

Project Title: Unpaid Carers - identification and support for young adult carers (18-24 years) PIR Milestone: create and implement a model and action plan for identifying the specific needs of Young Adult Carers Original Date of Approval: 01/06/2024 Lead department: Click here to enter text. Other departments Involved: Lead Contact: Katie Taylor	Post Implementation Review
	Review Date: 29/05/2025
	Type of Investment: Choose an item.
	Business Register Ref Number :
	Date of Completion:
	Recommendation: Choose an item.
Overall Rating: Choose an item.	

1. What were the objectives and outcome measures of this initiative? (Taken from the approved business case)

OBJECTIVES

The model created will improve the infrastructure for a vital cohort of younger people at a vital transition point in their lives where the demands and attractions of traditional education and career development present unique challenges in terms of their Unpaid Carer roles.

It will create and implement a model and action plan for identifying the specific needs of Young Adult Carers aged 18 to 24 and developing a peer support service for them.

It will be run by a collaboration between Wellmoor and Devon Carers in which, broadly , an existing member of Westbank's staff provides 'technical' hands on input working closely in conjunction with Wellmoor's existing Unpaid Carers support officer who will work with her team to provide engagement, admin, communication and evaluation / impact measurement.

- Create a model and Action Plan for identifying Young Adult Carers
- Young Adult Carers are identified and supported earlier to prevent, reduce and delay the need for statutory health and social care services
- Partners work collaboratively to provide holistic support to Young Adult Carers, improving their health and wellbeing and increasing their aspirations
- Sustainable model for peer support is developed, ensuring equity of access
- Gather information to inform future model to aid transition from Young Carers to Young Adult Carers.

OUTCOMES

- Number of Young Adult Carers referred/registered for support: start with baseline data and discuss / agree target with ELCP Partnership Group
- Types of referral routes. Identify, trial and test .
- Number of referral routes and respective number of referrals *To be agreed*
- Number and level of support provided *To be discussed*
- Type and number of collaborative projects developed. *To be agreed* Agreement about ongoing Unpaid Carers Partnership organisation. Once tech/logistics are sorted we can engage much more effectively with existing members and take steps to recruit new members from across the ELCP geography
- Additional, non-NHS, funding secured to widen the scope of the work
TARGET: 3 new projects with a gross income of £30,000 approved by March 31st 2025

2. What evidence has informed the PIR?

The project has been brought forward with the unanimous support of the Eastern Devon Unpaid Carers Partnership Group which includes a number of Unpaid Carers with knowledge and lived experience of the subject.

Unpaid Carers are a key priority area for ELCP and this project, within the constraints of time and resource limitations, addresses one important cohort of Unpaid Carers.

3. To what extent have the objectives and outcome measures been achieved? (Compared to targeted outcome measures included under the approved business case)

We have engaged two young adult carers in Eastern Devon via our network of contacts, who have taken part in peer support groups photography for wellbeing workshops, both online and in person. We have engaged a young adult carer consultant on the project, who provided recommendations about what support they need, namely contact with other carers in their age group. The two carers engaged have contacted each other online to engage in peer support. We have run two online peer support groups, and both online and in person photography for wellbeing workshop for carers, attended by 11 carers and one cared for person.

The two young adult carers we engaged on the project live in Beer and Exeter respectively, and they both care for family members: E.D., a man aged 22, cares for his mum and grandma, whilst C.T., a woman aged 21, jointly cares for her grandma whilst studying nursing at the University of Exeter. C.T. says of her caring role, “caring for my gran is something I share with my mum, and it’s brought us even closer as a family. We’ve always had a strong bond, and spending this time together has deepened that connection. I genuinely enjoy being there for my gran—it feels natural and rewarding.” C.T. was invited to join one of our workshops for young adult carers, but said that due to her studies and caring role, she didn’t have the time.

To raise awareness of young adult carers and the challenges they face, we have produced video content for social media, which have been viewed over 4000 times across social media channels. Here are the links to the videos on YouTube:

What is a young adult carer?:

<https://www.youtube.com/shorts/a0TBKILi8hQ?feature=share>

Looking after your health as a carer:

<https://www.youtube.com/shorts/aVFamOYCOYg?feature=share>

Photography workshop for young adult carers:

<https://www.youtube.com/watch?v=0kDpw4MKFpU&list=PLxaXo3x9CScN7AdYrQFUW4bxCR2DLKfjV&index=3>

Young Adult Carers – Ed’s Story:

[Young Adult Carers - Ed's Story](#)

We have regularly updated the Eastern Devon Unpaid Carers Partnership Group on the young adult carers engagement, including the challenges associated with identifying carers in this age group. The number of young adult carers engaged was well below what we have anticipated, partly due to the lack of involvement from Devon Carers and the difficulty finding the right avenue to connect with this specific age group of carers.

Feedback from E.D. following participation in the project included, ‘one of the things keeping me back from partaking in carer-related events in the past is that I’d always be the youngest there, so to have workshops and events catered towards those in my age bracket is really great. The photography workshop at Exeter Library was my first time attending a workshop as an adult, I didn’t really know what to expect, but I had a very relaxed

experience and I'm glad I went. It was a great excuse to go outside, get some respite from my caring role and learn some new skills I might otherwise have never known'.

We have identified the need to connect together carers in this age group, as many feel isolated and in need of contact with other carers the same age as them. E.D., having connected with another young adult carer in East Devon through this project and formed a peer support group, highlighted that: She [C.T.] also hasn't spoken to anyone in the same position we're in before, just like me. Thank you so much for getting us in touch - it feels really good knowing that there's somebody I can relate to when it comes to my caring role'.

Raising awareness of young adult carers and the challenges they face through our video campaign on social media would potentially lead to further engagement with existing services such as those offered by Devon Carers.

In terms of recommendations for infrastructure improvement, we have seen the importance of peer support in this project, and connecting carers to each other at this vital transitory stage in their lives. Although we engaged fewer carers than we initially anticipated, and they had different situations with distinct challenges, the quality of the one to one support that the young adult carers received via the project had a positive impact on them. It became clear that the support offered needs to be tailored to each individual young adult carer, as they have diverse situations and needs.

Sign-off for Post Implementation Review:

Signed: [Click here to enter text.](#)

Date: [Click here to enter a date.](#)

Detailed information sheet

Please provide additional evidence in subsequent sheets, as required.

4. What were the original assumptions? (Taken from the approved business case and assessment templates)

That young adult carers can be identified and a sustainable model of peer support established by Wellmoor in consultation with the Eastern Devon Unpaid Carers Partnership and Devon Carers.

5. Did any of the risks identified materialise? If so, to what extent they were mitigated?

Lack of involvement from Devon Carers meant that it was challenging to identify carers for this project. Without this insight, and also given the small age range and defined geographical boundaries, it was really challenging to identify and engage with young adult carers. Furthermore, carers at this time in their lives are often at transitory stages, for example between school and further education or employment, which meant that they had limited time to commit to peer support groups.

To mitigate this, the project focussed on engaging a small number of young adult carers and giving them targeted support, and working closely with a young adult carer identified by Devon Carers.

6. Were there any unintended consequences?

The project demonstrated the importance of working with young adult carers directly to identify their specific needs, and not assuming all are the same – therefore we were able to work closely with 2 young adult carers to identify where they needed support, in this case around putting them in touch with others in a similar situation and to develop areas of interest for them to further their skills, ie photography workshops.

The project strengthened the connections within the Eastern Devon Unpaid Carers Partnership Group, and enabled direct feedback to be given to the group on what support is required for young adult carers in the Eastern area of Devon.

This project has £4000 underspend which is being discussed and reviewed at the Unpaid Carers Partnership group in order to agree the best use of spending this funds into 25/26 (with approval from One Eastern Devon).

7. How does the approach compare with the implementation of similar measures in other trusts and systems and how other trusts have implemented differently?

N/A

8. Has the evidence identified any opportunities for further reducing the burden on business and are there any lessons learnt for future projects?

The project has proved how a voluntary sector organisation such as Wellmoor can demonstrate capability for engaging and supporting young adult carers in creative ways, for example through peer support and photography workshops. By working with small numbers of young adult carers, tailored support was offered which mirrored the aspirations of the individual carers. However more support is needed from organisations who directly work with carers, for example Devon Carers, in order to further the scope of the work and reach more carers in this age group.

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