

North West Regional College

Young Adult Carers Policy

Issue	Document Title	Date Last Reviewed	Next review date	Responsibility of
3	Young Adult Carers Policy	July 2026	July 2029	Gillian Moss Head of Client Services
Approved by SWG on:				24 August 2026

Changes tracker

Issue	Date	Page	Change	Comment
2	March 2023	1	Review date changed to every 3 years	NWRC has achieved Quality Standard in Young Adult Carer's support accreditation and the policy requires review every 3 years now
3	July 2026		No changes	

Contents

Purpose	4
Context	4
Scope	4
Definition	4
Young Adult Carer Staff and Responsibility	4
Reducing barriers to Education and Learning	6
Related Policies	6
Appendix 1	7
Appendix 2	10
Appendix 3	11

Purpose

North West Regional College is committed to supporting Young Adult Carers and recognise the importance of promoting and supporting students that have caring responsibilities for a family member, partner or friend at their home. NWRC believes that all Young Adult Carers have the right to an education regardless of their commitment to providing care for a family member. When a Young Adult Carer is providing care for someone in their family who has a serious illness, disability or substance misuse problem, they may need additional support to ensure they achieve their potential, NWRC recognises this and is committed to ensuring support is in place to support the Young Adult Carer in achieving their qualification.

Context

The College will carry out its responsibilities under all relevant legislation, regulations and professional guidelines.

Scope

This Policy applies to all staff, students, Board of Governors, volunteers and any third party and should be read in conjunction with relevant standard operating procedures and any other relevant organisation procedures.

Definition

A Young Adult Carer is a student between 16 and 25 years who provides unpaid care to care for a family member or friend who is disabled, physically or mentally ill or has a substance misuse problem. At North West Regional College we recognise that caring can also involve physical and emotional care, or taking responsibility for someone's safety or well-being. The level of responsibility assumed by a Young Adult Carer is often extensive and as such, it may impact on the education of the young person.

Young Adult Carer Staff and Responsibility

North West Regional College has Young Adult Carers Champion, a Young Adult Carers Lead and a Young Adult Carers Support Officer. The Young Adult Carers Lead will ensure that all identified Young Adult Carers know who the Young Adult Carers staff are and how they can access support. NWRC has a partnership in place with Young Adult Carers, Action for Children and Barnardos. The Young Adult Carers Lead and Young Adult Carers Support Officer will put Young Adult Carers in touch with local support organisations if consent is provided. NWRC will actively aim to seek feedback from Young Adult Carers in order to shape and improve provision and support the College provides for them. The Young Adult Carers staff will also keep up to date with national and local developments and with legislation and guidance affecting Young Adult Carers.

1. Young Adult Carers Support Plan

Young Adult Carers will have the opportunity to declare they have caring responsibilities on the college application/enrolment form which will be captured and shared with the Young Adult Carers Lead. The Young Adult Carers Lead or Young Adult Carers Support Officer will

make contact with the Young Adult Carer to arrange a meeting to discuss support. At this point, the Young Adult Carers support plan (Appendix 1) will be completed and shared with relevant lecturing staff. Young Adult Carers will also be provided with a student pass (Appendix 3) which they can show to college staff. NWRC is aware that every student is different and every student has different needs, therefore the support that is given will be person-centred and individual. A support plan will be completed with the student, so the appropriate provision is put in place. Support can include:

- Liaise with curriculum team and other departments
- Provide pastoral support with college and home related support needs
- Signpost and refer to local external agencies for specialist support

Reducing barriers to Education and Learning

NWRC will ensure intervention is in place and Young Adult Carers are fully supported, according to their needs. Young Adult Carer staff will offer Young Adult Carers the use of a telephone to call home during breaks and lunch times so as to reduce worry they may have about a person they are caring for. When required, due to caring responsibilities Young Adult Carer staff will try to negotiate deadlines, for course work and assessments on behalf of the Young Adult Carer. Young Adult Carers that may be at risk of withdrawing will be referred to the college progress coach for additional support.

Related Policies

Safeguarding, Care and Welfare policy

Appendix 1

LEARNING PLAN – YOUNG CARERS

Please disseminate this Learning Plan to any staff who are likely to be directly involved in the

education of this student, whether Lecturer or Support Staff.

i STUDENT'S PERSONAL DETAILS

Name:	
Student ID:	

i COURSE(S) THAT THE STUDENT STUDIES

Main course	
Other course (if applicable):	
Other course (if applicable):	

i LEARNING PLAN DETAILS

Date plan was discussed with student	
Name of Safeguarding Officer	

Please take care to keep this document secure and out of the sight of students.

Please feel free to contact the author of this Learning Plan should you have any queries.

Thank you for taking the time to read this Learning Plan

i SPECIFIC INFORMATION ON THE STUDENT

i STRATEGIES TO CONSIDER EMPLOYING

- Please be flexible with attendance. There may be occasions where the student cannot attend class due to caring duties.
- Please consider proving extensions for assignments, subject to awarding body approval.
- Student may require time out during class. Please permit the student to leave class to take phone calls.
- Ensure that the student is aware of any upcoming trips/out-of-class activities as this may clash with caring responsibilities.
- Please be aware that this student may be absent from college at times due to medical appointments/treatments. Returning after any extended absences may be daunting for this student. Please check in with this student to ensure they have a copy of class material they may have missed.
- Please discuss absences with the student and ensure they are not penalised for caring responsibilities such as EMA.
- Try and be as positive as possible with this student, to help further their enthusiasm for college life.

- Be aware that the student may appear withdrawn or distracted in class. Please check in regularly with them and remind them of your support or refer to the Safeguarding department if you have concerns about their mood/demeanour.



ARE YOU A YOUNG ADULT CARER?

 

WHAT MIGHT A YOUNG ADULT CARER DO?

  

Young adult carers are young people aged 16–25 who care, unpaid, for a family member or friend with an illness or disability, mental health condition or an addiction. 

- Practical tasks, such as cooking, housework and shopping
- Physical care, such as helping someone out of bed
- Emotional support, such as talking or listening to someone who is distressed
- Personal care, such as helping someone dress or go to the toilet 
- Managing the family budget and collecting prescriptions
- Helping to give someone their medication
- Helping someone communicate
- Looking after brothers and sisters

HOW CAN WE HELP?

  

- LIAISE WITH YOUR CURRICULUM TEAM AND OTHER DEPARTMENTS
- PROVIDE PASTORAL SUPPORT WITH COLLEGE AND HOME RELATED SUPPORT NEEDS
- SIGNPOST AND REFER YOU TO LOCAL EXTERNAL AGENCIES FOR SPECIALIST SUPPORT

FOR MORE INFORMATION PLEASE CONTACT:

SAFEGUARDING@NWRC.AC.UK

 **north west regional college**
Higher Education & University Preparation



Appendix 3

STUDENT PASS
YOUNG ADULT CARER

**north west**
regional college
Derry-Londonderry • Limavady • Strabane

NAME:

STUDENT I.D:

I am a young adult carer and have caring responsibilities at home. This means I am sometimes late to class, need to leave early or need to take a five minute break. I will always try to let you know if I won't be in.

 **SAFEGUARDING@NWRC.AC.UK**