



RCT Young Carers Case Study

Case Study	
Personal Details	Name: NM Age: 13
Personal History	NM was caring for her father who has mobility issues and COPD. Her mother was originally the main carer, until she became ill with meningitis, then suffered multiple strokes and lost her ability to communicate. Although her mother is still in hospital, NM is now a carer for both her parents.
Support Received	Overview of support received. 1 to 1 support, group work, activities, wellbeing workshop, trips. Since her mother has been in hospital, we have also been supporting dad with referrals for extra support, signposting him to citizens advice, helping him sort things at home and chats when he is struggling to process his new role as a carer.
Outcomes Achieved during support	NM benefits from social interaction, shared experience, and emotional support from staff.
Future Plans	Future plans are to continue to support the family as their roles at home change. NM's life will become very different when her mother returns home from hospital. Also, her caring role for her father has now increased, due to the fact her mother is no longer able to provide any. Feedback from NM's father was "you have not only been so supportive to NM but also to myself, my experience with the project is excellent".

Case Study Questions	
Personal Details	Name: L, A and E Age: 15, 14, 12
Personal History	General background information about situation prior to receiving support. For the purpose of this case study, a family of young carers who started with the project on October 2019 has been chosen. The children's home life consisted of them being carers for their dad who had a stroke and was left unable to walk. He struggled to use his left side which required practical support and the children also give him a lot of emotional support. The children often struggled to maintain friendships in school and used each other as their main friendship group.
Support Received	Overview of support received. When the children were referred into Young Carers they engaged straight away. They very rarely missed a session and appeared keen to make new friends. Over their time with the project, the children have attended various residentials, activities and accessed 1:1 support. As a family they struggled financially, (UC was only form of income until AFC advised family of appropriate benefits for disability). Various grants were also applied for on behalf of the family including a Well-being Grant and a Covid Emergency Grant. As dad was a vulnerable person, practical support was offered during The Pandemic. We have also supplied the family with essential Christmas hampers and gifts. .
Outcomes Achieved during support	Please provide an overview of the outcomes the service user achieved whilst receiving support The children have all benefited from the social interaction within the group and have attended activities and residentials which they would probably have not had the opportunity without YC support. They have made many friends through the project and have continued these friendships outside of the service. The children's self-confidence has risen through attending the project which shows in their ability to talk openly with staff and peers about what's worrying or making them happy. They are much better at talking to the teachers in school and now have started to attend YEP's activities in after school clubs. Dad is able to balance his finances better as he is now on the right benefit and his health although will never get back to how he was is continuing to stay stable.
Future Plans	The children will continue to work with the YEPS service within school and dad will contact Rachel Spry if he thinks the children need to be re-referred into the project.