

The Highland Council

Education, Children and Adult Services Committee – 28 August 2014

Agenda Item	4
Report No	ECAS 20/14

Young Carers Strategy

Report by Director of Care and Learning

Summary

Young Carers can benefit from the caring contribution they make. However the demands of caring can be onerous and have an adverse impact on their health and wellbeing. They need to be supported to manage their caring responsibilities with confidence and to have a life of their own outside caring.

This new strategy for Young Carers builds on the content of the previous strategy and has been updated to reflect the views of young carers and the changing world they live in.

1. Introduction

- 1.1 The definition of a “young carer” is a child or young person aged under 18 who has a significant role in looking after someone else who is experiencing illness or disability. The range of care they might provide is wide and can include providing emotional support, domestic chores, medical care, help with bathing, dressing etc., looking after siblings, translation, completing forms, collecting benefits.
- 1.2 As many as half of all young carers miss some schooling and a quarter leave school with no qualifications. They can be bullied because of their circumstances. A third of young carers self-harm due to stress and over half experience sleep problems. Caring can cause adverse effects on a child’s development physically, emotionally and socially.
- 1.3 There are strong links between the Young Carers Strategy and GIRFEC principles. Universal services promote and protect children and young people’s health and wellbeing, and young carers are amongst those who can benefit most.

2 Young Carers Strategy 2014

- 2.1 This strategy, attached as **Appendix 1**, builds on the principles and content of For Highland’s Young Carers (2008-11). It has been developed through partnership work and aimed at accurately reflecting the range of experiences of young carers in Highland. It is also reflective of the Young Carers Strategy for Scotland 2010 – 2015 and is consistent with the emerging views nationally and the anticipated national legislation.
- 2.2 The strategy is intended to be a dynamic tool, evolving over time to reflect the lives and experiences of young carers. The Young Carers Improvement Group will oversee the implementation of the strategy and undertake an annual review.

3 Implications

- 3.1 **Equalities Implications:** The Young Carers Strategy is aimed at reducing inequalities for one of our most vulnerable groups of children.
- 3.2 The Highland Council continues to fund dedicated Young Carers groups in East Sutherland (Tykes) and Skye & Lochalsh, recognising the particular challenges faced by young carers in very rural communities, who may not easily have access to other services. A number of other groups are supported by various services.
- 3.3 There are no resource, legal, risk, climate change/carbon clever, Gaelic or rural implications arising from this report.

4. Recommendation

- 4.1 Members are asked to consider and comment on the issues raised in this strategy.

Designation: Director of Care and Learning

Date: 18 August 2014

Author: Sheena MacLeod, Head of Health

NHS Highland and Highland Council Young Carers Strategy 2014

The Highland Health and Social Care Partnership and Integrated Children's Services recognise the valuable contribution carers, including young carers, make to the lives and care of adults, and children and young people with personal, health, or social care needs in Highland. We believe that carers are our equal partners in care.

The last 15 years since NHS Highland and Highland Council commissioned the first Highland Carers Strategy in 1999, have seen a huge growth in the development of support for carers; Connecting Carers has developed from two members of staff to a team of 12; Highland Carers Advocacy is now independent from other carer services and has a team of 5, NHS Highland and the Highland Council have dedicated Carer Champions.

Nationally there have been many developments at a strategic level, with the current Scottish Government making a commitment to introduce new legislation to support carers and young carers within the year. The 2001 Census asked a question about carers for the first time, giving us access to more accurate information about the numbers of carers across the UK. However, we are aware for some carers that it can feel little has changed on the ground, and life can still be very difficult.

Through partnership work, the Highland Young Carer Improvement Group, have aimed to develop a Strategy which accurately reflects the range of experiences of carers in Highland, and links them with other strategic planning both in Highland and Scotland wide. This has paved the way for the development of a clear implementation plan that will enable and support young carers to continue with the valuable contribution that they make to the lives of those that they care for.

This document is intended to be dynamic, evolving over time, to reflect the changing nature of carers and young carers lives and experiences. The Young Carer Improvement Group will facilitate, monitor and review this annually. This strategy document must be embedded within the context of Equal Partners in Care, Getting it Right for Every Child, and Getting Our Priorities Right legislation. It is also intended to link closely to Getting it Right for Young Carers, the Young Carers Strategy for Scotland 2010-2015.

Young Carers in Highland 2014- Where are we currently at?

What has worked well?

Identification

- Where a young carer project exists, or a Children's Support Worker in school is running a young carer group, identification of young carers is good.
- Currently, Connecting Young Carers has 250 young carers identified on its database. In addition Tykes have 74 actively involved in their project and a further 5 on a waiting list. Skye and Lochalsh young carers have 54. Caithness Clicks have recently started a local project in Caithness. Across Highland the number of young carers identified by and involved in a young carer project is 378.
- In addition, young carer groups are running within school in Invergordon and Alness Academies and Tain Royal Academy is in the process of starting one up. A *Sibshop* group also runs within The Pines in Inverness for siblings. All if these groups are well attended and identification of young carers is high.

Information-

- Where a young carer is part of a young carer project, or is part of a young carer school group, they state that accessing information is simple. Young carer projects are well known and established in their own areas.
- A single point of contact in all secondary schools was in place in 2010 via Connecting Carers.

Support-

- Young carers who have been identified, and who have access to a young carer project or group (within a school), state they have access to support.
- Children's Support Workers in some schools are running regular, well attended young carer groups.
- Youth Development Officers in some areas are already working with young carers.
- Questionnaire data (Appendix 1) illustrates that 87% of respondents had accessed trips/outings, 25% had accessed residential, 63% had accessed support/drop in groups, 47% had accessed 1:1 and 8% had accessed no support.

WHAT WORKS WELL

Consultation has taken place over previous strategies and where a where a Young Carer project or school group is running, young carers are consulted regularly on ongoing matters.

Where a Young Carer project or school group is running:

- Information provision works well. Young Carers are informed and know where to go to access further information.
- Young Carers who are identified are accessing support opportunities, respite and peer support.
- Young Carers have accessed a number of training opportunities including First Aid.

Training-

- Connecting Young Carers previously developed and delivered an awareness raising package for use in schools.
- First Aid training has previously been delivered to young carers

Consultation with young carers-

- A number of consultations have taken place over the years, and have informed strategies.

What do we not do so well?

Identification-

- There is a lack of clarity regarding the potential numbers of young carers in Highland. The 2001 Census indicated young carer numbers were around 721, more recent research undertaken in conjunction with the BBC in 2010 suggests one in 12 secondary school pupils have caring responsibilities- if we take this to reflect the UK as a whole then in Highland the numbers of secondary age young carers would be 1,164. The Princess Royal Trust data suggests numbers of young carers aged 10-19 in Highland would be 2,620 and the previous Highland Young Carer Strategy uses the figure 4,700 young carers. There is very little accurate information on 'real' numbers of young carers across Highland.
- Much had been done historically to identify young carers, but the majority of the data relates to secondary school age young people. There has been a lack of focus on primary age young carers, with little data existing around this area both locally and nationally.
- Where no local young carer project exists there may be a reluctance to identify young carers when no support service is in place to refer them to.
- Provision of information from Connecting Young Carers to schools, social work, youth groups and other relevant agencies has lacked in consistency and regularity. Links with other agencies and services has been inconsistent.
- Not all young carers are aware of the services and support available to them, illustrating a lack of information provision and lack of joined-up working between agencies.
- Joint working between adult and children's services, needs to improve, for example, adults who may have young carers in the household are not routinely asked if they have young carers in the household.
- It is unclear if GPs across Highland routinely flag patients who are carers, and there is little or no information on whether young carers are, or can be, identified.
- Uncoordinated approach between different elements of children's services, lack of knowledge about the role and remit of some organisations affecting potential identification and signposting.

Information-

- In areas where no visible young carer project exists, access to information can be inconsistent.
- Young carers not attached to a young carer project are less likely to know where to go for information or support.
- There is a lack of general awareness raising/information materials in appropriate public places and spaces where children, young people and their parents are likely to access it.
- There is a general lack of awareness about young carers in Highland, what caring they do and how it can affect them.
- There is no specific Young Carer Information Pack, to inform, support and signpost young carers.
- There has been no consistent and regular Young Carer Awareness raising input in schools across Highland.
- Partnership working across agencies to keep information provision up to date should be improved leading to better signposting.
- Provision of information about funding opportunities available to young carers should be improved.
- Condition specific information aimed at informing children and young people should be improved.
- Lapse in consistent, ongoing information provision to schools, no renewal of point of contact information.

Support-

- Where no local young carer project exists and there is no young carer group within the school, young carers are often not accessing support.
- Support is not consistently available across Highland.
- Service delivery has focussed on respite trips and activities and not on ongoing, local, consistent support which is accessible across Highland. There is a lack of local support (e.g. groups)- for those young carers who would benefit from support but could not (or would not) find a residential trip away beneficial or who are not confident or willing to be away from home.
- Access to available opportunities varies across Highland, transport is a big barrier to access and lack of public transport service provision and the costs are factors in this.
- Parents of young carers are at times reluctant to allow their children and young people to participate in activities and/or trips when there is no relationship between the children attending and the workers.

WHAT HAS NOT WORKED WELL

Identification has been sporadic and there is a lack of accurate information on the numbers of Young Carers across Highland.

Where no project or group exists, there is reluctance to identify Young Carers.

Information provision has been ad hoc, lack of a co-ordinated partnership approach has resulted in poor information provision and cascading of information.

Support is not consistently available across the Highlands. Signposting to available support is sporadic.

There is a lack of a universal Young Carer Training Package to support and inform young carers in their roles.

Consultation has not been approached in a sustained and co-ordinated way.

Consultation has focussed on Secondary Age Young Carers.

- Activity day outings are more appropriate for some young carers, with the prospect of staying away overnight too daunting.
- Levels of support available in schools vary.
- Signposting to support from other services and agencies is inconsistent.
- 1:1 support is not consistently available, some projects offer this and some do not.
- The importance and benefit of 1:1 support needs to be explored more fully.
- Young adult carers report lack of support to enable them to transition effectively and move on to work or further training.
- The coordination between children's services, youth services and others who work with children and young people should be improved.
- The coordination between transition services, training opportunity providers and young carer services to assist transition should be improved.
- There are issues to be resolved around contact with young people living in difficult home circumstances or drug and alcohol issues- in some instances it is not appropriate for young carer projects to directly contact these young people.
- Consideration needs to be paid to young carers who also have their own additional support needs and how we support them.
- Not enough funding is available to provide adequate respite for all young carers across Highland.
- Appropriate respite needs to be explored more fully, as some young carers would ideally like respite breaks to include the family.

Training-

- There is a lack of consistent Young Carer Training Package, designed to inform and support young carers in their role.
- Lack of ongoing, consistent Young Care Aware Training Package designed to incorporate Curriculum of Excellence, on offer to raise awareness in schools.
- Lack of ongoing, consistent Young Carer Aware Package designed to inform other professionals.

Consultation with young carers-

- Consultation has been carried out in bursts over the last decade, with no sustained approach.
- Consultation has focussed on secondary age young carers, with little information on primary age young carers or young adult carers.
- Consultation needs to engage with young carers of all ages from across Highland to obtain a fuller picture of need.
- Consultation needs to benefit the young carers we ask to participate.

Where do we want to be?

For Highland's Children 4- The improvement framework

The Vision

All Highlands Children have the best possible start in life; enjoy being young; and are supported to develop as confident, capable and resilient, to fully maximise their potential.

The themes

An improvement framework has been developed which details how services in Highland will be maintained, strengthened and developed to ensure that all of Highland's children are: Safe, Healthy, Achieving, Nurtured, Active, Respected and responsible and Included

Key Outcomes

The achievement of better outcomes for Highlands's children, their families and the communities in which they live is the overarching objective for children's services.

The outcomes detailed in FHC4 are centred on;

- Improving the wellbeing of children and young people.
- Improving the wellbeing of families to support children and young people
- Improving the ways in which communities participate and are empowered
- Improving the help and support provided at an early stage
- Improving the involvement and participation of children, young people, their families and stakeholders

What has consultation told us?

Identification-

- 41% of identified young carers are caring for a parent- co-operation and co-ordination with services and agencies that provide, and are in regular contact with the cared for person, would enable young carers to be easily identified at the earliest opportunity. Working closely with the specific agencies and the groups of young carers they help to identify will allow us to ensure we have accurate information in regards the young carers' situation and can more easily target support, information and relevant training and events for the young people.
- Some young carers report that their school is unaware that they are a young carer- a more consistent approach across schools, general awareness raising and regular information provision would achieve early identification and lead to better outcomes for young carers.

Information-

- 68% of identified young carers reported accessing support from other services- highlighting potential places where information about specific support should be available, and the importance of well-established working relationships and referral protocols between education, social work and young carer services.
- Only 4% of identified young carers would approach social work if they needed information- there is need for clarity around the role of social work, what is within their remit and caution regarding communications with young people and perhaps raising expectations unintentionally.
- Young carers did not report much interaction with health services related to their roles as carers- this illustrates a gap, if we accept the EPiC principles; we need to work harder to ensure young carers not being left out of interactions with health professionals.

Support-

- 27% of identified young carers are caring for someone with more than one difficulty- this highlights potential additional support needs for some young carers, caring roles vary greatly in terms of the amount of care carried out. Again, there will be a number of other agencies or services involved in the support of the cared for person, and working and information sharing relationships should be built with these services to ensure young carers are offered information and support and are not left with an inappropriate caring.
- 47% of identified young carers report their school is supportive, 46% saying no- interestingly, some of these young carers attend the same school. Support is perhaps not universally available or appropriate to all young carers. Young carer services and schools need to be very closely linked and awareness raising across all pupils and staff should be carried out on a regular basis. A young carer contact in each school would ensure a point of contact, both for newly identified young carers and for regular updating of information.
- 59% of identified young carers would know where to go to access information- this statistic is interesting in terms of those young carers who already have access to a group, are more likely to know where to go should they need additional support. The implications are that those young carers who are not already identified and in contact with a young carer project, are unlikely to know where support could be accessed, highlighting the need to raise

CONSULTATION

41% of Young Carers are helping care for a parent. Co-ordination with adult services needs to be addressed.

Schools can be unaware of young carers and the roles they are undertaking.

Only 4% of Young Carers would approach Social Work for information or support.

27% of Young Carers are looking after someone with more than one difficulty.

Young Carers supported through a project or group report knowing where to go for additional support or information.

47% of Young Carers stated their school was supportive, 46% stated their school was unsupportive of young carers.

Young carer groups are regularly stated as the best way to identify, inform and support young carers.

awareness universally and the importance of a combined multi-agency effort to identify young carers, raise awareness and signpost appropriately.

Training-

- There is no universal training offered to young carers
- Not enough has been done to consult young carers on what training would be beneficial to them
- Explore of development of training to assist mental wellbeing specific to young carers.

What can we learn from improvements in other regions?

- Young Carer Authorisation Cards- These have been piloted in a number of areas, including NHS Fife and NHS Forth Valley, to improve information available to young carers about the person they care for and moving towards inclusion of young carers in the care of the cared for person.
- Free access to leisure facilities- Angus Council have agreed that any young carer registered with Angus Young Carers will be entitled to free unlimited access Angus Council Leisure facilities.
- Freedom Pass- introduced by Kent City Council to ensure all young carers registered with the young carer project have access to free public transport.
- Carewise- Angus Young Carers have developed a young carer training package to inform young carers about their caring role and the importance of looking after themselves. This is currently not available for roll out until at least summer 2014.

YOUNG CARER VOICES

SCHOOLS:

“Can talk to the teachers”

“They have units to go to me if needed”

“Teachers put me in touch with a support helper”

“Have Children’s Services Worker to speak to”

“Because if I feel stressed or sad they let me have some time to go to the music room”

“Time to go out to Young Carers”

“Allow support in for school-time sessions”

“They have meetings”

“EMA was good”

“They help with work”

“They don’t know”

“Not a lot of schools know about Young Carers or how many young carers are in their school”

“They just don’t care really”

“They are awkward to talk to”

How do we get to where we want to be? Implementation

Learning lessons, moving forward and working in partnership- where do we go from here?

Identification-

- Develop consistent approach to support, signposting, information and training of young carers
- Develop consistent approach to forming working partnerships with, and providing relevant information to, other relevant agencies and services- including social work, education, youth development workers and all other relevant children & young people's agencies and adult services where appropriate – a combined effort across services
- Single point of contact to be appointed in all Children's services- a young carer lead to assist identification and maintaining up to date information
- Build consistent working relationships with youth workers to help identify and engage with young carers affected by substance misuse, allowing a young carer to access support in a discreet manner where appropriate
- Health and social care staff and GPs, will be offered Young Carer Aware Training and be given regular information on Connecting Young Carers services to assist early identification and promote referral
- GPs to be encouraged to use the Royal College of General Practitioners Carers & Young Carers GP resource (Scotland) to promote best practice in identification of young carers
- Young carer questions to form a section of the Child's Plan with referral protocols put in place once a young carer is identified
- Work to be undertaken to explore young carers' experience of the identification process with the view to learn and improve
- Collation of data around caring duties and responsibilities to allow a clearer picture to emerge of the complexity of caring situations that young carers are living in
- A 'whole family' approach to care needs to increase identification of young carers
- Research and consultation to take place with young adult carers to form a more comprehensive understanding of their needs
- Services and support for young adult carers to be co-produced with the Young Carer Youth Ambassador Program and in the light of further consultation with

SUPPORT

59% of identified Young Carers would know where to go for additional support

20% would approach their YC project or group

10% would approach their school

15% would approach their own family

4% would approach social work

5% would approach their GP

"Would be helpful to see CALMS more often"

"Local support groups in our area would be great"

"Meeting other young carers is a great support"

"My family support me and helps me in situation, my brothers could be nicer but I love them"

"My family take (sibling) out to places and it helps me because he gets a chance to have fun and not think about the things that might trouble him"

young adult carers

Information-

- Information provision to be undertaken in a regular, strategic way cascading information about young carer services in appropriate places e.g. places that young people or their families may already access
- Children's and adult services to take a partnership approach to ensure information is available and accessible in appropriate places, increasing identification and hence engagement with services
- General lack of awareness of young carers in Highland and the issues that affect them to be addressed
- Information packs to be developed for young carers
- Information to be available in a variety of formats suitable to young people themselves
- Information packs to be available to professionals (including education and GPs)
- E-bulletin to be sent to professionals and workers to ensure up to date information is readily available across relevant sectors
- Young carers to be consulted on the most appropriate information to them, and the most appropriate way for them to access information, information should be co-produced
- Information sharing protocols and procedures to be negotiated between children's services and young carer services
- Regular, consistent information input to go into all schools
- The role and remit of all children's services (including social work) to be clear, and explained to young carers
- Condition-specific information, in a format that is appropriate for young people, to be developed and made available
- Clarity around the Child's Plan and what it incorporates, in terms that young people understand is required to increase information and reduce stigma and fear

Support-

- Partnership working approaches to be taken where possible and appropriate- working alongside children and young people's workers to ensure local support is available, accessible and appropriate
- Consistent, regular, local support has not been widely available across the Highlands despite parents and young carers requesting such a service. Connecting

YOUNG CARER PROJECT OR GROUP

"They support me and like me for who I am"

"Support and time out from home"

"They give me support, they understand and don't judge and the workers cheer me up and over the years they have helped me come out of my shell a lot"

"I feel I can tell them anything and they would help"

"Helps me to make new friends and I can talk to them about anything"

"The groups give me more confidence and let me take a break"

"Meeting new friends, other young carers"

"Everything they do from respite to one-to-ones, helping to give me a break, helping me make friends and honestly stopped me from disappearing and made me be me"

"They make time for you and attend to your needs"

"They help me get through every day"

young carers is exploring the possibility of local groups, linking in with existing Youth Development Officers or other youth groups adding Young Carer Aware Training to ensure groups are *Young Carer Friendly*

- Awareness of young carers and the issues they face varies greatly across schools, some schools reported as being very supportive and others not so at all.
- Confidentiality within schools and other services supporting children and young people must be addressed, young people need to be clear about what will happen with any information they share.
- Young carers who identify themselves within school should also have the option to remain anonymous amongst their peers.
- Young carer projects to be a support option available on a Child's Plan, and this pathway should be very clear and simple
- Group work with young carers is popular, well attended and appears to have many benefits, not least that the young carers get to know each other
- Group work allows workers to get to know each young carer and their individual circumstances- meaning support can be more appropriate, tying in with the drive towards personalised outcome planning
- Working in groups allows exploration of group dynamics, relationships between young carers and social skills including treating each other appropriately. Groups also allow training, activities, respite etc. to be more targeted through better understanding of the individual needs of the young carers
- General awareness raising about the opportunities or activities available to young people will increase access to other forms of support or engagement with services
- Barriers to support can include lack of resources, rurality and lack of access to reliable affordable public transport- free access to leisure facilities and public transport to be explored to improve young carers accessibility to support and activities
- Young carers to be consulted more fully on their experience of accessing support, how it works well and what can be improved
- Young Carer Youth Ambassador Program to be established to engage with young carers and explore issues related to being a young carer, to link young carers to peer support and to begin a process of consultation and co-production

Training-

- *Young Carer Aware Training* Sessions will be offered to all schools, to raise awareness of young carers, assist identification, reduce stigmatisation and increase knowledge about where to access support
- *Young Carer Aware Training* to be developed and delivered by Connecting Young Carers to raise awareness of young carer issues, and how to best support them, this would include social worker, youth workers and other services involved in supporting children
- *EPiC Young Carer Training* to be developed and delivered by Connecting Young Carers to help inform and support young carers in their caring role

- All training courses will be co-produced with young carers to ensure they are effective and appropriate
- Young Carer Youth Ambassador Program to identify and explore relevant training opportunities for young carers

Consultation-

- To mirror the principles of EPiC it is important to ensure that the voices of young carers are able to heard and taken account of, this needs to be consistent and ongoing
- Young Carer Youth Ambassador Program to be developed to ensure ongoing, regular, meaningful engagement with young carers
- Co-production of support services, information provision and training materials with young carers should always be the aim
- A young carer forum will be developed to improve co-production, co-commissioning and ongoing engagement with young carers
- The Highland Young Carers Strategy to be dynamic and responsive and should evolve in line with ongoing consultation and resulting process reviews, as well as evolving to accommodate the changing climate, at local and national level, of health and social care
- Evaluation to be used to illustrate that the voices of young carers are heard and acted upon

Asset based approach to strategic partnership working

- Clarity around the roles of Youth Development Officers and Children's Services Workers and capacity to run young carer groups - a consistent approach to be developed with youth workers or service workers to ensure existing (or new) groups are accessible to, and understanding of the needs of, young carers
- A network of group work could be achieved via the already existing structures of Children's Services Workers, Integrated Services Officer teams, and Youth Development Officers – Connecting Young Carers could co-ordinate groups, offer Young Carer Aware training to ensure they are *young carer friendly* and offer ongoing support and information as appropriate
- Building working relationships with youth workers will help identify and engage with young carers and particularly those affected by substance misuse,

PARTNERSHIP APPROACH

J lives with his disabled brother and his ill Dad. J is a young adult carer, he does a lot of work to support his disabled sister, including getting up early to make breakfast and having sole responsibility for getting his brother to bed.

J would like to look at his own future, he would like a job which leads to a career and he would like to look at not always living with his family.

A partnership approach was taken in J's case and this helped greatly. J was able to complete a Carer Support Plan and discuss his own needs. J was given his own social worker and was then able to start working on plans for his own future. His brother is to move to supported accommodation and J is taking steps to independent living, giving him hope for his future and the ability to make his own choices. Partnership working enabled J to engage with services and bring positive changes.

allowing a young carer to access support in a discreet manner where appropriate

- Building links with appropriate adult services will increase identification, information provision and access to relevant support, relationships should be built with adult mental health services, adult physical disability services and adult learning disability services as well as with adult carer services and services working with children affected by parental substance misuse
- Further research needs to be undertaken to establish a clearer view of the experiences of young carers in Highland including areas such as ‘what inhibits someone from self-identifying and accessing support’, ‘how many young carers end up in care’, ‘how is mental health affected as a result of caring’ and ‘what does it look like when we get it right?’
- Partnership with Highland Youth Voice has the potential to move the young carer agenda within schools and other youth settings increasing awareness of young carers and the issues that affect them.
- Working with the Early Years Collaborative to develop appropriate systems and learning tools in schools, will ensure early identification of young carers leading to more sustained support and more positive long term outcomes for young carers.
- Partnership working requires a drive to raise the profile of young carers must be a joined-up approach from all services including education, health, child protection and youth development in order for there to be a genuine improvement in the services available to support young carers in their caring role.

PARTNERSHIP APPROACH

G cares for her Dad who has long term mental health issues, severe anxiety and does not go out of the house alone. G is the sole carer and Dad is very isolated. G is 17, has worked hard at school and now hopes to go to University. Dad is not keen for G to leave home, has anxiety around G being in a big city as well as anxiety around being left alone. G is struggling to find the best option for herself. Dad is afraid of engaging with services and takes a long time to build trusting relationships with others. A partnership approach could be used here which would look at options to enable G's Dad to have his support needs assessed and enable the family to start to explore this transition period. Additional support would be required for Dad to live independently and to ensure that G is not compelled to remain in the caring situation to the detriment of her own hopes and ambitions for the future.