



CPD for practitioners

These notes will support delivery of the Think Young Carer CPD training film. Most of the Activities will appear on the screen which can be paused until activity completion. For each activity practitioners should work in small groups.

Resources needed – Flip chart/A3 paper, chunky felt tips, blank [Young Carers Statements](#) (On Aberdeen GIRFEC website), [Young Carers Statement guidance](#) (On Aberdeen GIRFEC website), [Me and My Caring Role \(Appendix 5, Page 44 of toolkit\)](#) and [SHANARRI handouts \(Appendix 1, Page 33 of toolkit\)](#).

- **Introduction exercise**

Before starting the video ask practitioners to consider the range of scenarios in which a child may be a young carer. Make sure to highlight that often people do not consider when there is a sibling within the home who has medical or additional support needs, a sibling may be a young carer. It may be useful to discuss with practitioners, what defines a child as a Young Carer, as legislation has changed, placing the onus on the child, it is their perception of their situation without rigid criteria which defines them as a Young Carer.

- **Exercise 1**

01.03 mins

What challenges do you think a young carer may face in their daily life relative to their non-caring peers? How may these challenges impact on their wellbeing?

- **Exercise 2**

04.00 minutes

Do you think that the reception could have managed the situation differently?

What do you think the potential impact might be on this young person (of that behaviour)?

Many Young Carers are hidden so we need to consider reasons they might be hidden and what we can do in our role/service to address this.

- **Exercise 3**

05.51 minutes

Gary has managed to arrive in class. There are clear indicators that should be noticed and acted upon. These indicators are symptomatic of something. Caring situations will vary in nature.

What do you think are indicators that could potentially mean someone is a Young Carer? Create a mind map of them.

If you observe these indicators in a child you are working with what do you think you should do, how would you go about offering support?

- **Exercise 4**

0712 minutes

How could professionals support young people to be more empathic? List potential sources of support as an exercise.

How do you think caring can impact adversely on attainment and wider wellbeing?

- **Closing Exercise**

Once you identify that you are working with a child who is a young carer, they have the right to a Young Carers statement as set out in Carer's Act 2016.

The Young Carers statement can be found on Getting it Right Aberdeen website.

Eligibility for YC statement is in eyes of young person as if they identify as Young Carer then they are eligible for a statement.

In your group look through the [Young Carers Statement](#).

Complete a wellbeing assessment for Gary within the statement.

Look at the action plan section of the Young Carers Statement and note actions which may be taken to improve Gary's situation.

[Use the wellbeing SHANARRI assessment alongside, 'Me and my caring role' to guide your thinking.](#)