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ANNEX A

Note of Young Carer Grant Working Group member input to Young Carer Panel approach and questions

The points listed below have been directly lifted from the flipchart paper exercises and also represent verbatim points raised during feedback.

Time spent caring

- It is not sensitive to ask about the amount of time spent caring, however there may be different perceptions of what “caring” means/ what activity counts towards the time spent caring
- Asking about the impact of the time spent caring might be more sensitive – the number of hours spent may not be the main factor in terms of the impact the caring role has on them
- Time of year might be an important factor in terms of the amount of free time that a person has – i.e. school holidays/ having more family around at certain periods etc. This may be quite variable
- Time for attending Young Carer Panel sessions may also impact on limited personal/free time.

Knowledge of other benefits

- Young carers may/or may not have knowledge of benefits and eligibility
- There could be sensitivities when discussing benefits in a group setting, as this may cause a level of embarrassment or discomfort for participants regarding disclosing benefits received by them or their cared for person, or admitting to not knowing that information.

Spending

- Should ask who has previously given advice around spending and budget management
- We don't currently ask benefit recipients how they spend the benefits therefore important to be clear, if asking about this, that being clear that this is a research question, not an eligibility question is important
- Wider support more important than just the money – link into an organisation for wider/ more holistic support. Grant shouldn't just be a sticking plaster.
- When doing research with young carers outside of a group we should signpost to wider support services
- Lump sum might not be helpful - two instalments or monthly might be better
- Not everyone has a bank account – advice on setting up bank accounts should be considered
- Important to emphasise choice - they can spend the grant on what they want without judgement - but knowing support is available, if needed.

How should we check if someone is a young carer?

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- How comfortable do you feel proving you are a carer? What makes you feel able to share that part of your identity?
- Who do you trust? Who do you trust to verify you? vs who does the agency trust?
- Willingness to go to support groups?
- What are the barriers to identifying as a young carer?
- What would stop you accessing the grant?
- Being comfortable with the label is going to be important for people to be able to access the support - i.e. confidence to use bus pass
- Making sure the positives of caring is recognised
- "role" is potentially going to have negative connotations - might just say "I look after my mum" - research on barriers for identifying
- Possible options for verification: teacher/ admissions staff. GP. Benefit advisor. Third sector charities might be more aware of impact/ more familiar relationship.
- Family – does this present a risk of coercion?
- What has been the most vital support you have received as a young carer?
- More awareness raising within health sector might help reach hidden carers
- Skills Development Scotland - a lot of referrals come from here

Beginning of caring role

- This can be difficult to quantify – they may not remember
- A traumatic experience might be difficult to discuss in a focus group
- Potential for comparison/ embarrassment
- Introduction - why did you take part, depersonalise
- "care experience" is more looked after children - maybe "caring role" or "affected by" or "how long have you looked after"
- Needs to be very general questions

How to make the application easy

- Format – short/ range of formats available
- Easy to understand
- Only ask what you need
- Overview of the criteria
- Accompanying materials to contain criteria
- Entitlement/ process - when will you hear back, what if you're not eligible
- Peer support to fill in - young carer groups/ youth workers
- Clear on timeframes
- Up-skill local services to help fill in application form
- What happens if you are not eligible

Reaching young carers not part of a group

- visit schools/ colleges universities - link to find those who don't identify
- Larger public appeal – i.e. radio

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- Using existing Experience Panels
- Scottish Youth Parliament - other youth organisations/groups
- Barriers - language barrier/ different communities
- Welfare rights

Connecting with the term young carer

- Acknowledge that young adult carers often identify this way from 16.
- They might not identify as "young carer" any more
- Making sure language is specific to who you want to reach
- More support for applying
- Understanding that every caring role is different.

ANNEX B

Third Party Professional Verification exercises

Background: During the Young Carer Grant Working Group - meeting 1 - verification of a young person's caring role by a Young Carer Statement or via suitable third party emerged as the preferred option to be taken forward. In the workshop the group explored third party verification in further detail.

Exercise 1: Members split into sub-groups and discussed the third party professionals that could be considered as verifiers and the rationale of why these professions could be considered.

Exercise 2: Members individually reflected on the listed professions from exercise 1 and ranked them on a range of considerations:

- **Knowledge** – likely knowledge of the young person's caring role
- **Ease** – presumed ease for the young person to get the professional to verify on their behalf
- **Connected** – how linked is this professional likely to be to wider support services, be knowledgeable about young carer issues and be able to signpost to additional support
- **Safeguarding** – how likely is this professional likely to be able to support the young person and provide advice about safeguarding and money management
- **Equalities** – could this professional be able to help us to reach a harder to reach group/community
- **Gravitas** – how senior/gravitas is this profession perceived to be in society.

Findings summary:

There was mainly parity across the responses received from Scottish Government group members and external stakeholder group members. Across all six consideration areas Teacher/Further Education Lecturer/Higher Education Lecturer and Carer's services were noted in the top three preferences. Health professionals and Third Sector/Charities were moderately ranked throughout. Those that were ranked lowest in the consideration areas were:

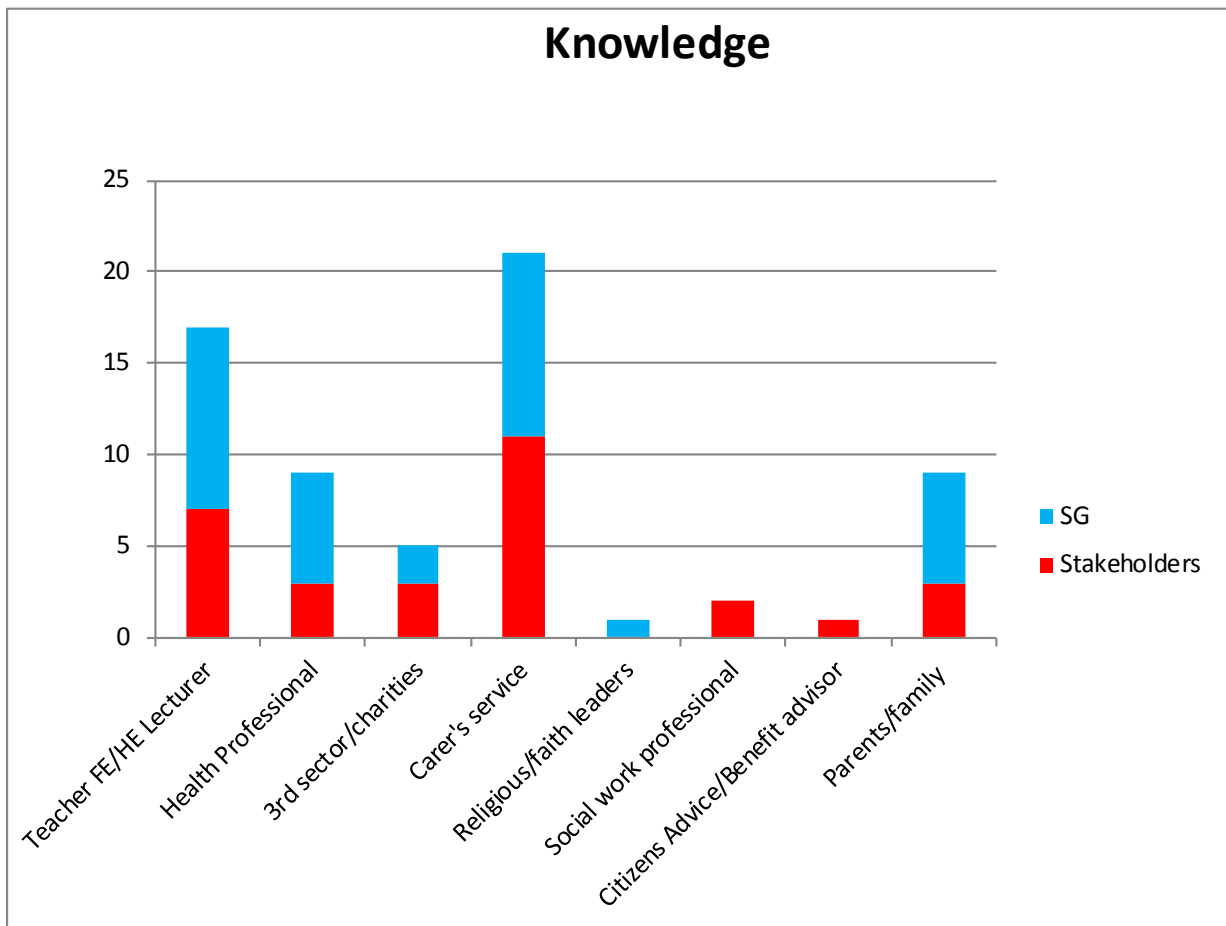
- Social work professional - all six categories
- Citizen Advice and benefits advisors - five of six categories
- Religion/faith leaders - five of the six categories
- Parents and family members - four of the six categories.

Exercise 1

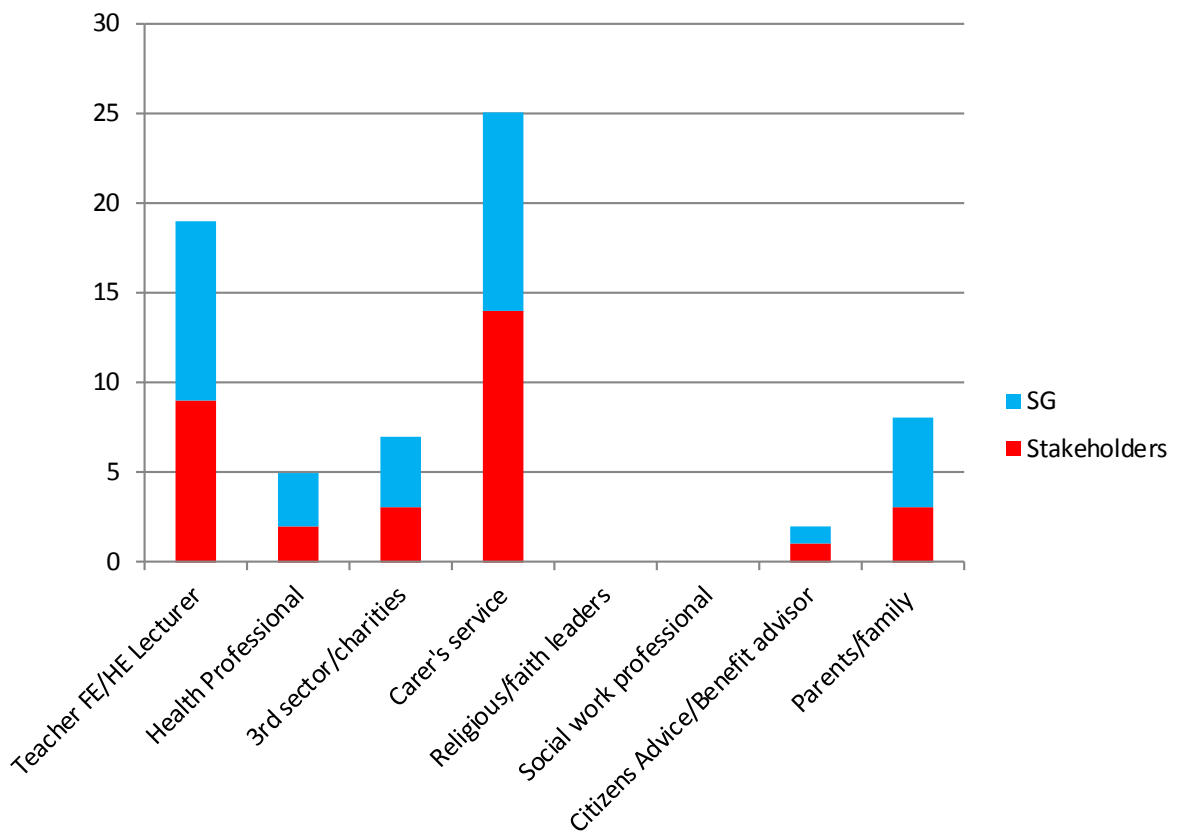
Profession	Why?
All teachers/FE/HE lecturers	Trusted relationship
	They are working with young people
Guidance teacher	Know how it impacts young carers – attendance, responsibilities, health, works for those not identifying as young carers
Further and Higher student support professionals	Trusted relationship
General Practitioner	Everyone has one
All healthcare professionals	Everyone experiences these
	Could be aware of the situation with the family
	Cared for person/young carer - good understanding of care needs' speak with other health professionals' can assess eligibility; plus provide signposting; guidance
Support workers	Experience
Youth worker and sports coaches	Trusted relationships
	They know the young person and can identify a young carer
	Informal way of talking about home situation; comfortable sharing carer role experience
Carer organisations	More trust established and better sign posting available
	They know the young carer, the trust is already there
Religion and faith leaders	Trusted relationships
	Awareness of situation
3 rd sector/charities	Contact with young carer and family; know situation/impact; informal setting; more comfortable
Social work professional	Trusted relationship
	May interact with young carers or families
	Awareness of situation
Civil servants	Already used as a credible verification source
Employers	Young person could be working close with

Parent/family	Know whole situation; would the statement be be enough? Fraud/risk that young carer may be coerced to apply for grant by family.
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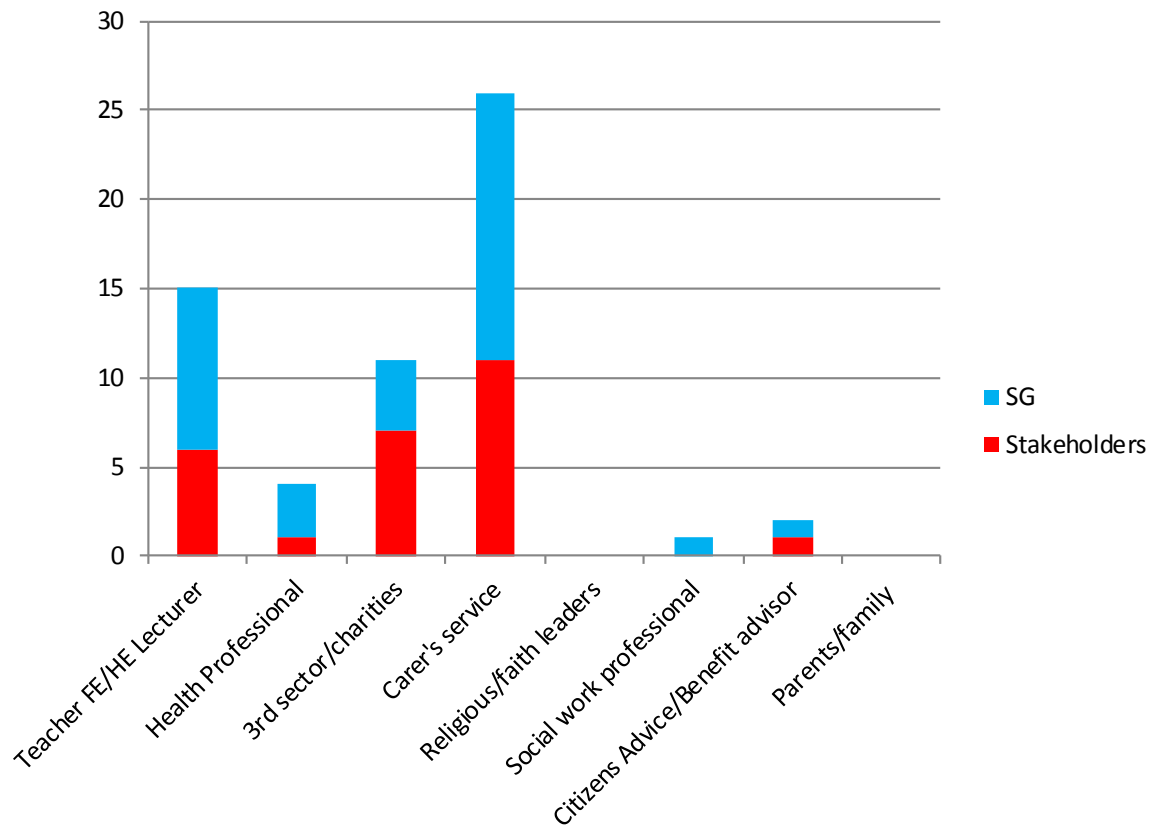
Exercise 2



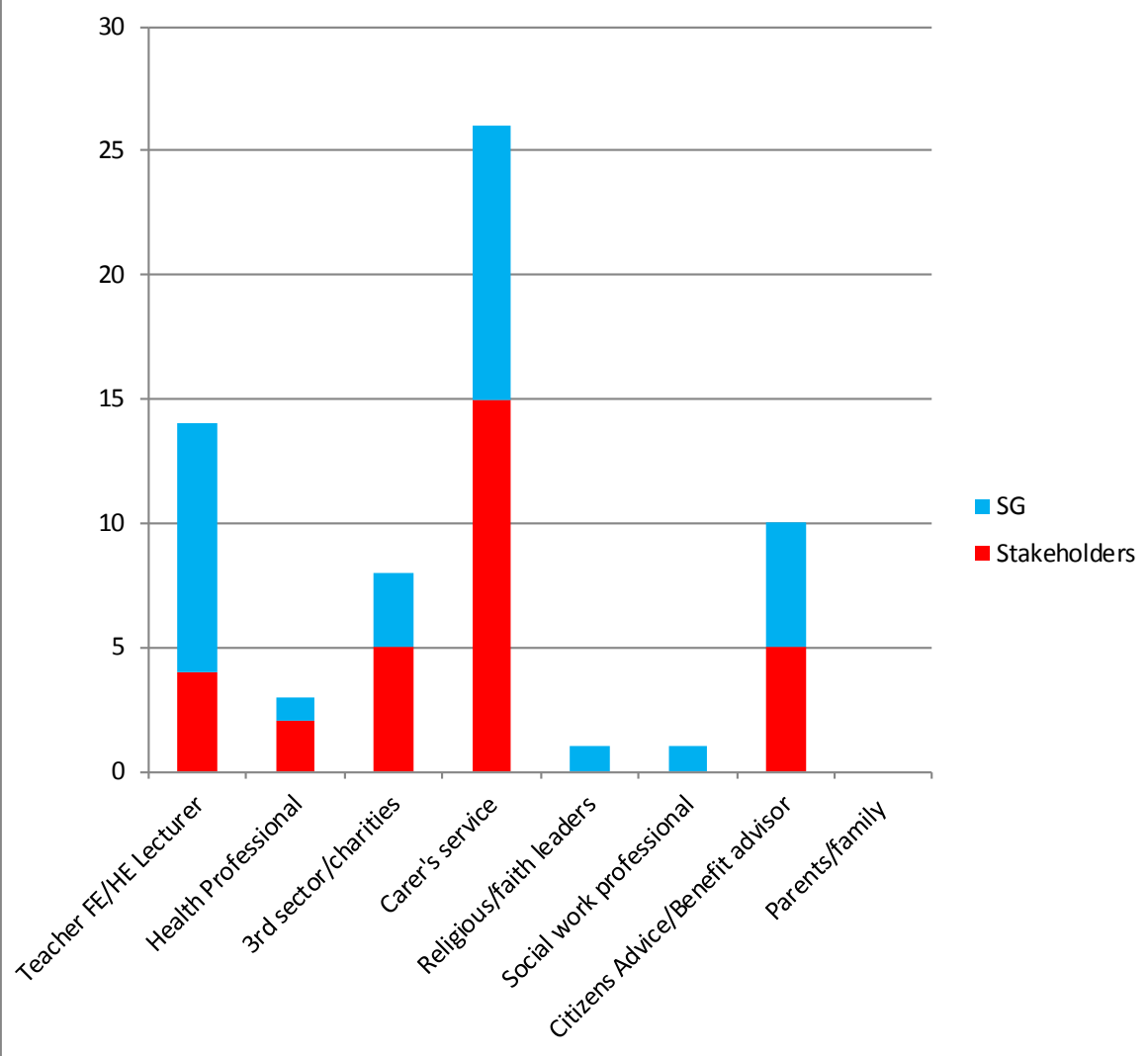
Ease



Connected



Safeguarding



Equalities

