

**Breaking down barriers, the
identification and support of adult
and young carers from hard -to-reach
communities**



Edinburgh Young Carers

Jennifer.lewis@youngcarers.org.uk

Jenny Lewis, School Project Manager

Milan

rukhsana@milanswc.org

Rukhsana Ali, Unpaid Carer Support Worker

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CARERS**





The previous literature on carers from Black, Asian and minority ethnic groups rightly warns that these carers should not be treated as a homogenous group, and we must be cautious in drawing conclusions that may not apply to all groups.

(Carers UK)

CARERS TRUST
WALES

October 2022

EXPERIENCES OF UNPAID CARERS FROM BLACK AND MINORITY ETHNIC COMMUNITIES REPORT



Report Author: Tim Banks - Research and Engagement Manager (Wales), Carers Trust

 **carersUK**

The experiences of Black, Asian and minority ethnic carers during and beyond the COVID-19 pandemic



Caring alone

Why Black, Asian and Minority Ethnic young carers continue to struggle to access support

Emma James
April 2019

Believe in children
 Barnardo's

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Learning Outcomes

How do we define a carer?

Who are Milan and EYC?

Carer policies and legislation

Case study of carers

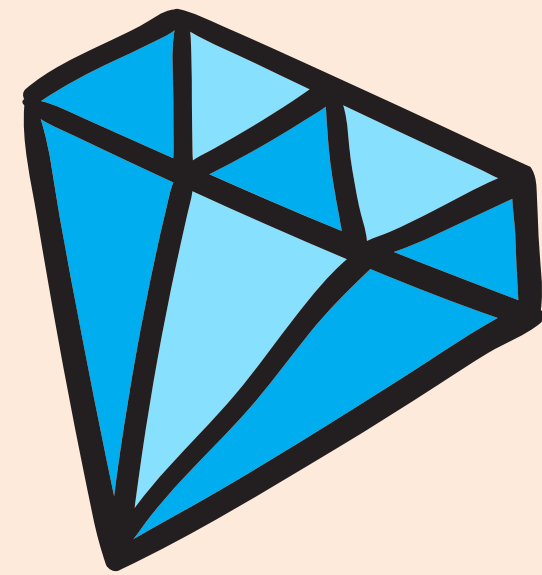
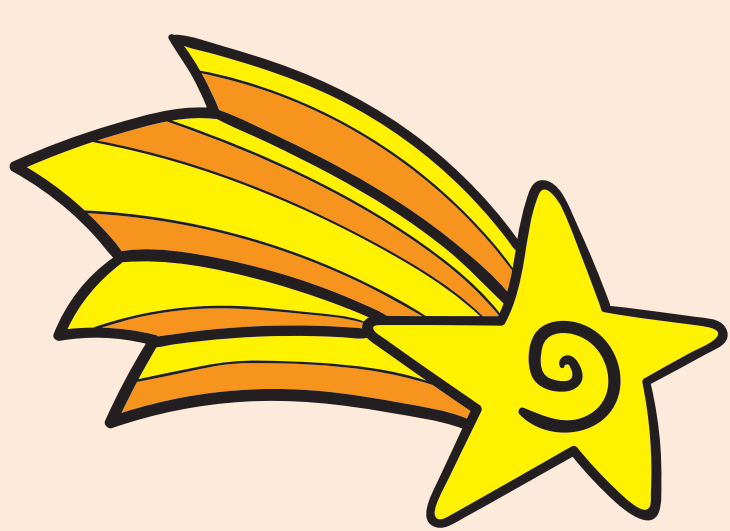
What do carers do?

What are the barriers to support/
identification?

Positives/ negatives of caring

The long term impact of caring

Support that makes a difference



What is a carer?

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“Young people 5 – 25 years old, who have practical and/or emotional caring responsibilities for another person as a consequence of ill-health, disability, mental health difficulties or drug and alcohol use.”

-Edinburgh Young Carers Project

You are a carer if you look after someone who is ill, frail or has a disability and the care you give or are about to give is regular and substantial

City of Edinburgh Council

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Classpoint.app

Code:

EDINBURGH
YOUNG
CARERS





How would you rate your
confidence in identifying
careers?

Very
confident

A

Confident

B

Somewhat
confident

Multiple Choice

Not
confident

D

Scared of
doing it!

E

How would you rate your
confidence in supporting
carers?

Very
confident

A

Confident

B

Somewhat
confident

C

Not
confident

D

Scared of
doing it!

E

Why have you come along
today or what would you like
to learn?

 Multiple Choice

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Edinburgh Young Carers Collaborative

Young Carers Services in Edinburgh



All of these services work with and take referrals for young carers, depending on location in Edinburgh:

North/South East – Edinburgh Young Carers

South West – Space

North West – Capital Carers

We all support young carers and their families through:

- Individual Support, tailored to the young carers needs
- Groups –
 - Respite time
 - Life skills
 - Play/games/creative time
 - Peer support
- Residential breaks
- School support
- Referrals to appropriate agencies when required
- Support to complete Young Carers Statements

We all support schools through:

- Awareness raising assemblies
- Awareness raising classes, tailored to your school and/or class
- Awareness raising course for all school staff
- Support for Young Carer Coordinators
- Support schools to set up young carer groups in school
- Advice on creating a Young Carers Policy

Edinburgh Young Carers provides additional school support through the WE CARE award.



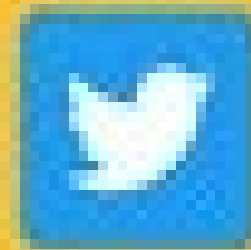
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www.youngcarers.org.uk

0131 475 2322 / 07724 804192

[eycmembership](https://www.facebook.com/eycmembership)

[@youngcarers.org.uk](https://www.instagram.com/youngcarers.org.uk)



EDINBURGH YOUNG CARERS MEMBERSHIP

Our new Information and
Advice Service for
Young Carers and
Young Adult Carers in
Edinburgh

MILAN SWO

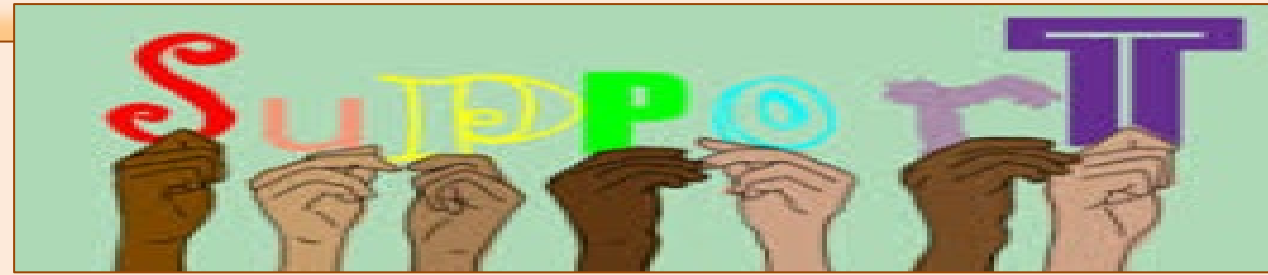
A registered charitable organisation providing services in Edinburgh & Lothians for older people and unpaid carers from the south Asian communities which meet their social, cultural, recreational, language and care needs

The core mission of our unpaid Carers Group is to provide a supportive and inclusive space for unpaid carers from diverse backgrounds

**Milan
Carers Support Group**

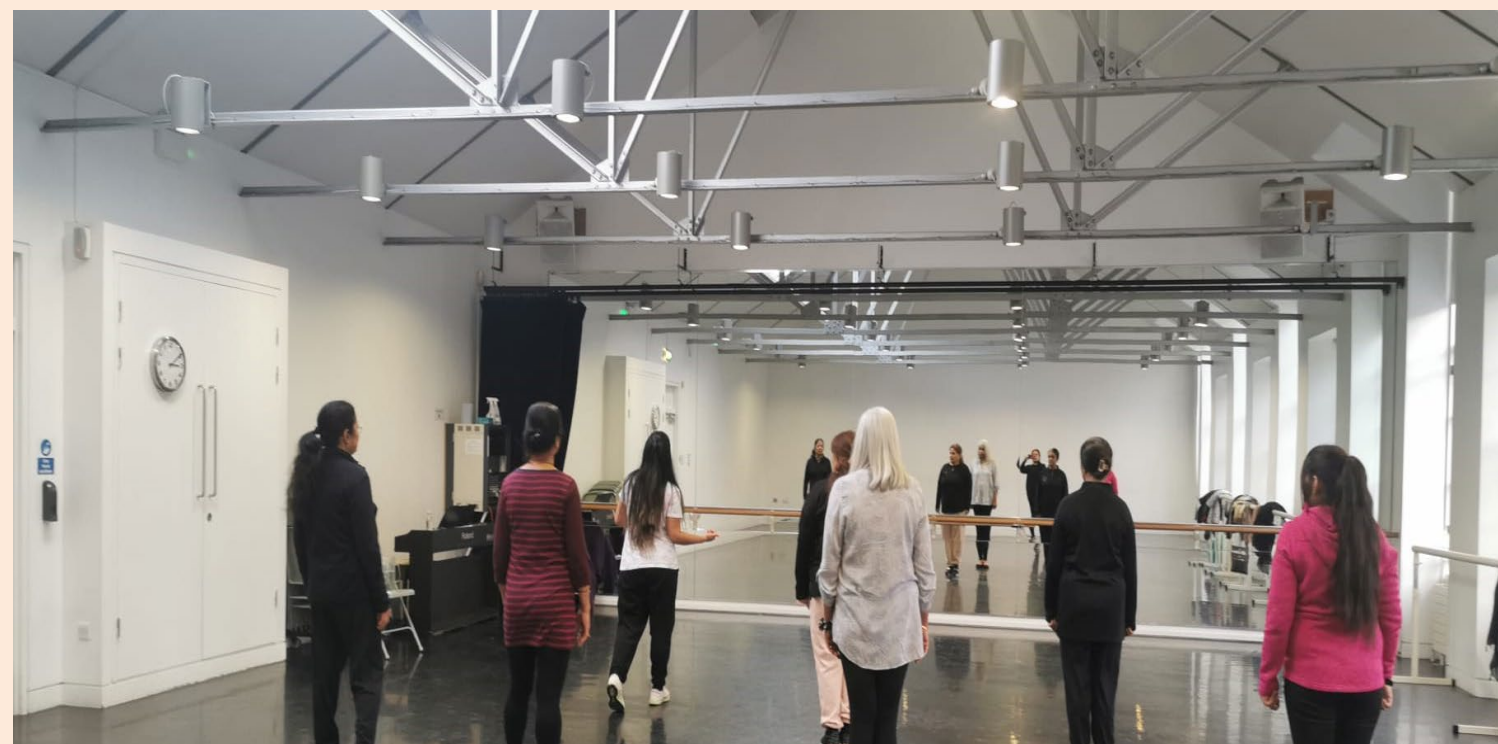
میلان
کیئررز سپورٹ گروپ

Supporting Carers' Well-being



Our core mission is to support the wellbeing of carers from diverse backgrounds by providing a confidential, safe and inclusive space. We work diligently to empower our members through various initiatives and programmes. One of the key highlights has been the implementation of training sessions, many of which I have personally undergone and subsequently shared with our carers.





Peer Support

Delivering regular support groups and recreational activities across the city

One to One Support

Opportunities for carers to improve their health and wellbeing by:

- Adopting to a person centred approach
- Solution focused approach
- Enabling carers to identify and work towards their chosen goals





Learning & Development

Programs enabling carers to manage and improve:

- Wellbeing
- Social connectedness
- Skills



Collaboration/Partnership





It is nice to come out for a walk, I feel less lonely less stressed, and clears my head I would be very hesitant if not encouraged to do so

Menopause was shrugged off and a subject not to be discussed, So this session could not have been introduced at a better time, I now have a better understanding of health implications which can results from the change

**STORIES
WE
WOULD LIKE TO SHARE**

Day/overnight trips I look forward to as it gives me a chance to meet other carers in similar roles and be able to spend time away from the pressurising role. I come back feeling relaxed, energised and this having positive impact on both my mental and physical health



Link in with your local
young carer service

<https://carers.org/help-and-info/introduction>



Policies and Legislation



Photo courtesy of
Milan



Photo courtesy of EYC

Carers Act

2016





Young Carer
Statements/



Adult carer support
plans



Photo courtesy of EYC

Crucial Points

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Duty

Privacy

Timescales

Review



Photo courtesy of EYC



Quiz



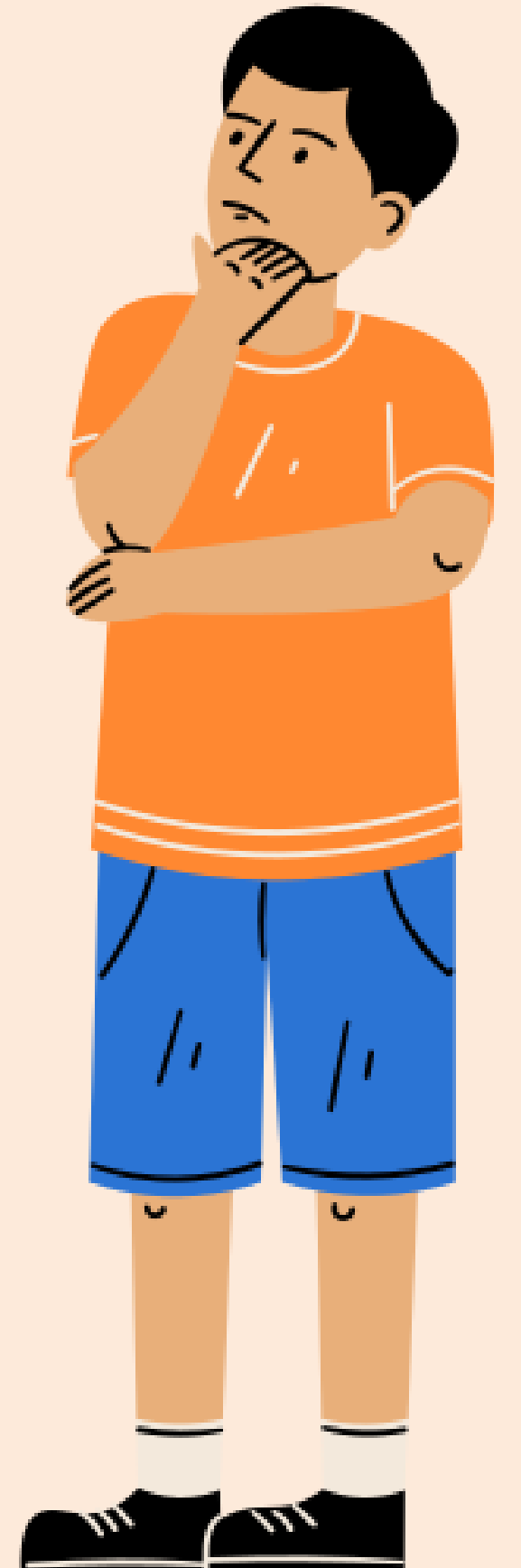
Photo courtesy of Milan



Minority ethnic carers provide more care proportionately than white, British carers.

- A- True
- B- False

 Multiple Choice

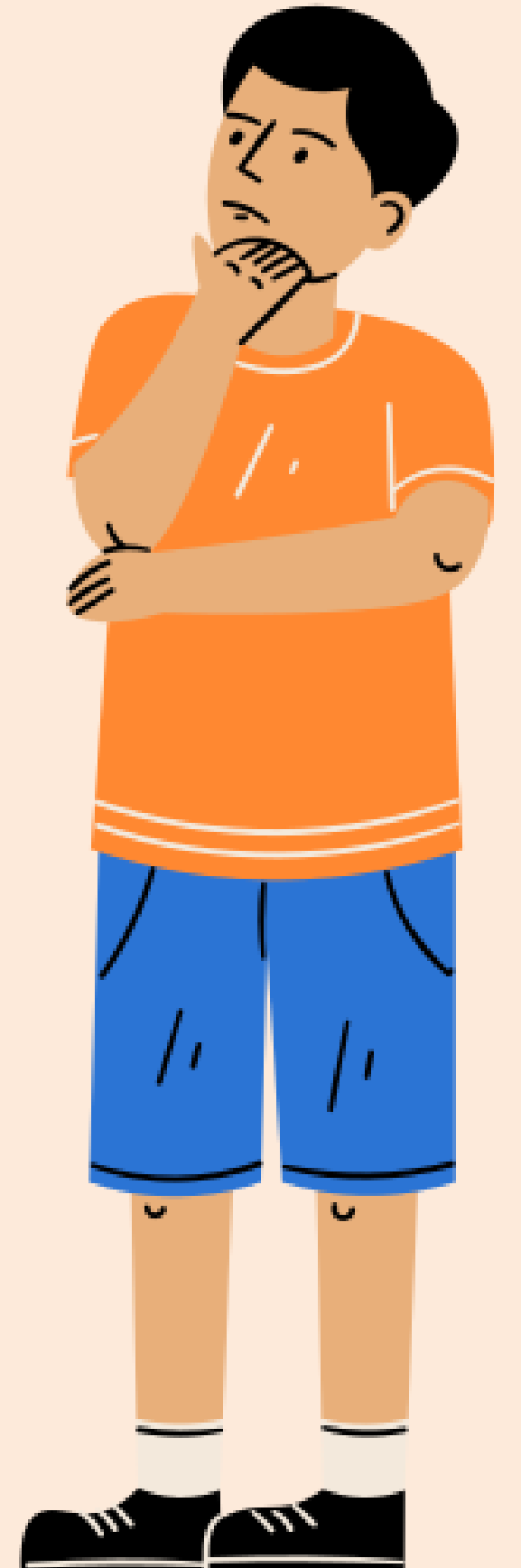




Carers from ethnic minority backgrounds tend to be younger and of working age...

- A-True
- B- False

 Multiple Choice



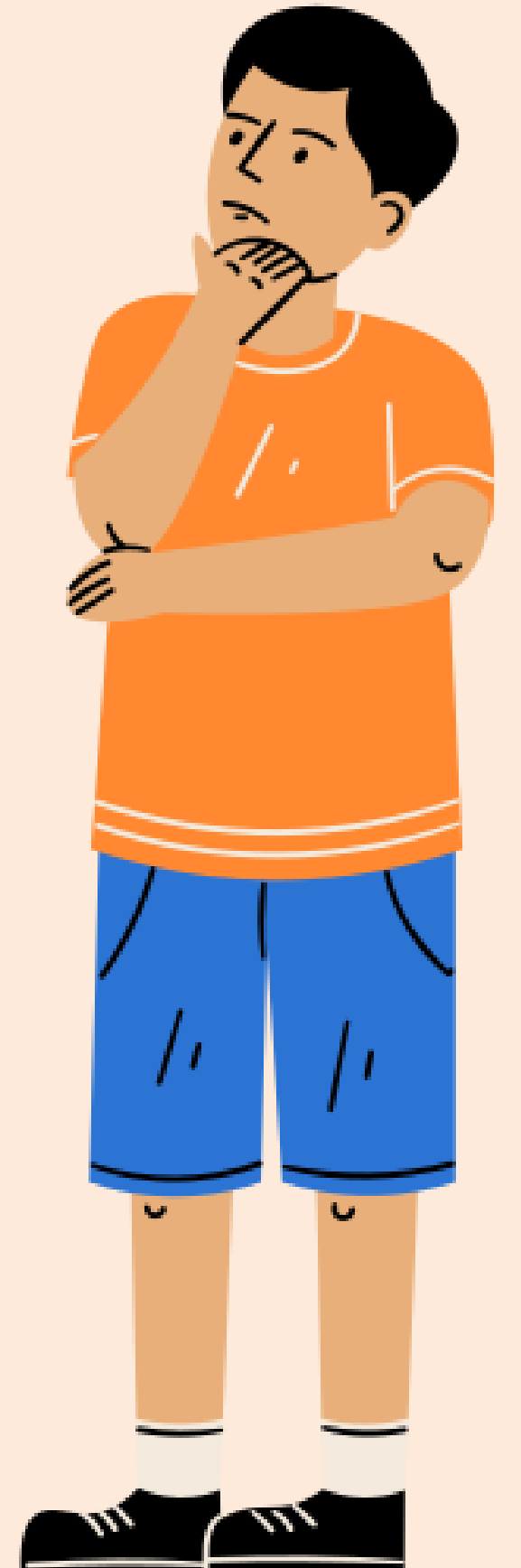


1 in 5 of us will become an
unpaid carer
at some point in our lives?

A- True

B-False

 Multiple Choice



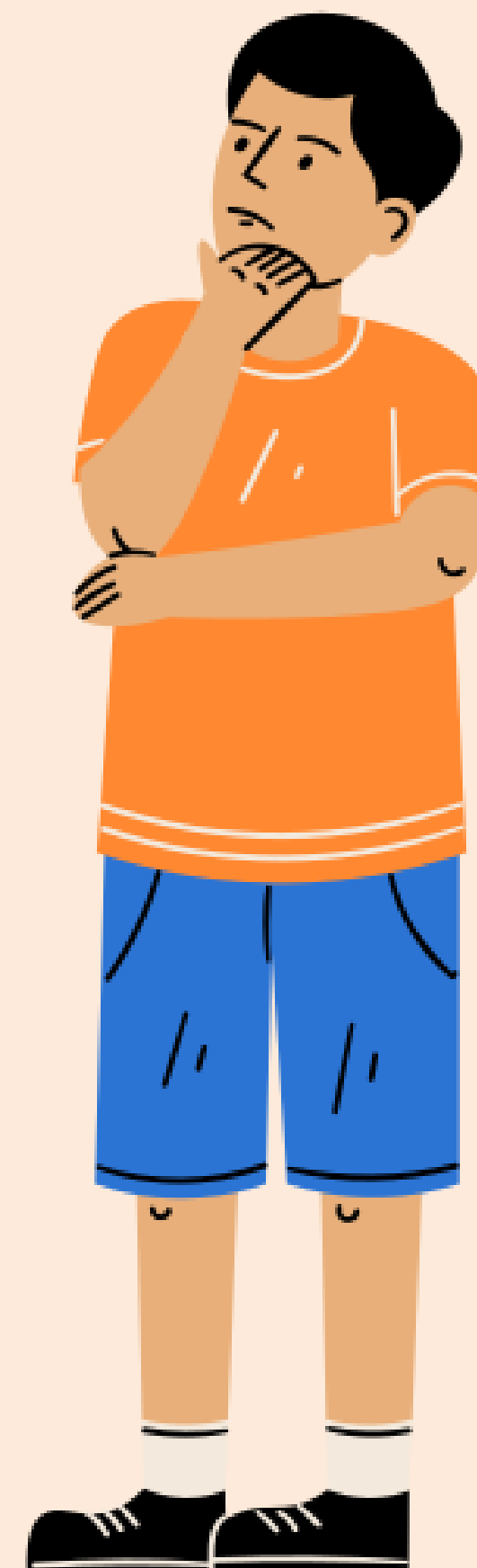


Children as young as **5** have sought psychological support to cope with the responsibilities of caring for others?

A- True

B-False

 Multiple Choice



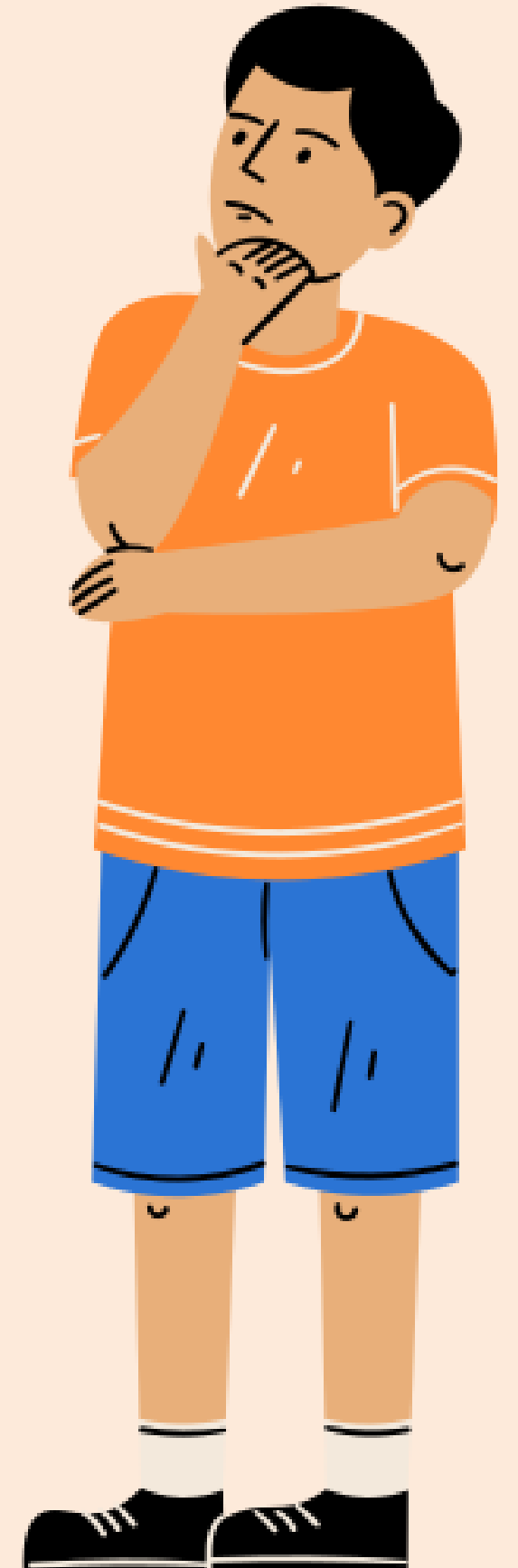


Student carers are **three times** more likely than their non caring peers to drop out of university.

A-True

B-False

 Multiple Choice

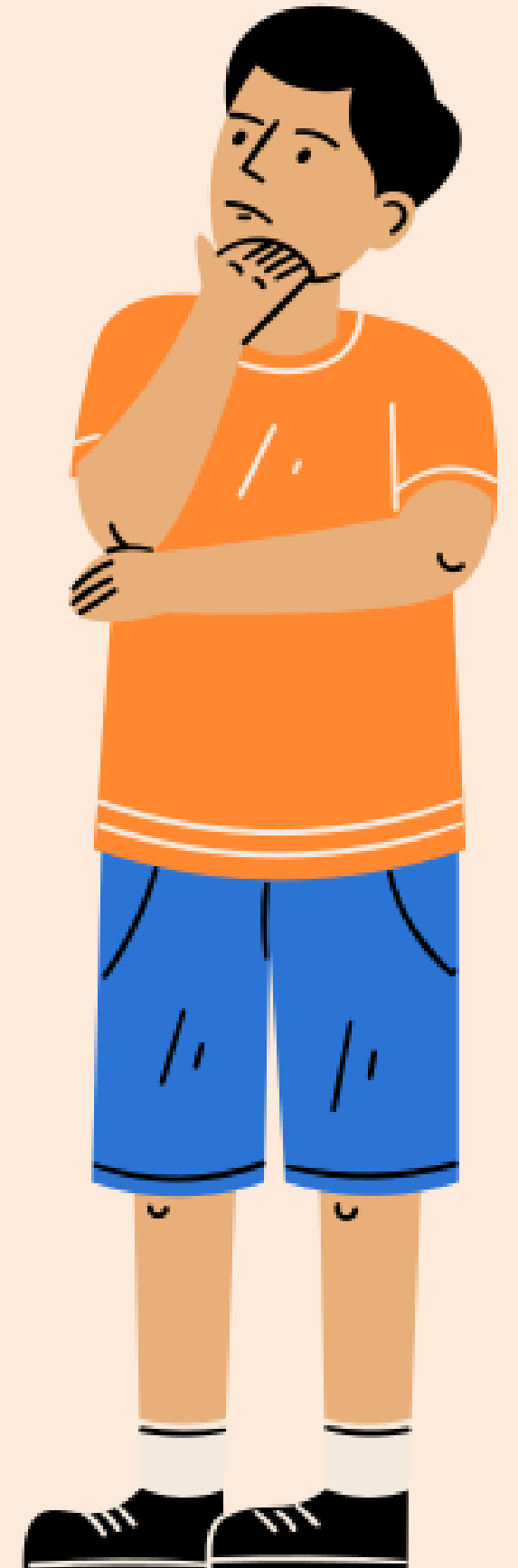




According to the Carers Trust in November 2022. On average, how many unpaid carers are using a foodbank?

- A- 1 in 15
- B- 1 in 10
- C- 1 in 7

 Multiple Choice





How many young carers are there?

800,000

CHILDREN'S
SOCIETY

170,000

2011
CENSUS

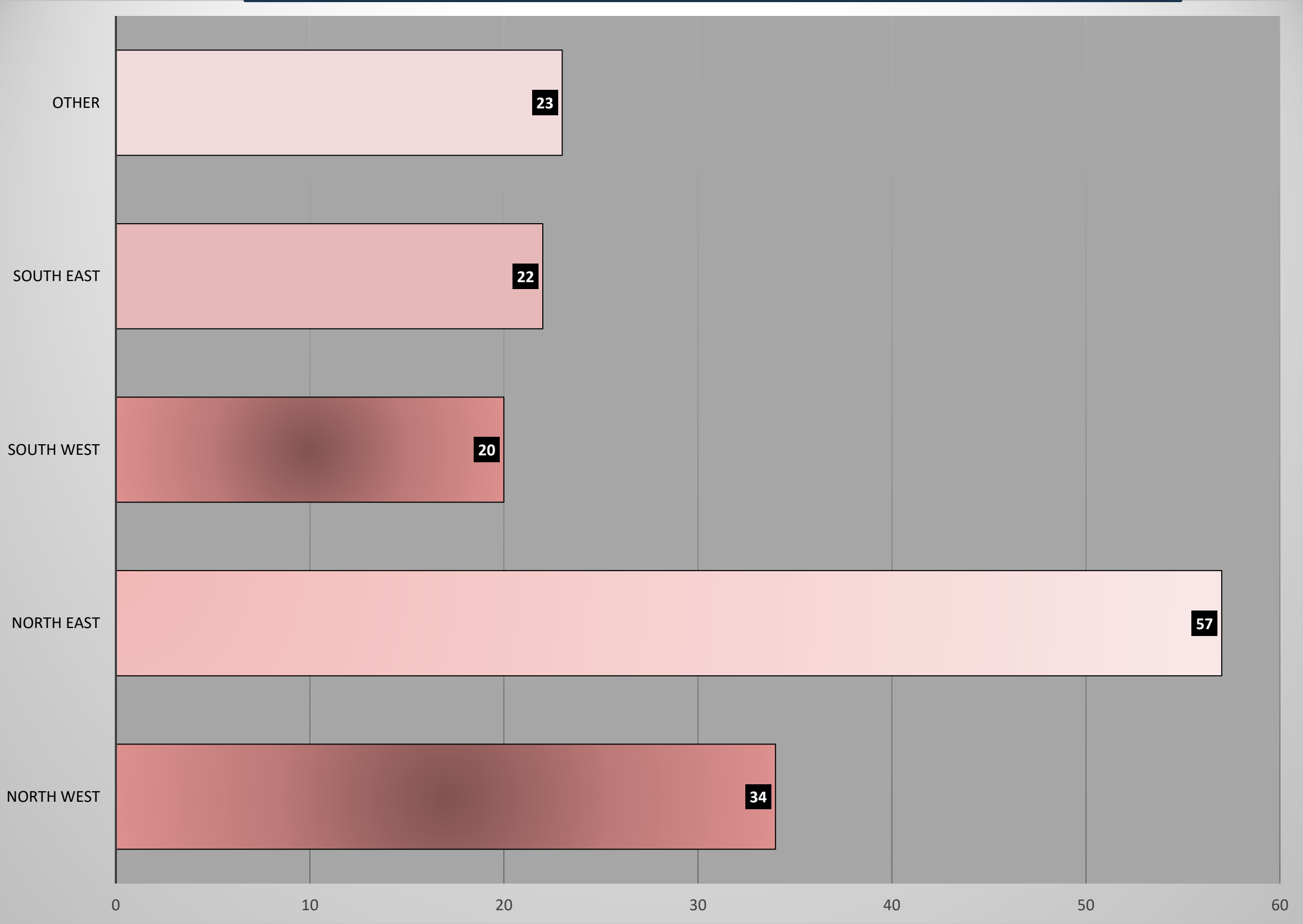
1 IN 5

UNI. OF
NOTTINGHAM

1 IN 8 UNDER 8

PROF. SAUL BECKER

Unpaid Carers in Each Locality of Edinburgh



Case Study

Mrs. B is a 56 -year -old woman unpaid carer from the South Asian community

- She has three grown up children, all of whom are employed full -time and leading independent lives.
- Mrs. B's husband, Mr. B, suffered a severe stroke several years ago, which left him with significant physical and cognitive impairments and sadly now has a terminal illness.
- Additionally, her mother -in-law, who is in her late 80s, also lives with them and requires assistance with her daily needs.
- To add to her responsibilities, Mrs. B looks after her granddaughter every Friday to support her own daughter.
- Furthermore, she has been diagnosed with diabetes, which requires constant management, her mental health deteriorating and she is feeling very isolated.

Challenges:

Change in Family Roles:

Prior to Mr. B's stroke, he was the primary breadwinner. The illness is financially challenging.

Health Issues: Mrs. B's diabetes demands regular monitoring plus strict regime, which can become difficult to manage amidst her caregiving duties.

Emotional Toll: The demanding caregiving role has resulted in exhaustion, isolation, and deteriorating mental health for Mrs. B, she experiences resentment due to the overwhelming responsibilities she faces.

Impact on Mrs. B:

Physical Health:

Mrs. B's own health is at risk due to her diabetes, as she struggles to maintain a consistent self-care routine.

Mental Health: The overwhelming demands of caregiving and isolation have taken a toll on her mental well-being, leading to feelings of anxiety, depression, and resentment.

Social Isolation:

Mrs. B's caregiving role has limited her social interactions, reducing her support network.

Financial stability/impact: Bills, Cost of living

Support & Interventions:

Respite Care: Providing temporary relief through respite care to offer her much-needed breaks from caregiving.

Diabetes Info Sessions: Guidance on managing her diabetes effectively, including dietary and exercises.

Community, Peer & 1:1 Support: To improve mental and physical health, address emotional well-being.

Financial Assistance: Providing information on financial support to alleviate the family's financial stress.

Offering resources & training: To enhance her caregiving skills and knowledge.

What does Mrs B do in
her caring role?



Careers have emotional,
communicative and
practical caring
responsibilities

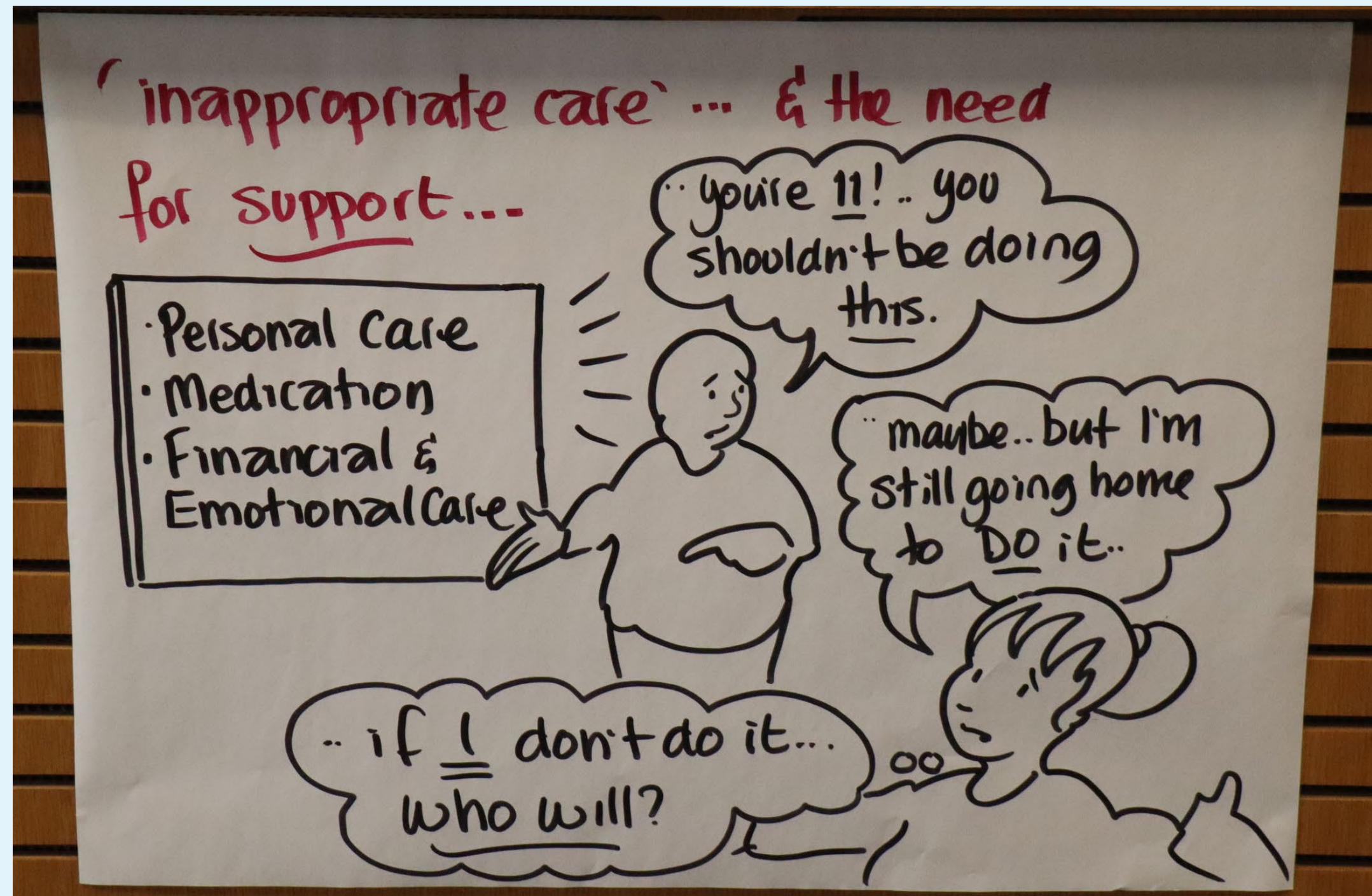
Photo courtesy of Milan







What constitutes as an 'inappropriate caring role'?



Other elements to consider with young carers/ Carers



Single parent

Normalised
behaviour

Neglect

Bullying

Risky
behaviour

Poor mental
health

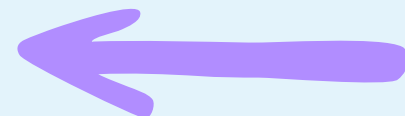
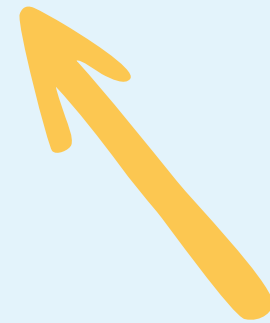
Housing issues

Vulnerability

Poverty

Education

Self-care



What are the positive aspects of being a carer?

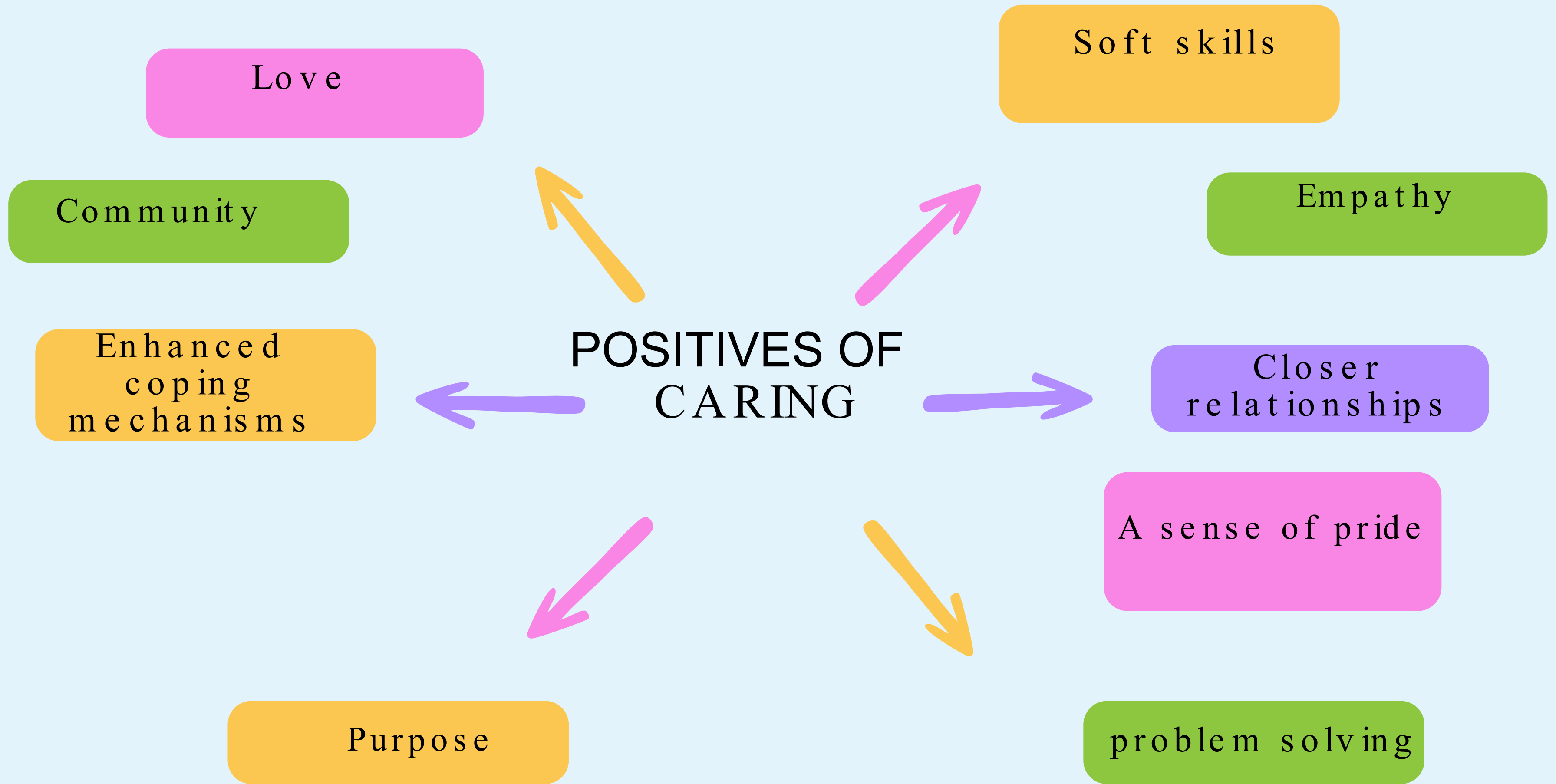


Photo courtesy of EYC



Photo courtesy of EYC





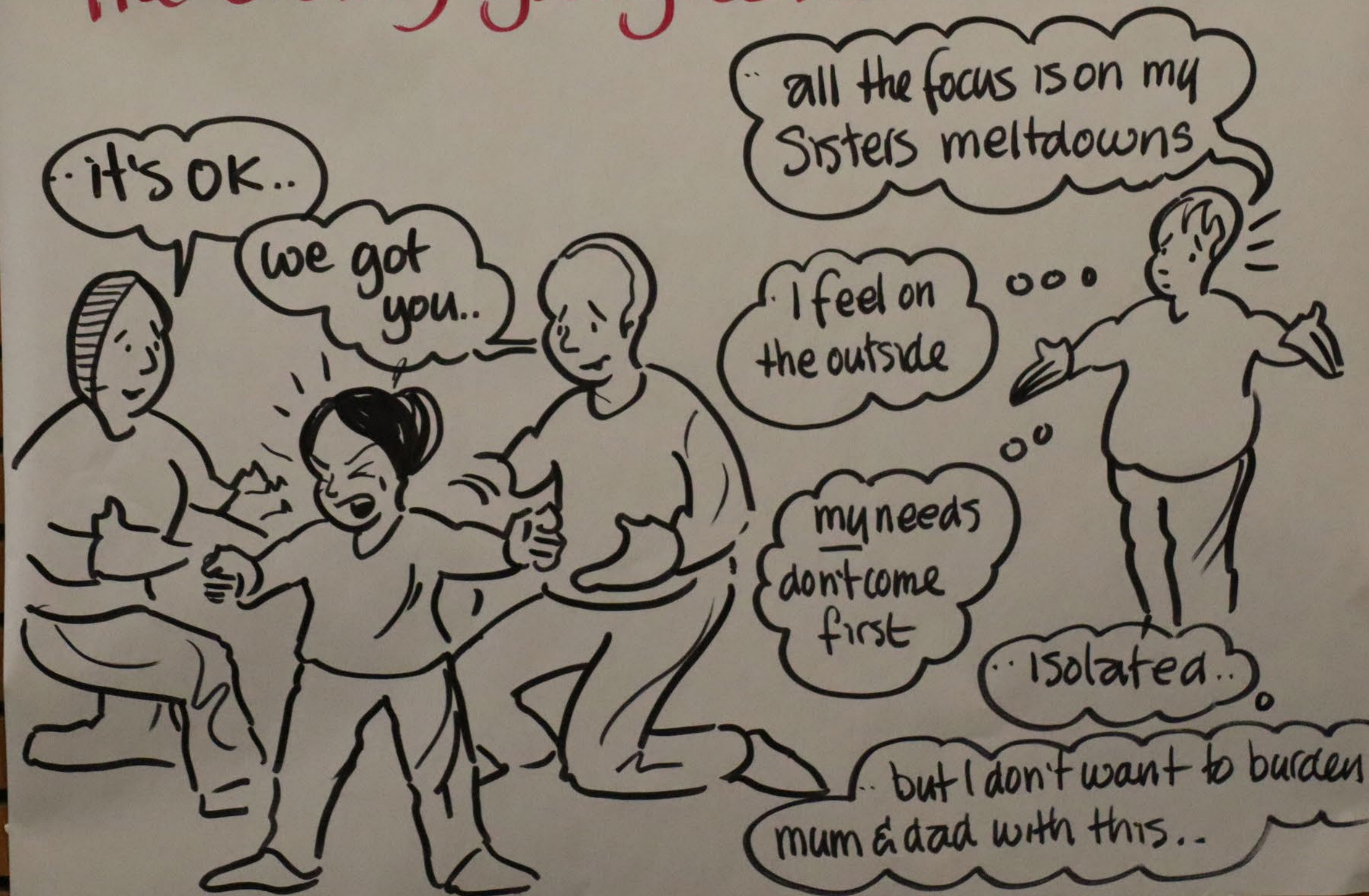
What are the negatives
of caring?

 Word Cloud

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The Sibling young carer...



it's OK..

we got you..

all the focus is on my Sisters meltdowns

I feel on the outside

my needs don't come first

isolated..

but I don't want to burden mum & dad with this..

**NEGATIVES
OF CARING**

Tiring

Lack of
autonomy

Frustration

Jealousy

Problems
with
schoolwork

Feeling 2nd

Lonely

How we describe
carers

Isolation

Shame

Lack of choice



Photo courtesy of EYC

‘I feel the need to help, like if there’s nothing to help with, I ask mum if she needs help or anything. Like what do I do if I am not helping someone, you know what I mean?’
[laughs].

(Sibling young carer in focus group)

How will Mrs B will be
impacted
by her caring role?



IMPACT

Social
exclusion

NEET

Adult poverty

Bullying

Substance
abuse

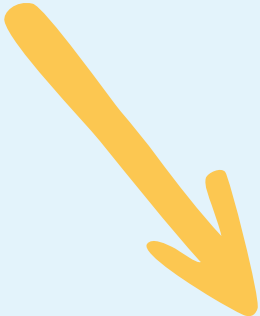
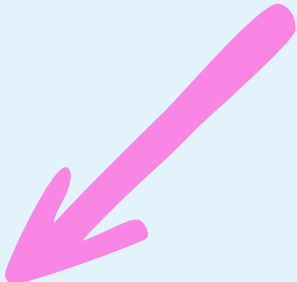
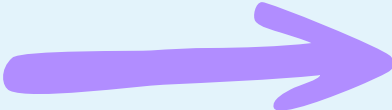
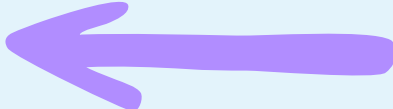
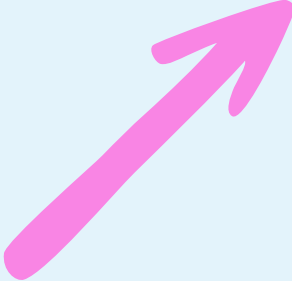
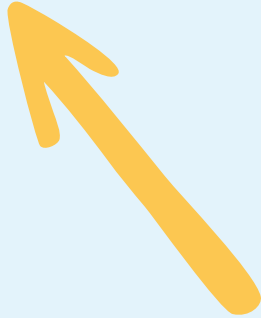
Trauma

Not reaching
potential

Additional
learning
needs

Poor health

Poor mental health



How can identification help?



We must identify young carers....

.. often young carers aren't aware they are 'young carers..

.. that's a lot of work you have to do..

.. it's OK.. this isn't 'work'.. it's just family!





1 Consider family members

2 Tired

3 Late, absent, unprepared

4 Anxious, worried



IDENTIFYING UNPAID CARERS

Identifying carers from the South Asian, communities requires a culturally sensitive and inclusive approach.

Community Outreach work

Meetings with individuals

Cultural Celebrations and Events

Online and Social Media

Collect Data on Ethnicity

Culturally Sensitive Support Services

Cultural Liaisons

Marketing & Information Sessions



BARRIERS & CHALLENGES OF ENGAGING CARERS

Identifying carers from the South Asian communities can be challenging due to a variety of factors. These difficulties arise from a combination of cultural, linguistic, and social barriers, as well as systemic issues

- ❖ **Cultural Norms and Stigma**
- ❖ **Linguistic Barriers**
- ❖ **Lack of Awareness**
- ❖ **Fear of Immigration Status Implications**
- ❖ **Cultural Sensitivity**
- ❖ **Gender and Role Expectations**
- ❖ **Stress and Burnout**
- ❖ **Lack of Trust in Services**
- ❖ **Diverse Family Structures**



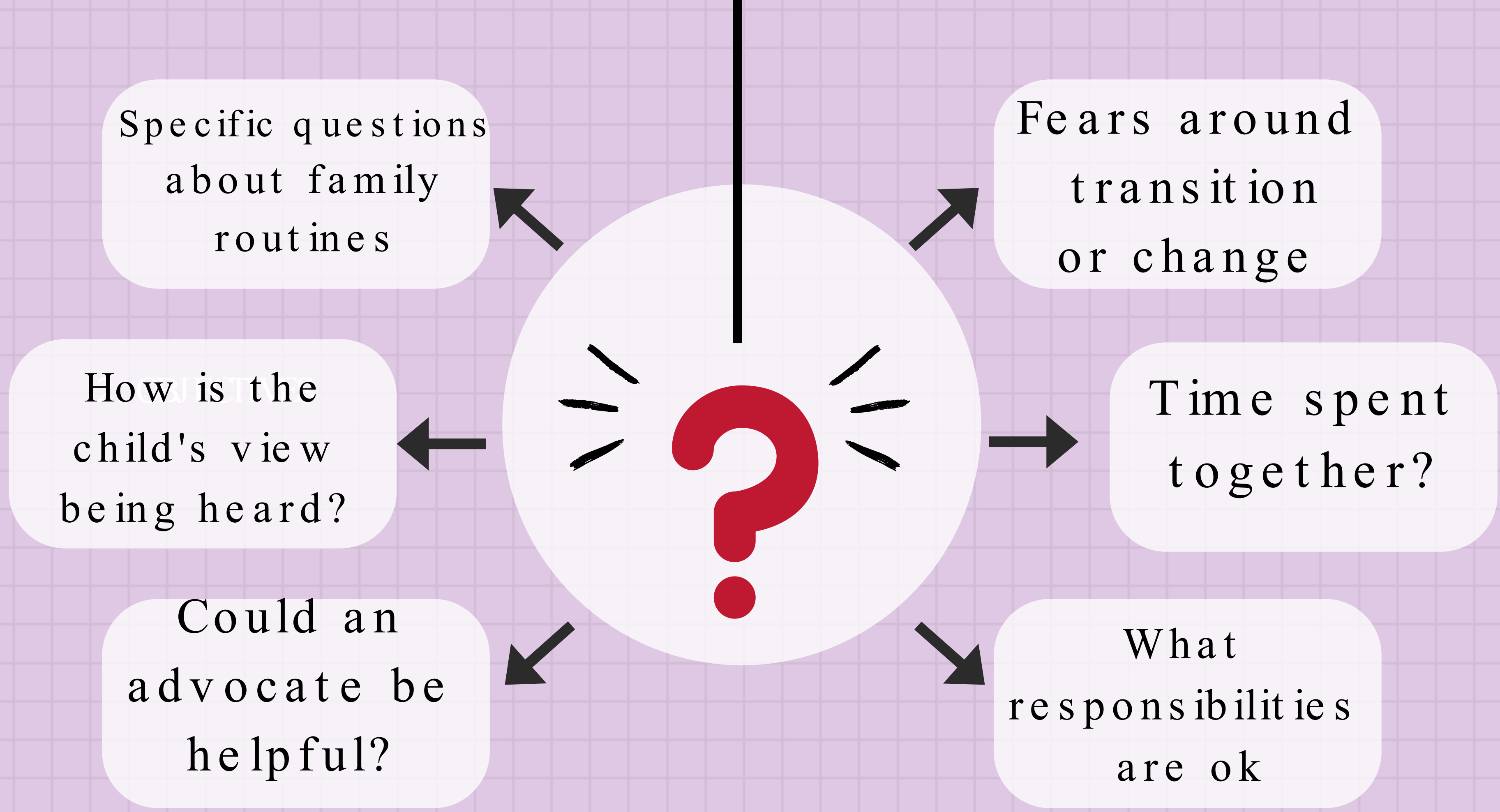
Barriers to engagement and support

- Lack of awareness
- Professional barriers
- Inappropriate support offerings
- Shame of accepting money and grants
- Dementia is seen as a part of growing old
- Fear that traditions will not be upheld



Questions that
makes a difference





Specific questions about family routines

Fears around transition or change

How is the child's view being heard?

Time spent together?

Could an advocate be helpful?

What responsibilities are ok

Support that makes a difference

- Ask young carers!
- Families/ children want to be heard and acknowledged
- Refer adults to befriender projects
- Crisis prevention- emergency planning
- Being proactive
- Involve YP in health discussions/ hospital discharge
- Partnership working.e.g. social work and family, social work and agencies
- Being contactable and approachable



Support that makes a difference

- Knowledgeable about who is available to help
- Timescale- if work is based around time restraints make that obvious
- Support services within the community- e.g community hubs
- Talking openly about caring and making it part of the language
- Asking about family and support that is in place
- Local authorities should analyze the different demographics of groups



Support for Mrs B

Support & Interventions:

Respite Care: Providing temporary relief through respite care to offer her much -needed breaks from caregiving.

Diabetes Info Sessions: Guidance on managing her diabetes effectively, including dietary and exercises.

Community, Peer & 1:1 Support: To improve mental and physical health, address emotional well -being.

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Offering resources & training: To enhance her caregiving skills and knowledge.



Support that you can offer



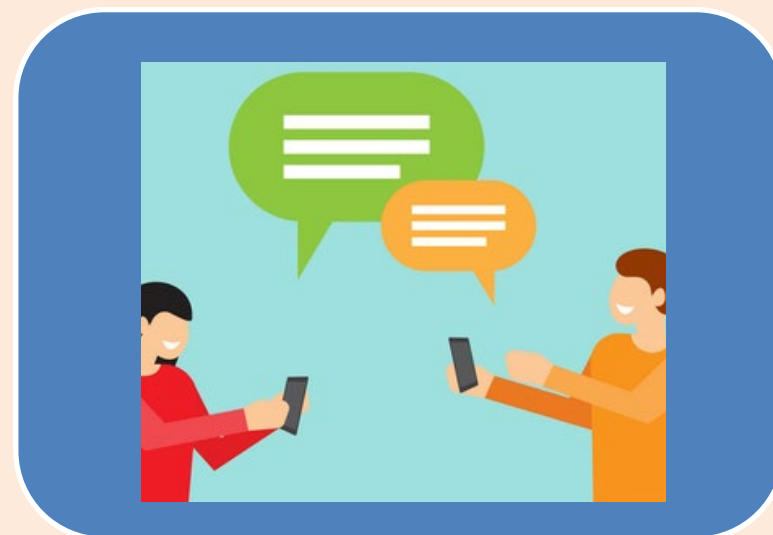
Tolerant
environment



Carer
Champion



Carer
Charter



Share
awareness

Entitlements of young carers



Extra help
to apply
for
university

Young
Carers
Statement

Respite,
Advice,
Advocacy

Young
Carers
Grant



Every young carer is an individual



Edinburgh Young Carers
Jennifer.lewis@youngcarers.
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Thank You!



Photo courtesy of Milan

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Multiple Choice



How would you rate your confidence in supporting carers?

Very
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What have you learned today?

 Word Cloud

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