

Supporting Young Carers in General Practice

Practical Ideas for addressing Quality Markers from Young Carers in Gloucestershire

Identification and Registration

- Display posters and ensure leaflets are available where people will see them. *
- Display young carer slide show* on Waiting Room media screens.
- Keep a 'Register of Young Carers'.
- Set up an alert system on patient notes

**available from Gloucestershire Young Carers.*

Holistic Support

- Understand the impact of caring on young people's health & wellbeing.
- Offer young carers screening for anxiety and depression.
- Refer young carers to Gloucestershire Young Carers.
- Tell young carers about their right to have an assessment of their needs.

In-Practice Support

- Appoint both a strategic and operational lead for carers of all ages.
- Train staff to understand young carers' needs & how to refer for support.
- Enable young carers to routinely see the same GP/health professional.
- Link young carers notes with those of the person that they care for.

Appointments and Access

- Provide a choice between face to face and phone/video consultations.
- Use patient alert system to ensure that young carers are offered flexibility when booking appointments.
- With the consent of the person with care needs, offer double appointments with their young carer.

Information, Involvement & Communication

- Consider making reference copies of literature for young carers* available.
- Ask the person with care needs whether they give consent for the young carer to be included in conversations about their care & support needs.

Awareness & Culture

- Staff induction: ensure all staff know what a young carer is, have a basic knowledge of services and are able to communicate this with families.
- Establish the relationship between a person with care needs and any child/young person who regularly attends appointments with them.

For further information contact Gloucestershire Young Carers

01452 733060 / mail@glosyoungcarers.org.uk