

# Supporting Young Carers

## Top tips for supporting Young Carers

1. Raise awareness about Young Carers amongst all the staff, including receptionists.
2. Consider nominating one member of staff to be a link person who will become informed about the key agencies in your local area offering support to Young Carers and their families.
3. Add caring role to the electronic patient records of both the Young Carer and the person they care for.
4. Use the notice board in your waiting area to promote sources of support for Young Carers and their families (for information, contact Carers' Support (Bexley) on 020 8302 8011 or [carerssupport@nhs.net](mailto:carerssupport@nhs.net) and/or the Bexley Young Carers Service at Imago on 0300 111 1110)
5. When appropriate include children in discussions about their caring responsibilities and consult with them about their family's needs.
6. When prescribing medication consider whether a Young Carer may be administering it. Find ways to relieve them of this responsibility or, if appropriate, offer training.
7. Ensure that GPs are available for young Carers to talk to about their situation without them having to wait until they have a health problem.
8. Try to avoid using children as interpreters. Contact your local council, or access Language Line for interpreting services: [www.languageline.co.uk](http://www.languageline.co.uk)

For more information, advice or support on any of the above contact Carers' Support (Bexley) on 020 8302 8011 or email: [carerssupport@nhs.net](mailto:carerssupport@nhs.net) or [info@carerssupport.org](mailto:info@carerssupport.org). Or visit our website: [www.carerssupport.org](http://www.carerssupport.org).