WHO ELSE SUPPORTS THIS PATIENT?

Does your patient have a long-term illness/disability?

- Yes → Do they have any support from family at home?
  - Yes → Are there any children at home?
    - Yes → Could the patient's condition have an impact on the child?
      - Yes → **This child could be a young carer**
      - No → Another adult
    - No → Another adult
  - No → Who does the shopping, chores, personal care, emotional support? → Another adult
- No → Do they have a mental health condition or misuse drugs/alcohol?
  - Yes → Do they have any support from family at home?
  - No

Another adult → This adult could be a carer. Please signpost to Sheffield Carer's Support.

Sheffield City Council

This child could be a young carer

- Be considerate of the patient's feelings and fears when explaining this.
- Explain to patient that it might not always be obvious that a child is in a caring role, especially if they are not caring directly for a family member.
  Instead they might need to take on additional chores or practical tasks that could impact their education, well being and social interaction.
- Explain that there is a lot of support for both the child and family, and a referral for young carer support can be made.
  - Make a follow-up appointment with the patient to talk about their child being a young carer. This allows them time to think and look at resources you've shared with them.
  - Please make a referral to the Young Carer Assessment Team, don't just signpost, as the patient might not do it themselves if they feel overwhelmed by the process.

SHEFFIELD YOUNG CARERS