



Supporting children & young people in their caring roles

Know your Rights as a Young Carer



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Did You Know

In April 2014, two new laws, the Children and Families Act 2014 and the Care Act 2014, came into effect with regards to young carers and their families, particularly around the right to an assessment of their needs for support.

You have rights as a Young person and as a Young Carer:

- As a young carer you have the right to be supported and to get the help you need
- You have these rights regardless of how often you care for someone
- You have the right to an **ASSESSMENT**

An assessment will find out if the Local Authority is doing enough to support you so that your caring role doesn't:

- Make you feel worried, sad or lonely
- Make your health worse
- Mean you miss out on time with friends
- Means that you fall behind at school or college
- Stop you getting or keeping a job
- Stop you wanting to achieve goals for the future

The Assessment is free.

The Assessment

The young carers assessment is available for all young carers under the age of 18 regardless of who you care for. That includes young carers who care all the time or only occasionally.

What happens at the assessment and afterwards?

At the assessment, someone will ask you questions to help them to see how your caring role is part of your life.

Afterwards the Local Authority must give you and your parent(s) a written report that says:

- What you talked about
- What will happen next
- Whether the local authority thinks you, the person you care for or someone in your family should get help

Later on you will be told:

- What help the local authority will give
- What other services might be able to help

How do I get an assessment?

If you have a social worker already you can ask them for an assessment on **0121 569 7220**, if not you can contact Sandwell Children's services to ask for one on **0121 569 3100** or email access_team@sandwell.gcsx.gov.uk (or you can find other numbers on the sandwell.gov.uk website).

It's your right don't take no for an answer!

People you might like to be involved.

You can ask for people to be there when you are assessed. This might be someone who:

- Will help you speak up
- Is good at saying things if you get stuck
- Will help you be less worried

You should be asked in advance who you would like at the assessment but if you are not asked then you can just say – it's your assessment you don't have to wait to be asked.

Examples of people you can ask are:

- Teachers
- Other family members
- Family friends
- Doctors
- Support workers etc

Remember that the support work team at Sandwell Young Carers are here to help too.

Contact us on **0121 525 8002** if you need help or email at **support@sandwellyc.org.uk**



Sandwell
YOUNG
Carers

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Support Hotline **0121 525 8002**
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