

National Carers Strategy

Child Rights and Wellbeing Impact Assessment (CRWIA)

April 2023

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Introduction

1. Which articles of the UNCRC does this policy/measure impact on?

III: General principles

[Article 2](#) non-discrimination

[Article 3\(1\)](#) best interest to be a primary consideration

[Article 3\(2\)](#) State's obligations to ensure necessary care and protection

[Article 3\(3\)](#) standards for institutions services and facilities

[Article 6](#) the right to life, survival and development (see also: [VI Basic health and welfare](#))

[Article 12](#) respect for the views of the child

IV: Civil rights and freedoms

[Article 17](#) child's access to information, and role of mass media

V: Family environment and alternative care

[Article 5](#) parental guidance and child's evolving capacities

[Article 18\(1\) and \(2\)](#) parental responsibilities and State's assistance

VI: Basic health and welfare

[Article 6](#) right to life, survival and development (see also: [III - General principles](#))

[Article 23](#) rights of disabled children

[Article 24](#) right to health and health services

[Article 26](#) right to social security

[Article 27\(1\)-\(3\)](#) right to adequate standard of living

VII: Education, leisure and cultural activities

[Article 28](#) right to education

[Article 29](#) aims of education

[Article 31](#) right to leisure, play and participation in cultural and artistic activities

VIII: Special protection measures

D - Children belonging to a minority or an indigenous group

[Article 30](#)

2. What impact will your policy/measure have on children's rights?

Positive

The intended impact of the National Carers Strategy is to improve outcomes for carers, including children and young people with caring responsibilities (and people caring for children with disabilities and long-term health conditions which should indirectly benefit the children being looked after). This will be achieved through the range of actions in the Strategy, both continuing existing initiatives and new approaches/activities to ensure carers are recognised and supported in a joined up and cohesive way. Much of this support is regardless of the intensity of their caring roles. Throughout the Strategy, the focus on promoting choice and flexibility means that support can be tailored to individual circumstances. This is particularly important given the diversity of caring situations and carers' needs. The human rights-based approach to the delivery of this support ensures that young carers can input into decisions which affect them and promotes equality of access to support to account for those carers who may be disproportionately affected by the negative impacts of caring.

The Strategy's specific strategic outcomes for young carers are:

- Young carers are supported and protected from inappropriate caring and negative impacts on their education, social lives and future opportunities.
- Young adult carers are supported when moving from education to training and work while balancing an ongoing caring role.

The commitments and initiatives outlined in the Strategy for young carers will help ensure they have access to the same opportunities as their peers without caring responsibilities and are able to live a balanced life.

3. Will there be different impacts on different groups of children and young people?

As the final chapter in the Strategy covers support and initiatives targeted towards young carers, the impact of the Strategy will improve outcomes specifically for young people with caring responsibilities.

Within this group, young carers will be positively impacted in different ways depending on their individual circumstances and the support they access. For example, young carers in schools should be able to access appropriate educational support. Another example is that eligible young carers will be able to access the Young Scot young carer package and receive digital vouchers and access to online streaming; this is particularly helpful for young carers with lived and living experience of poverty and/ or for those who may have particularly intensive caring roles and would benefit from a break. Similarly, the Young Carer Grant is not means-tested but

will likely be of proportionally greater benefit to those in lower income households. Young carers' rights to social care support under the Carers Act are based on the principle of personalisation to each individual's identified needs with the aim that the level and type of support is tailored appropriately.

4. If a negative impact is assessed for any area of rights or any group of children and young people, can you explain why this is necessary and proportionate? What options have you considered to modify the proposal, or mitigate the impact?

As the Strategy intends to improve outcomes for young carers - with a focus on improving health, financial and social care support - there are no negative impacts anticipated. With that being said, the effectiveness of the Strategy's implementation will be dependent on a number of different factors including:

- Stakeholder input – Whilst the actions are primarily for the Scottish Government, national and local carer organisations and local statutory organisations also need to take action to help implement and promote the relevant initiatives and to share best practice. National and local carer organisations will also play a role in feeding back young carers' experiences to help monitor progress on delivery.
- Future funding - Whilst the actions with budgetary implications in the current financial year have been confirmed, future funding decisions will also impact on delivery.

5. How will the policy/measure give better or further effect to the implementation of the UNCRC in Scotland?

The Strategy's objectives include improving recognition of young carers and ensuring support is delivered in a joined up and cohesive way. The actions committed - which focus on advancing equality of social, economic and educational opportunities for young carers and minimising any disadvantages they may have due to their caring responsibilities - will help to advance and protect all the Articles of the UNCRC indicated. In addition, the regular meetings with stakeholder groups will ensure that public bodies and other relevant institutions are aware of their legal obligations to support and work with young carers.

The Strategy points to initiatives and programmes which create opportunities for younger carers so they can live a more balanced life and enjoy experiences similar to those peers who do not have caring responsibilities. This is especially important as we know that young carers are at greater risk of poor physical and mental wellbeing than non-carers, and are more likely to live in the most deprived areas and report instances of social isolation. Due to additional caring responsibilities and pressures related to their caring role, they may have restricted access to opportunities considered the norm for other young people.

There is also the commitment to continue supporting the Young Carers Festival, which allows young carers to have their voices heard by decision makers and discuss what matters to them. This means they can highlight any positive and negative experiences as a young carer, including any discrimination and/ or unjust treatment they have faced in school and other settings. This annual event has played a role in influencing national and local policy development and government priorities by highlighting carer experiences and prominent issues for carers.

6. How have you consulted with relevant stakeholders, including involving children and young people in the development of the policy/measure?

Consultation, including online meetings and email exchanges, has taken place with the relevant national carer organisations, including Carers Trust Scotland, Young Scot and Family Fund, who work with young carers and were able to represent and feedback their experiences to inform the development of the Strategy.

At every major stage of the Strategy's development, a draft was shared with stakeholders, including the Young Carers Working Group and the Scottish Young Carers Services Alliance, who provided feedback which was taken into consideration and incorporated into the final version of the Strategy.

On behalf of children and young people, stakeholders were also given the opportunity to share young carers' lived experiences with current initiatives to inform improvement and offer suggestions for the development of new initiatives.

7. What evidence have you used to inform your assessment?

1. Estimated number of young carers (aged 4-17): 28,000.¹
This evidence has allowed actions in the Strategy to be targeted accordingly.
2. The Young Carer Package has been nationally available since June 2019, and so far 3,056 young carers have signed up (Dec 2022).²
This figure which is reviewed monthly shows how many young carers are being supported through this Scottish Government-funded national initiative.
3. The data indicates that the gender gap is narrowest for young carers, with females accounting for 58% of young carers and males accounting for 42%.³
As above, this allows actions and initiatives to be targeted accordingly.

¹ The Scottish Government, (2022). [Scotland's Carers Update Release: December 2022](#).

² Young Scot, (2022).

³ The Scottish Government, (2022). [Carers Census, Scotland \(2021-22\)](#).

Limitation: Analysis is based on carers who have engaged with support services and carers identified through the de-duplication process.

In addition, we are in regular discussions with stakeholders who represent young carers and can feed back their experiences of current support services and initiatives which is used to inform future policy. Engagement with the Young Carers Working Group and the Scottish Young Carers Services Alliance has also helped us address gaps in the existing data and gaps in support provision and delivery. For example, we know that young carers are more likely to report instances of isolation as they may be deprived of social activities and other opportunities their peers without caring responsibilities can enjoy. Alongside its more general focus on personalisation, the Strategy therefore includes actions to address challenges related to caring role and age. These include actions focused on young carers at a transitional stage of their life and carers of working age.

8. How will the impact of the policy/measure be monitored?

The existing Carers Rights and Support Steering Group will measure the impact of the actions set out and oversee the ongoing implementation of the Strategy. They meet every 3 months.

We have decided to involve further stakeholder groups including the Young Carers Working Group in order to maximise the diversity of unpaid carers who can feed back their variety of experiences. Through this group, young carers will be directly involved in measuring and monitoring the impact of the Strategy. This will also give them a platform to share their own experiences and advise on next steps.

During discussions with stakeholders, we agreed the approach to monitor the impact of the Strategy so that all relevant parties could be involved in a way that suited them. Monitoring activity will be focused on measuring outcomes for young carers, collecting the most relevant information, e.g. surveys which consider the support young carers have experienced, where data is collected anonymously and disaggregated according to age group etc. Data from the annual Carer Census will also be used where relevant.

We will also report on the progress towards our targets to maximise transparency and provide the opportunity to reassess the action plan to include new actions on an ad-hoc basis. This will ensure the Strategy remains relevant and can adapt to new developments in society. We will continue to work collaboratively with stakeholders to develop our monitoring approach.

These stakeholder groups will include public bodies and create awareness of their duties to safeguard, support and promote the wellbeing of children through discussions and sharing of best practise.

9. How will you communicate to children and young people the impact of the policy/measure on their rights?

We will work through our three funded stakeholders (Carers Trust Scotland, Young Scot and Family Fund) who work with young carers to communicate the impact and progress of the policies and committed actions in the Strategy. Any changes to policies and actions which could have an impact on their caring role will also be communicated.

An easy read version of the Strategy has also been published and disseminated to the relevant stakeholders to share with young carers.

A child-friendly CRWIA will be available upon request.

10. Sign & Date

Policy Lead Signature & Date of Sign Off: Peter Stapleton, 10/03/23

Deputy Director Signature & Date of Sign Off: Simon Cuthbert-Kerr, 13/03/23

A handwritten signature in black ink, consisting of a stylized initial 'S' followed by a long horizontal stroke that tapers to the right.



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