

## · Glasgow City Carers Partnership ·

<b>Carer Service Name</b>	
<b>Care Group</b> <b>Referral</b> <b>Pathway</b> <b>Carer</b> <b>Cared For</b>	Mental Health GAMH North West Service Centre Young Carers A Mother
<b>Background</b>	
<p>A (age 14) cares for his mum and younger brother. A's mum suffers from schizotypy with psychotic tendencies, depression and anxiety. A's mother can go through phases when she will not leave her bed. A's younger brother has autism. A will care for himself and his brother when his mother is unwell. A helps with household chores including cleaning, cooking and washing up. A will also take his brother to school when his mother is unwell. Recently A and his brother's school simultaneously contacted social work for immediate assessment of children's situation. A's relationship with his mother has become increasingly strained. Aside from issues at home A has had various problems at school which included bullying and an assault. This resulted in a change of school but unfortunately the bullying started again in the new school which affected attendance. In addition to poor attendance A is often late because every morning A has to take his younger brother to school first.</p> <p>A has reported paranoia and distressing thoughts that he cannot control. At its worst, A has had thoughts of suicide that becomes more prominent when he has thoughts that he cannot control. This is having a major impact on how A feels about himself and his behaviour towards other adults. A is waiting to be assessed for Asperger's or Autism.</p> <p>The impact of A's situation has led too behavioural problems, lack of eye contact, poor listening and communication skills, inappropriate responses and relationships with adults, not attending school and risk taking behaviour. There have been some concerns about substance abuse and having age inappropriate friends at the skateboard park.</p> <p>There has been issues with A's older brother's input into family situation with inappropriate communication with school and relaying incorrect information with family causing social work input and added stress and worry for A and mum.</p> <p>A's issues seemed to be building up and affecting many parts of his life.</p>	
<b>Output:</b> (can list core service/s here e.g. Info & Advice, Short Break)	
<ul style="list-style-type: none"> <li>• Joint work with mum, A, social work and depute head teacher               <ul style="list-style-type: none"> <li>- Multi-agency meetings</li> <li>- Phone calls with school to discuss issues that arise</li> </ul> </li>   <li>• Providing advice and support to A               <ul style="list-style-type: none"> <li>- Emotional support</li> <li>- Understanding younger brother and mother's condition</li> <li>- Advice on school attendance</li> <li>- Advice on appropriate communication with adults</li> <li>- Support to appointments i.e. doctors</li> </ul> </li>   <li>• Group Support               <ul style="list-style-type: none"> <li>- Weekly group for time out, respite in a safe supportive environment</li> <li>- Engaging and socialising with peers his own age, having fun, learning new skills</li> </ul> </li>   <li>• Family work               <ul style="list-style-type: none"> <li>- Referred mum to GAMH Adult Support Service, enquiring about Self Directed</li> </ul> </li> </ul>	

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<p>Support for mum, group support.</p> <ul style="list-style-type: none"> <li>- Attending meetings with mum</li> <li>- Telephone support as and when required</li> <li>- Information around Parent Group in Young Carers Project</li> </ul>
<p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Support in all aspects of his life. A having someone he can trust and talk to (Safe, Included and Achieving)</li> <li>• Joint work to make him feel like he has support around him(Included)</li> <li>• By supporting mother relieves A's pressure of worrying about mum(Healthy)</li> <li>• Keeping mum well, relieves A's caring role (Safe, Nurtured, Healthy)</li> <li>• Building positive relationships(Included, Active and Respected )</li> <li>• Time out with peers(Included and Active)</li> </ul> <p>By working with A, the family and relevant partners we have ensured that A is supported and appropriate support is put in place i.e. bullying situation, late coming, relationship with teachers. The counselling A receives in schools is now being reviewed. A visited his GP with project worker to discuss concerns about his thoughts. A has now been referred to CAMHS</p> <p>After initial joint social work meeting the case was closed. After much confusion as to who was involved with the case it was assigned to another social worker who, after reviewing the situation, was satisfied with the support the family was receiving from GAMH Young Carers. Social worker is happy for the project to inform school that we will be the primary contact for A. With regards to the older brothers involvement social work agreed that the school was not to involve him and the issue was to be raised with educational authority with regards to breach of confidentiality.</p>
<p><b>Impact</b></p> <p>Without adequate support there is a significant risk to mum's mental health which will then affect A's home life and stability at home. By putting support in place for the whole family will prevent the problems from escalating. Mum has been referred to Group Support and is feeling positive about starting. A feels happier that his mum is doing something for herself and is getting out the house. With this support in place A and his mum's communication is improving.</p> <p>After partnership work A realises the importance in school and has been attending everyday since and is working on his late coming. If he is struggling with school and time keeping he will let the project worker know who will then inform the school.</p> <p>By A having group support he get's time to socialise with his peers his age, have fun and have time away from some of the stresses at home.</p> <p>By having family work in place A has been able to build up trust and has someone to talk to about any issues affecting him. This has meant that he was able to speak about his distressing thoughts and was able to get support for this. Having this trust means a link can be made with other agencies ensuring A has support in every aspect of his life. A knows he has a consistent person who can help him with these areas of his life. If A did not have this trust built through various group, 1 to 1 and family work then he may not have discussed his problems which may have escalated and become detrimental to his mental health.</p>
<p><b>Reflective learning from the case that could inform service development.</b></p> <p>Impact all round children and family. Consistent, reliable and timely family centred approach to help build relationships and trust that ensure A and his younger brother's well-being is supported and protected.</p>