

Young Carer Self-Referral Information

Edinburgh Young Carers work with children and young people who look after somebody at home. This could be a parent, brother, sister, grandparent or someone else, because they are ill, have a disability, a mental health difficulty, problems with drug or alcohol use, or because they are elderly and frail.

Caring might mean you help out around the house, look after brothers/sisters, listen and help make someone feel better, do the shopping or help out with medication or attend appointments with someone. It might mean you don't have time to see your friends, study or do homework, or it might mean you feel tired and stressed, or worried about the person you look after.



If this sounds like you, and you're between 5 and 25 years old, Edinburgh Young Carers might be able to help.

You can fill in a form to ask us for help - it's called a Self Referral Form, - and you can get this on our website . Give us a phone as well if you need some help finding this or filling it out.

You can also ask your parent or an adult at home to complete a referral form to tell us more about your situation at home and your caring role. A social worker, doctor, teacher, a youth worker or another adult who works with you or your family can also do this.

w: www.youngcarers.org.uk

e: info@youngcarers.org.uk

t: 0131 475 2322

What should you write on the Self-Referral Form?

The more information we have, the more we will know whether we can help you.

Tell us as much as you feel able to about things you do at home and when you're looking after the person you care for. It also helps to understand how this makes you feel. There is no right or wrong answer so don't worry about saying the wrong thing.

You may or may not know what is wrong with the person you care for. If you do and you are happy to tell us, write about it on the form, if not just tell us what things are like at home for you.

What you write on the form will only be shown to our workers; it will not be shown to anyone outside the service, or anyone else in your family. The only time we would share this information is if we had reason to believe you were, or someone else, was in danger.



What happens next?

When we receive your self-referral form, we will discuss it at our weekly team meetings with Edinburgh Young Carer colleagues - this helps us decide if we think we can support you and who your allocated worker should be.

You should hear from us within 14 days of sending in your form. We might need to ask for more information, and if you're under 16 years old, we'll do this by getting in touch with your parent or adult at home first, or the professional who sent in your referral form.

Before we can offer you support, we will usually arrange to meet with you first - maybe at home or at school, but always someplace you feel comfortable. If you're under 16, it's useful for us to meet with your parent(s) or the adult at home as well.

If we can't offer you a service, we will try to suggest alternative supports that might be able to help you.

