Horizon
Young Adult Carers Service
What is Horizon…

- Horizon is an innovative and ground breaking service for Young Adult Carers, across County Durham.

- Our partnership of DISC, Action for Children, Consett YMCA and the Cornforth Partnership work together on our shared vision.

- The service started on January 4th 2012. It has funding for 3 years.

- To ensure that young adult carers are heard, able to access appropriate services, gain confidence and have choices in life.
Horizon Young Adult Carers Service

- Horizon supports Young Adult Carers, aged between the ages of 14 – 25 years.
- The service offers a range of support to young people, to support them to reach their full potential and achieve future aspirations
- It aims to increase access to services
- This research helped to support the Horizon funding bid, to the Big Lottery
- To promote - well being
- To increase confidence
- To create and develop referral pathways
- To raise awareness of young adult carers, to organisations, agencies, etc.
Research into Young Adult Carers Provision in County Durham

- Research was carried out by Barefoot research in 2010 which was commissioned by Durham County Council and NHS County Durham and Darlington.
- Its objective was to find ways to develop and shape services to support young people.
- In 2010 research was also undertaken by Dan Connelly (commissioned by DISC) to research the experiences of carers in County Durham, as they reach the age of 18 years.
- This research helped to support the Horizon funding bid, to the Big Lottery.
Horizon Young Carers Staff

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The 2001 Census defined a Young Adult Carer as:

“someone aged between 16 – 25 who provides unpaid care for a member of their family, who may suffer from physical or mental ill-health, disability, substance misuse or HIV”

However

Horizon Young Adult Carers Service, works with young adult carers aged between 14 – 25 years who live in County Durham.

Localities covered are:

Sedgefield, Durham Dales, Durham and Chester-Le-Street, Derwentside and Easington
Horizon will work alongside the Adult Carers Centre’s in County Durham, to develop and enhance joint protocol for working with young adult carers.

Horizon will work in partnership with Family Action’s, The Bridge Young Carers Project. Family Action have been commissioned by Durham County Council and Darlington PCT to provide a service to young carers across the localities of County Durham. They work with young carers up to the age of 18 years. They have an open referral system.

Partnership working between all Carers organisations, should ensure that there is a seamless process without duplication of services.
However, a young adult carer may also experience multiple issues, due to their caring role and its impact upon their life.

Who they Care for

- A parent
- Grandparent
- Sibling

The young persons caring role may be classed as:

- Primary – the main carer in the family
- Secondary - assists the main carer in their caring role
- Sibling – helps to care for a brother or sister, who may have a disability, learning difficulty, etc.
Indicators that a young person may be in a caring role

- Tiredness or difficulty concentrating
- Personal hygiene or changes in appearance
- Lack of time to achieve deadlines at school/college, etc
- Problems juggling education, training, employment
- Isolation and bullying
- Lack of time for social activities
- Restriction of future life choices
- Financial hardship
- They may fear the repercussions of being identified as being a Young Adult Carer
Going to college is hard, I struggle to meet deadlines but no one knows why.

The benefits are so confusing…

I’d like to go on training but it costs so much and money is tight…..

I feel guilty having a life while mam is ill…

Will employers understand

Going to college is hard, I struggle to meet deadlines but no one knows why

Who will do stuff at home when I am out…

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What might a Young Adult Carer take on...

- Cooking
- Ironing
- Cleaning
- Shopping
- Giving medication
- Emotional support
- Caring for siblings
- Paying Bills
- Life/caring balance
- Earning Money
- Going to appointments
- Dealing with professionals

LOTTERY FUNDED horizon
Positives of being a Young Adult Carer

- Gaining life skills
- Preparation for independence
- Maturity
- Can create close family relationships
- Giving something back
- Development of empathy, sensitivity and caring skills
- Development of skills and interests for care related employment
Horizon offer the following to Young Adult Carers

- IAG
- Group Work & Respite
- Helpline
- Volunteering
- Emotional Support
- Family work & support
- Funding Application
- Advocacy
- Peer Mentoring
- Signposting & Referral
- Individually Tailored Support Plan

LOTTERY FUNDED
The Cornforth Partnership offers a free texting service to Young Adult Carers in County Durham.

Its opening hours are from 10am until 9pm Monday to Friday.

Young people should text – ASK followed by 80800.

Or young people can email: ASK@cornforth.partnership.org
Referral Pathways Into Horizon

Horizon Young Adult Carers Service has an open referral process

Referrals can be made by:

- The young adult carer themselves
- Their family
- Professionals from other organisations/agencies
Telephone us on 01325 731 160

A worker will go through a referral form with you

We will write to family/carer confirming they are on the waiting list

Worker will be assigned and appointment will be made with family/carer

If they are not taken on or there is no engagement we will let you know

Assessment will be completed and we will let you know when family/carer is taken on to the service
Ways forward for Young Adult Carers

- To ensure young adult carers are offered the same life chances and options as other young people/adults
- To promote their rights to access further education with flexible support from tutors/student support services
- To promote young people’s rights as individuals, as well as their role of being a young adult carer
- To help them not be hidden
- Young adult carers should be provided with high quality information, advice and guidance alongside other relevant services
- To support young people through key transitions in their lives
Contact details

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