

Our plan for young carers

What do you think?



**easy
read**



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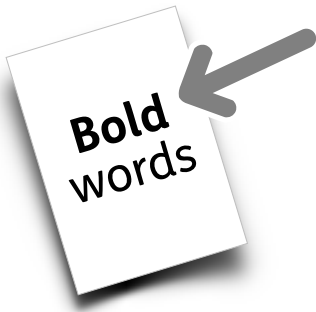
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In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are blue and underlined.

These are links which will go to another website which has more information.

Introduction



The local NHS and Surrey County Council have been working together on a plan for **young carers** in Surrey.

Young carers are children and young people who care for someone.



We would like to know what you think of our plan if you are, or have been:



- A young carer.
- A parent carer.
- An adult carer.



- A professional who works with or supports young carers.



Please read the separate Easy Read plan and then answer these questions to tell us what you think.

Questions about you



Question 1: Please tell us your name.



Question 2: If you are from an organisation, please tell us the name of your organisation.

Questions about our plan



Question 3: We have said we want young carers to:

- Feel supported.



- Be happy to say that they are a young carer.



- Be able to speak up.



How much do you agree that this will meet young carers' needs?

Definitely
agree

Slightly
agree

Neither
agree or
disagree

Slightly
disagree

Definitely
disagree





Question 4: Please tell us whether you think that what we believe to be important will help us meet young carers' needs.



a. It is important to think about young carers in every service.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

b. It is important to have a Whole Family Approach.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

c. It is important to support young carers at the right time.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐



d. It is important that our services are always getting better.

Not at all

Very little

Slightly

Definitely

☐☐☐☐

e. It is important to include everyone in our services.

Not at all

Very little

Slightly

Definitely

☐☐☐☐

Is there anything else you think we should believe to be important?
Please say:



Question 5: Please tell us how important it is to you personally that we do these things.



a. We think about young carers in every service.

Not important Quite important Important Very important

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------



b. We have a Whole Family Approach.

Not important Quite important Important Very important

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------



c. We support young carers at the right time.

Not important Quite important Important Very important

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------



d. We make sure our services are always getting better.

Not important Quite important Important Very important

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------



e. We include everyone in our services.

Not important Quite important Important Very important

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------



Is there anything else that you think we should do that would be important to you? Please say:



Question 6: Please tell us how important each of our 6 priorities are to you.



1. Know more about young carers.

Not important	Quite important	Important	Very important
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



2. Know about young carers' rights.

Not important	Quite important	Important	Very important
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



3. Young carers can speak up.

Not important	Quite important	Important	Very important
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



4. Young carers feel safe telling other people they are a young carer.

Not
important

Quite
important

Important

Very
important

☐☐☐☐

5. Young carers can use services.

Not
important

Quite
important

Important

Very
important

☐☐☐☐

6. Young carers have better wellbeing and mental health.

Not
important

Quite
important

Important

Very
important

☐☐☐☐



7. Young carers are safe.

Not
important

Quite
important

Important

Very
important

☐☐☐☐



Question 7: Please tell us whether you think these ideas will help us meet priority 1:



a. Train staff working in different services to find and support young carers.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

b. Make sure schools and colleges share information about young carers.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

c. Make sure health organisations share information about young carers.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐



d. Make sure social care staff have a Whole Family Approach.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐



Question 8: Please tell us whether you think these ideas will help us meet priority 2:



a. Make sure young carers and their families know they can ask for an assessment.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

b. Make sure young carers and their families know how an assessment could be good for them.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

c. Give information using words young carers can understand.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐



d. Listen to what young carers have to say about caring for their family members.

Not at
all

Very little

Slightly

Definitely

Question 9: Please tell us whether you think these ideas will help us meet priority 3:



a. Make sure young carers and their families know what support they can get.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

b. Use a Whole Family Approach so that families feel comfortable sharing care information.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

c. Make sure school and college staff support young carers.

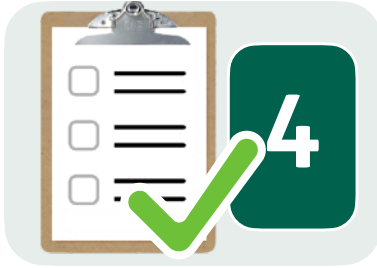
Not at
all

Very little

Slightly

Definitely

☐☐☐☐



Question 10: Please tell us whether you think these ideas will help us meet priority 4:



a. Support the Young Carers Forum.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

b. Help young carers talk to each other by using both online and in-person groups.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

c. Make sure services meet young carers' needs.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐



Question 11: Please tell us whether you think these ideas will help us meet priority 5:



a. Make sure advice, information and support are all available - including online support.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

b. Think about the needs of young carers from different backgrounds.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐



Question 12: Please tell us whether you think these ideas will help us meet priority 6:



a. Make sure it is clear how safeguarding can support you and your family.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

b. Make sure young carers and their families feel comfortable asking for help.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐



Question 13: Please tell us whether you think our 6 priorities will help us meet young carers' needs.

Not at
all

Very little

Slightly

Definitely

☐☐☐☐

Are there any other priorities you think we should have? Please say:

Questions about mental health



Mental health is how you are feeling in your mind and your emotions.



We would like to set up a new service to support young carers' mental health.



We would like to know what you think this new service should be like.



Please answer these questions to tell us what you think.



Question 14: Who are you answering these questions as?

☐

A carer

☐

A parent

☐

A parent who is answering for my child

☐

A healthcare professional

☐

A young carer

☐

Other - please say below



Question 15: Do you get any mental health support at the moment?

Yes

☒

No

☐



Question 16: If you do get support for your mental health, please tell us what type:

☐

A support group led by a professional

☐

Counselling in a group - this is when a professional gives you help and advice to deal with personal problems or worries

☐

1 to 1 counselling

☐

Online service

☐

Other - please say below:



Question 17: Where do you go to get this mental health support?

☐ A health organisation - like a hospital

☐ A doctor's surgery

☐ A public safe space - like a cafe or park

☐ A school

☐ A counsellor's office

☐ Online

☐ Other - please say below:



Question 18: How good or bad was your experience of mental health support?

Very bad	Quite bad	Neither bad or good	Quite good	Very good
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



What were some good things about your mental health support?



What were some challenges you have had with mental health support?



Question 19: If you have not had any mental health support, what has stopped you?

☐ There is not a local mental health service near me

☐ Finding and setting up support was too confusing and difficult

☐ Support was not available at times that suited me

☐ Travel is too difficult

☐ I did not know about mental health support

☐ I do not know how to find or set up support

☐ The waiting list for support is too long

☐ Other - please say below:



Question 20: Please number these ways of getting mental health support 1 to 7, in order of how much you would like to get support.

1 is how you would most like to get mental health support.

7 is how you would least like to get mental health support.

☐

A support group led by a professional

☐

Counselling in a group

☐

More information about support

☐

1 to 1 counselling

☐

Online service

☐

Being given the opportunity to take part in an activity

☐

Other - please say:



Question 21: Please number these places where you can get mental health support 1 to 7, in order of how much you would like to get support there.

1 is where you would most like to get mental health support.

7 is where you would least like to get mental health support.

☐

A health organisation - like a hospital

☐

A doctor's surgery

☐

A public safe space - like a cafe or park

☐

A school

☐

A counsellor's office

☐

Online

☐

Other - please say below:



Question 22: What is important to you when getting mental health support? *Please tick as many answers as you would like.*

- ☐ Getting 1 to 1 support
- ☐ Getting support in a group with other young carers
- ☐ Online support
- ☐ Easy way of setting up support
- ☐ Knowing support is private
- ☐ Knowing all the different support options
- ☐ Where the support is
- ☐ How fast it is to set up support
- ☐ The times of the support
- ☐ Other - please say:

More questions about you



Question 23: Please tell us a bit more about yourself. *Tick as many answers as you would like.*

☐

I am a young carer who is under the age of 18

☐

I am a young carer who is aged between 18 to 25

☐

I care for an adult who has a learning disability

☐

I care for a young person who is under the age of 17 and has a learning disability

☐

I care for an adult who has a physical disability

☐

I care for a young person who is under the age of 17 and has a physical disability

☐ I care for an adult who has problems with their mental health

☐ I care for a young person who is under the age of 17 and has problems with their mental health

☐ I care for an adult who has problems with drugs or alcohol

☐ I care for a young person who is under the age of 17 and has problems with drugs or alcohol

☐ I care for someone who has had an illness for a very long time and it affects their day-to-day life

☐ I care for an adult who is not strong enough to take care of themselves

☐

I care for an adult who has dementia

☐

I am someone who works in carer support

☐

I used to be a carer

☐

I am a professional

☐

Other - please say:



Question 24: If you are a professional, what type of professional are you?

☐

I work in education

☐

I work in the NHS in short term care

☐

I work in the NHS in mental health services

☐

I work in the NHS as the first services people go to when they are ill

☐

I work in adult social care

☐

I work in children's social care

☐

Other - please say below



Question 25: How many hours a week do you usually care for someone?

☐

1 to 9

☐

10 to 19

☐

20 to 34

☐

35 to 49

☐

50 to 69

☐

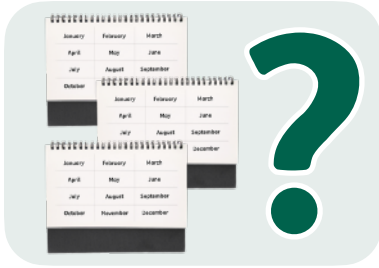
70 to 89

☐

More than 90

☐

This does not apply to me



Question 26: How many years have you been caring for someone?

☐

Less than 1

☐

1 to 4

☐

5 to 9

☐

10 to 14

☐

More than 15

☐

This does not apply to me



Question 27: How old are you?

☐

Under 5

☐

5 to 11

☐

12 to 17

☐

18 to 24

☐

25 to 34

☐

35 to 44

☐

45 to 54

☐

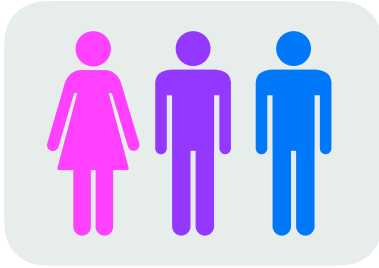
55 to 64

☐

Older than 65

☐

Prefer not to say



Question 28: What is your gender?

☐

Female

☐

Male

☐

I don't think of myself as
male or female

☐

Prefer not to say



Question 29: What is your ethnic background?



White

☐

English, Welsh, Scottish,
Northern Irish, British

☐

Irish

☐

Gypsy or Irish Traveller

☐

Any other White
background



More than 1 ethnic background

☐

White and Black Caribbean

☐

White and Black African

☐

White and Asian

☐

Any other mixed
background



Asian

☐

Indian

☐

Pakistani

☐

Bangladeshi

☐

Chinese

☐

Any other Asian
background



Black

☐

African

☐

Caribbean

☐

Any other Black background

☐

Arab

☐

Any other ethnic
background

☐

Prefer not to say



Question 30: Which of these best describes your work or school life?
If more than 1 answer applies to you, please tick the main answer.

☐

I go to school, college or university all of the time - this is called full time

☐

I go to college or university some of the time - this is called part time

☐

I am doing an apprenticeship

☐

I work full time - this is 30 hours or more a week

☐

I work part time - this is less than 30 hours a week

☐

I work for myself - either full time or part time

☐

I am doing training supported by the Government

- ☐ I do not work anymore
- ☐ I look after my home and family
- ☐ I do not work because I am ill or have a disability
- ☐ I do something else
- ☐ I do not work because I have to care for someone else
- ☐ Prefer not to say

Next steps and contact information



Question 31: Would you like to get a copy of our final young carers plan?

☐

Yes - I would like to get a link to look at the plan online

☐

Yes - I would like to get a PDF copy

☐

Yes - I would like to get an Easy Read PDF copy

☐

No



Question 32: Would you like to be involved in telling us what you think in the future?

Yes

☒

No

☐



Question 33: If you would like to be involved in telling us what you think, how would you like to do this?

☐

By email

☐

Using an online video meeting, like Teams

☐

In person



Question 34: If you answered 'yes' to either question 31 or 32 please give us your contact details.

We follow the law about keeping your information safe.

Email:



Phone number:

For more information



If you have any questions please send us an email to:

youngcarersstrategy@surreycc.gov.uk



You can send your answers by:

- Email:
youngcarersstrategy@surreycc.gov.uk



- Post:
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Quadrant Court
35 Guildford Road
Woking
Surrey
GU22 7QQ

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