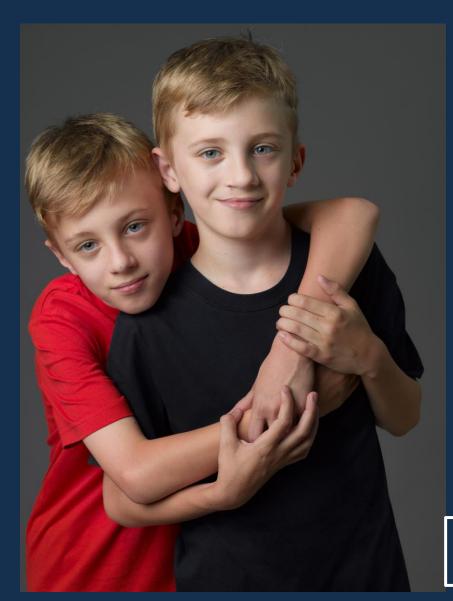


Background music – Song written and performed by young carers/young adult carers from Care for the Carers "Time to Shine project"

Care For The Carers (cftc.org.uk)







Photography: Max Alexander/ Hospice Toronto













Photography: Max Alexander/ Hospice Toronto







Photography: Max Alexander/The Children's Society



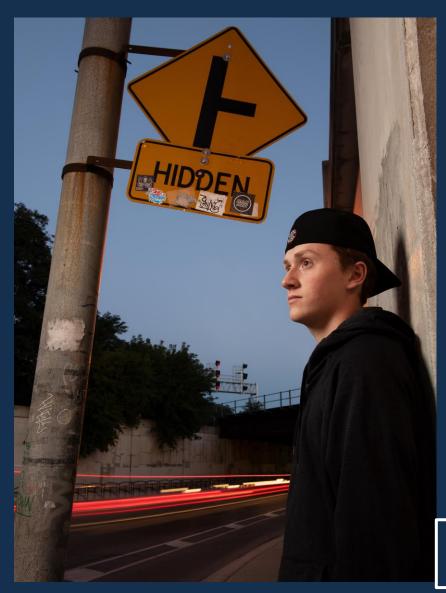


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Photography: Max Alexander/ Hospice Toronto



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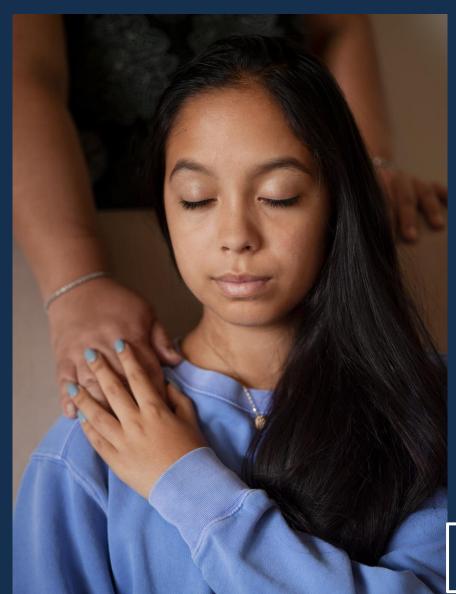








Photography: Max Alexander/The Children's Society





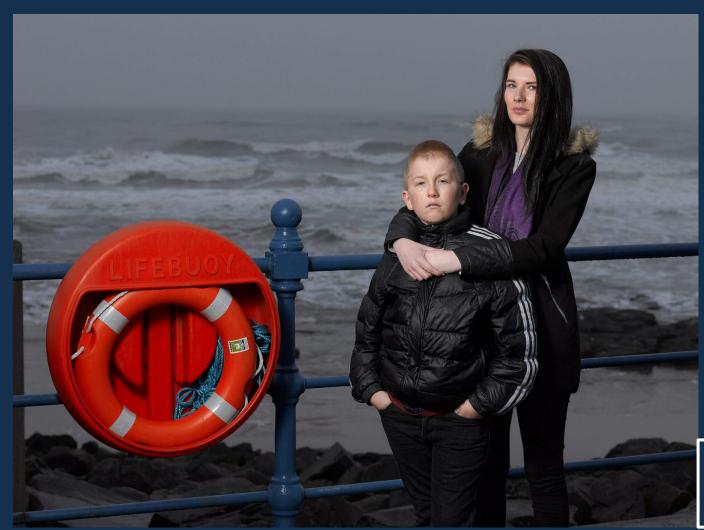








Photography: Max Alexander/The Children's Society



Photography: Max Alexander/ The Children's Society





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Photography: Max Alexander/ The Children's Society







Photography: Max Alexander/ The Children's Society



## To find out more

<u> http://www.maxalexander.com/</u>

Photography: Max Alexander/ Hospice Toronto;

Max Alexander/The Children's Society



# Move on Up

Supportive housing for young adult carers

Lois Gallagher Move on Up Tenant Support Manager



The place of housing in enabling independence and opportunities

Separation

Self-care vs. caring for others



# Why **supportive** housing?

- Coping with transition out of the family home
- Financial capability
- Building peer relationships
- Space for self-reflection
- Making the most of opportunities



# Move on Up's end of project report

https://quakersocialaction.org.uk/sharing-ourlearning/news/housing-needs-young



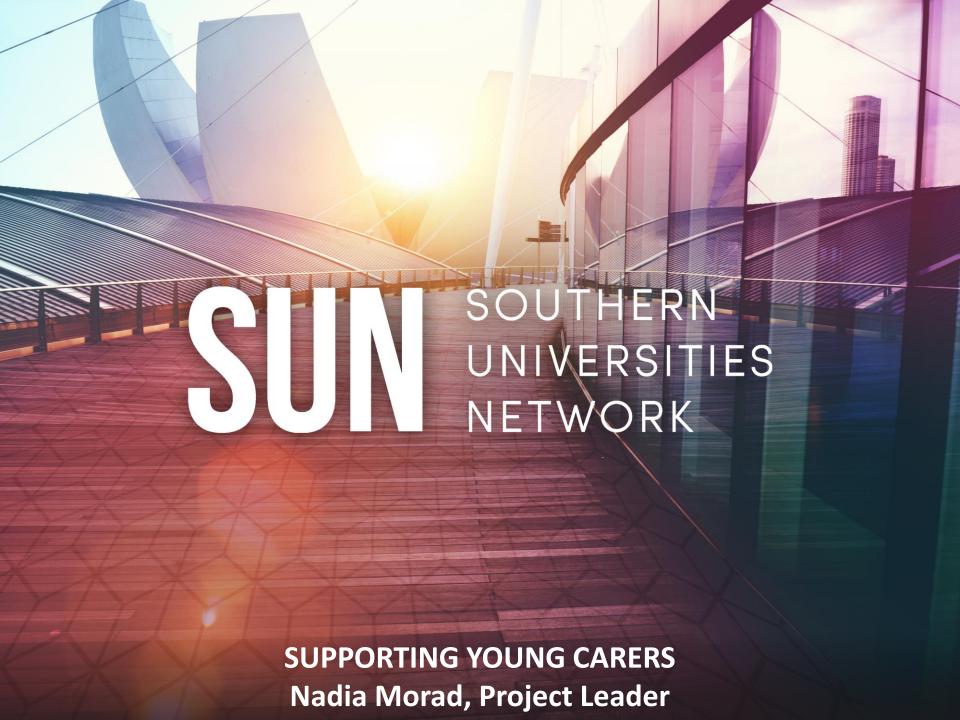
Nicola Aylward

Head of Learning for Young People Learning and Work Institute





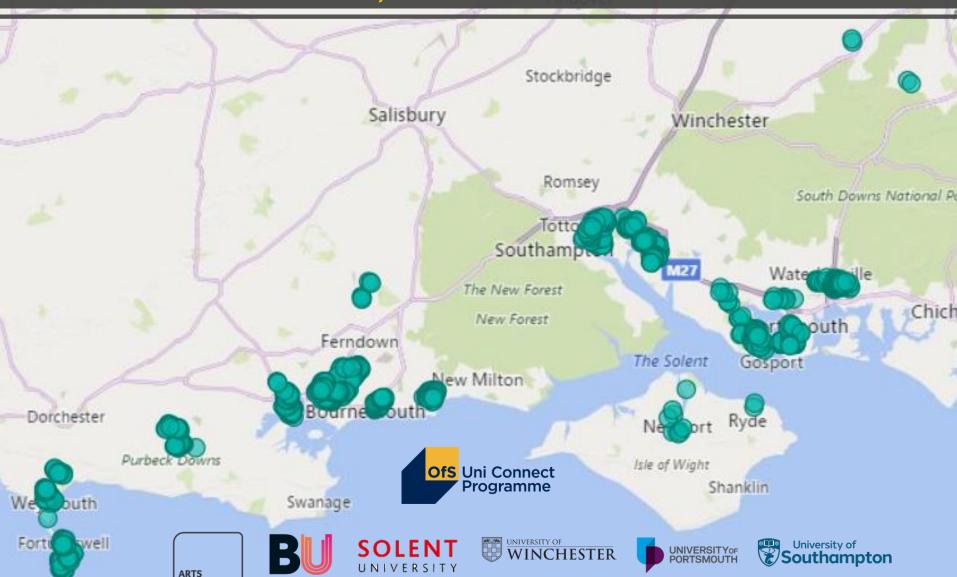
June 2023





THE
SOUTHERN
UNIVERSITIES
NETWORK (SUN)

# A COLLABORATIVE PARTNERSHIP IN HAMPSHIRE, DORSET & THE ISLE OF WIGHT



Bournemouth

University

SOUTHAMPTON

UNIVERSITY

BOURNEMOUTH



## Aims of our CPD:

Understand the term young carer and the legislation relating to young carers

Consider the caring responsibilities which young carers undertake and the possible impacts of these

Be informed about the potential identifiers of young carers

Understand factors which may make a young carer 'hidden'

Develop an awareness of how to identify and support young carers in school





# **Attendee Pledges**

I will "encourage other colleagues to participate in training like this, to raise awareness and feel equipped to respond to young carers queries and needs"

I will "identify local services that support young carers, including relief/social activities"

I will "provide signposting information to local and regional support groups and helplines so young people know there is support if they need it"

I will "implement staff training to ensure more of my colleagues understand the role of young carers"

I will "have a single point of contact for young carers"

I will "have information readily available to share with young carers about services that support young carers"

I will "listen" and "notice patterns of behaviour"





#### **Young Carers Bourne Futures**

A new programme for young carers in the school

#### **SUN LEARNING OBJECTIVES**

- I can list the strengths I have in certain subject areas
  - I can describe the skills I need to develop and succeed in my education and my future career choices

**40 students taking part:** 

20 young carers in Y920 young carers in Y10

**SUN-funded project cost: £3,079** 

**Project start: 6 March 2023** 

Project end: 7 July 2023





1. Conference by MYTIME Young Carers at Avonbourne Academy (March)

2. One to one appointments with careers adviser (April- June)

3. Skills and Values workshops with young carers (June)

4. Rewards and celebrations:
Respite trip and parent celebration with afternoon tea (June- July)

Prior to this project, the support for young carers was a weekly drop-in Project introduces sustained and progressive activity across the academic year

"This is fun, I never really thought about my skills and passions before and how to turn those into jobs in the future".

(Y9 female student)

"I'm thinking about setting up my own business, this has shown me that my determination and ability to get things done will be important for me".

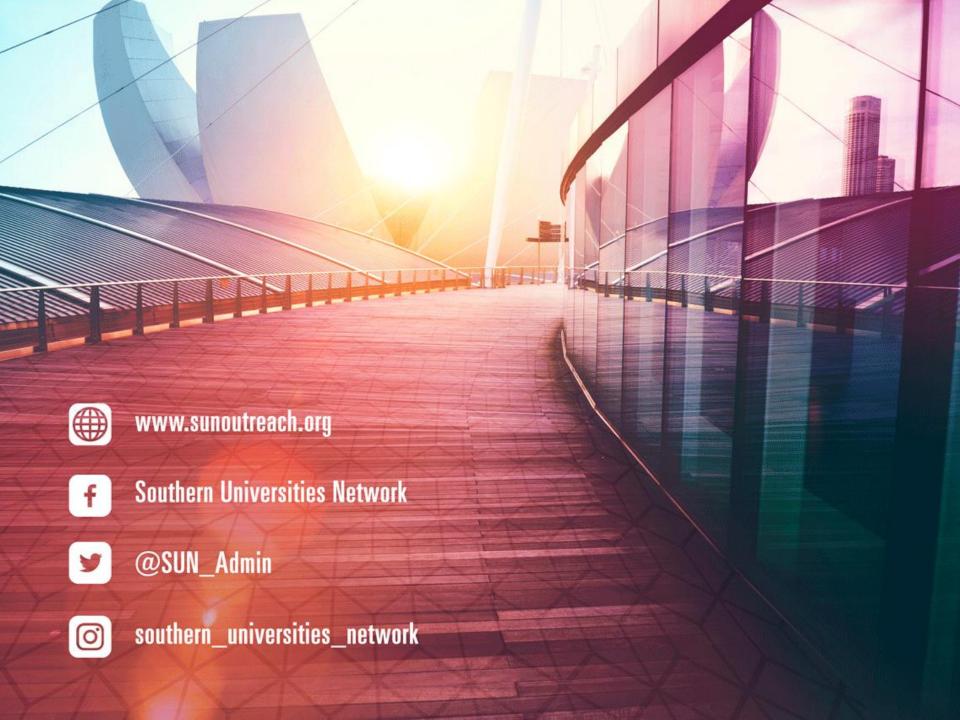
(Y10 male student)

FEEDBACK AND REFLECTIONS "I feel much better, my confidence has doubled to a 6 out of 10, I reckon".

(Y10 male student)

Project was rebranded to 'Young Aspirers'





# Transitions: Opening up opportunities for Young Adult Carers





Co-producing a Transitions Assessment Tool and pathway

**Phillip Beck, Norfolk County Council** 

Claire Rogers, Caring Together



## Co-producing a Transitions Assessment Tool and pathway





# Question and Answers/ Discussion





@YCAlliance

@CarersTrust



## Thank you for attending





#### **Upcoming Young Carers Alliance webinars**

Young Carers Alliance (hosted by Carers Trust) Events | Eventbrite

**Wednesday 12 July, 10am-1pm** – A whole-family approach to identifying and supporting young carers

**Thursday 14 September, 10am-1pm** – Where next for identification and support for young carers in schools?

**Tuesday 28 November, 10am-1pm** - Young carers - a health perspective

**Reminder**: Deadline to submit evidence to the APPG inquiry on life opportunities for Young Carers and Young Adult Carers –

Thursday 23<sup>rd</sup> July www.carers.org/appginquiry

# Thank you





To find out more about the Young Carers Alliance or become a member/subscribe to updates

- www.youngcarersalliance.org
- youngcarersalliance@carers.org
- @YCAlliance