



A 6- Stage Wellbeing Programme for Young Carers

STAGE 01 :: ACCEPT

Young Carers will be at different points of acceptance; some may have recognised themselves as a young carer for a long time whilst others may have only just begun to acknowledge that their caring responsibilities define them as one. This session is designed to help all young carers to understand the different types of caring roles they take on within their family, and reflect on the impact – both positive and negative – that it is having on their own wellbeing and development.

STAGE 02 :: EXPLORE

During this session, young carers are given the opportunity to explore illness and disability. Although we are unable to go into detail about specific conditions, we begin to recognise how symptoms are displayed and understand them as a condition for which there is treatment and support to enable the person they care for to manage and thrive. Peer Support is invaluable as young carers are invited to share the personal challenges they face in relation to the person they care for.

STAGE 03 :: PREPARE

Many young carers meet emergency services in traumatic settings. Young Carers are encouraged to share 'what if' scenarios and supported to identify ways to reduce the risk in the event of them happening. Where possible we invite paramedics to join us for this session, to meet young carers outside of a traumatic setting to share why they entered the profession and their experiences on the job, including how they feel when there are children present in an emergency situation.

STAGE 04 :: ACTION

Preparing for the future when someone is dependent on you can feel daunting and out of reach, yet young carers should feel able to have the same right to life choices as their peers. Acknowledging future goals and identifying limitations early on can help young carers to get the right support in place for themselves and their family to ensure that caring is a positive experience.

STAGE 05 :: PERSIST

Stress is an inevitable aspect of everyday life. During this session we support young carers to overcome rather than avoid stress, developing a resilience to face stressful situations as they arise.

STAGE 06 :: ACHIEVE

This session is a reflective space to consolidate what we have learnt and to achieve positive individual goals!

COMPLETE :: LEVEL UP

Celebration session and certificate of achievement