

Case Study for a Young Carer

BACK GROUND HISTORY OF THE CASE

- The Young Person (YP) lives with her mother who has an aggressive form of Multiple Sclerosis (MS) and is in a wheelchair. Mother uses a frame to help her walk upstairs but she is very stiff and she has recently been assessed by the MS Team at Hereford Hospital as having MS to a severity of 7-8 out of 10.
- Mother has completed a week's course of Lemtrada treatment in Birmingham in June 2018 and is due to have this again in June 2019.
- Social care completed an assessment on 20th March 2018, following a MARF being received from Brookfield School with concerns around home conditions, mothers deteriorating MS and the child's presentation at school. The case is now closed to social care.
- The social worker referred the Young Person to the Young Carers Support Service (YCSS).
- The YP has Social, Emotional, and Mental Health (SEMH) difficulties and has an Education, Health & Care Plan (EHCP). She helps her mother by fetching drinks, wheeling mother next door to see her sister and other basic household tasks.
- Mother started to have carers attend the property 3 times per day following an adult social care assessment in March 2018 and this has taken some of the pressure away from the Young Person however, she still worries about her mother while she is at school/out with friends.
- Mother also has the support of the MS Nurse, a friend takes her shopping on a weekly basis and her grandmother attends daily to clean the house.

IDENTIFIED NEEDS OF THE FAMILY

- Early Help Assessment (EHA) completed with the family
- The YP was attending primary school when FSW first became involved. There was concern that she would have to move from a specialist school to a mainstream school due to the specialist school only having males on role and it was deemed that she wouldn't cope well and given a place at the Specialist Secondary school, Brookfield.
- Mother has a lot of debt for different things e.g. non-payment of a TV License & Council Tax. This was spiraling further out of control each month. Some companies were wanting to take mother to court.
- Mother had put a claim in for Personal Independence Payment (PIP) but was waiting for a response.
- Wishes and feelings work to be completed with the Young Person- due to her mother's increasing disability.
- Referral to HOPE for Young person to socialise with other young people in a similar situation.

- Family didn't have a working cooker or washing machine.
- The YP started to self-harm at home and sometimes at school.
- The YP's general mental health due to her not eating at school or drinking or using the toilet.
- Mother had no way to get out of the flat if there was a fire and didn't want the fire brigade to attend for a safety talk.
- Road safety work due to YP being involved in a road traffic accident
- Internet safety due to YP's age and who she is associating with.
- A day in the life of a Young Carer work to be completed.
- Personal hygiene sessions with YP due to concerns about her presentation at school.
- Work with the carers around what the family need support with.
- Mother to gain more insight into parenting a teenager and how she can do this with her disability.

WORK COMPLETED WITH THE FAMILY, OUTCOMES ACHIEVED & IMPACT

- Liaising with school, special education needs team and partner agencies to support YP remaining in Brookfield School for her secondary education.
- Addressing debt within the family home- contacting all organisations where Mum had debt and setting up a debt recovery plan with monthly payments being automatically collected from Mum's bank account. Mum then didn't have to worry about missing a payment.
- Supporting Mum to access with completing all paperwork linked to her PIP.
- FSW completed 1-1 sessions with the YP around self-harm and offered strategies to try and not self-harm e.g. a journal, drawing or using the NSPCC strategy of drawing a butterfly on your arm and the aim for that day is to keep the butterfly alive and not kill it by cutting.
- FSW took the YP to the GP on two occasions and this has proved helpful and the young person is slowly opening up about things at home and how she is worried about her mother. GP has stated that as long as YP is eating/drinking/toileting at home then there is no reason to refer to other agencies.
- Supported Mum to access the monthly MS Society lunch.
- FSW has completed a Day in the Life of this YP and been able to grasp a further understanding of the child's lived experiences and her worries.
- FSW has completed a number of sessions with Young Person around personal hygiene. Young Person is aware that she needs to shower daily, wash her hair every other day and put deodorant on after a shower. Young Person also now knows that she needs to change her clothes on a daily basis.
- FSW and YP also looked at a book together about what is happening to her young body e.g. periods, physical changes in her body, developing different feelings for boys/girls etc.
- Wishes and feelings work completed with the YP and showed that she was extremely worried about her mother being at home alone and also of her mother dying.
- FSW, Mother, YP and other family members have had discussions around a plan for when Mother dies. The plan is for the YP to reside with her Aunty.
- Referral to HOPE YP decided she didn't want to attend a group setting but wanted 1-1 support.
- FSW was able to find a charity that was generous enough to give the family some money towards a cooker and washing machine. This has helped the family enormously.
- FSW has organized an Occupational Health Therapist to complete an assessment of Mum to see if she was entitled to a stair lift. She was and this was fitted on 20th February 2019.
- FSW tested all smoke alarms within the house when a fire safety session occurred in Jan 2019.
- During the EHA meeting in December 2018 it was decided by school that there wanted to make a CDC referral, mother agreed and FSW made a referral for support with her sleeping.
- Internet safety work has been completed with both YP and mother using the CEOP resources online.
- Road safety work has been completed due to YP being injured in a road traffic accident.
- FSW supported Mum to create a list of the household chores she needed help to completed daily, weekly and monthly. It was a good activity where mother felt empowered to get the support she needs.
- FSW has completed a number of sessions around the Triple P parenting strategies with Mum and she is trying to implement these as best as she can.

ACTIVITIES

The sessions with the family have been active sessions where we have attended meetings at school and all been in the car or FSW has taken the Young Person out for the morning and gone for a walk in Hereford and a coffee or been to look at different Christmas Lights within the local area at Christmas time.

Sessions with the Young Person have included making slime and completing games online around internet safety or supporting her with different topics at school.

Please see Young Persons statement attached for her views on having a FSW and the impact it has made on her and her mother's lives.