



# **Celebrating and Supporting Young Carers**

**Orla O'Reilly, Donegal Youth Service**

# Connected, respected and contributing to their World

Better Outcomes Brighter Futures

The national policy framework for children & young people 2014 – 2020

5.2 Have positive networks of friends, family and community.



# The Journey so far

- Health & Wellbeing Sub-group
- Need identified
- Limited information
- Adopted as key priority
- Established Interagency Working Group

Family Resource Centres  
Donegal Youth Council  
Carers Association  
Alzheimer's Society  
Mental Health Ireland

Addiction services  
CAMHS  
Parent Stop  
HSE  
Tusla

# Seminar – awareness raising

- Exploring needs of young carers
- Identifying best practice
- Identifying existing supports & raising awareness
- Consultation with service providers & agencies

# Seminar

- Carers Association
- Young Carers Ireland
- Crossroads for Carers Northern Ireland
- Young Carers resident in Donegal



# Consultation with young carers

- Donegal Youth Council alias Comhairle
- Invites to all schools
- Verified need and mandated work
  - Peer Support
  - Individual support
  - Information service
  - Awareness raising



# Making it happen ...

- Working Group
- Donegal Youth Council
- Donegal Youth Service



# Progress to date

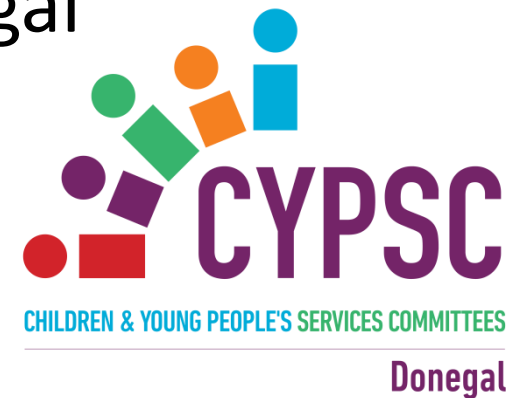
- Celebrating Young Carers
- Young Carers Group meeting from February
- Measurement tools developed
- Referral pathways opened
- Four schools developing support plans
- Official launch during National Carers Week
- Awareness raising
- Video project April & May





# Challenges

- Identifying young carers
- Low self-identification rate
- Awareness within adult services
- Awareness within wider community
- Current service limited to 12-18 years
- Geographical nature of Co Donegal
- Limited funding provision



# Next steps

- A Vision For Young Carers
- Health Promoting Schools – teacher training
- Distribution of film & resources – SPHE
- Online awareness raising
- Develop sustainability for service
- Regional Young Carers Week



# ‘You are not alone’ film

This short film was produced by members of the Donegal Youth Council in partnership with Donegal Youth Service to highlight the issue of young carers in Donegal and the new support service now available for young carers in the county. The project was funded by the Carers Association of Ireland.

Full length:

<https://www.youtube.com/watch?v=nTCHH2Mf8pQ>

Shortened version:

<https://www.youtube.com/watch?v=8zjr3MrcvjQ>

# Thank you

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