**‘A City for all Carers – Aberdeen City Health and Social Care Partnership (ACHSCP) Carer Strategy 2023 – 2026**

Young Carer Discussion Points - Primary School Age - Guidance for Families / Schools / Groups

This short discussion guide is intended to help any interested group with discussing the Carer strategy with Young Carers of Primary Age. There is no expectation that it is used or that you stick to this format, it is intended to help prompt discussion and can be adapted to suit your needs.

There are 5 discussion points these are linked to the priorities and Actions within the [Consultation Survey,](https://consultation.aberdeencity.gov.uk/aberdeen-city-health-and-social-care-partnership/a-city-for-all-carers-achscp-carer-strategy/) but have been simplified for a younger audience. A version has been developed to prompt discussion with Secondary age children. You may wish to use that version or adapt this template depending on the individual children involved.

Feedback can be provided using the survey format or you may find it easier to do so directly to Grace Milne – gracemilne@aberdeencity.gov.uk . If feedback is sent directly it is helpful to know in what capacity you have completed it, for example, as a school, family or group, and how many Young Carers were involved in the discussion.

The Consultation Survey and all the accompanying documents are available via the above link or this QR Code.

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| Topic | Estimated discussion time |
| **Introduction – What is a Carers Strategy?** *Pages 1 – 7 of the Carer Strategy Summary (available via the Consultation link) provides an introduction which can be used to guide this discussion.***Discussion points for young children** *Discuss their understanding of what being a Young Carer is. A definition is available for your reference on page 8 of the summary version available via the Consultation survey (above).*Discussion points;* What do you think grown-ups need to know about what it’s like to be a Young Carer?
* Who helps you to look after the person you care for?
* Who helps you to look after yourself?
* What makes your life easier for you?
* What makes your life harder?

*This allows for an open discussion on what is important to Young Carers.*  | 5 mins30 mins |