

Written submission.

To: the Housing and Social Care Scrutiny Panel

From: the Carers Centre and specifically young carers and young adult care workers.

Review topic - support services for people aged 16-25 living in isolation.

Carers Centre (Adult Social Care) notes around Carers experiences of the below objectives:

- **To identify whether people aged 16-25 living in Portsmouth experience feelings of isolation**

- **To understand the reasons why people feel isolated**

Social isolation is a common issue for carers as many carers give up social opportunities, work and leisure activities due to the demands of their caring role. Many carers also struggle to share how they feel about their caring role as they don't wish to sound critical or complain about supporting their family member or friend. Some fear that people who are not carers will not understand the pressures and challenges of a caring role and therefore become isolated because they don't wish to discuss the situation.

- **To examine the symptoms of isolation**

Carers often give up work or education to prioritise their caring role. They may struggle to maintain friendships as they have less time for social engagements. Carers often experience poor health in comparison to their non caring peers, this may manifest as poor physical or mental health. The age group most affected by poor health is young male carers.

- **To assess what support is available**

Anyone who is actively caring for someone who lives in Portsmouth can access support from the Carers Centre from the age of five upwards. The type of support offered will depend on the level of caring, the impact the caring role is having and what is appropriate to that carer as an individual. Typical services provided are access to an assessment (restricted to over 18's until a new young carers assessment is in place next year), information and advice, emotional support, access to training, access to group support or positive activities (for young carers), access to a break.

- **To assess the possible barriers to accessing support services**

Barriers may be presented by the demands of the caring role for example having time out to access services, location or the time provision is offered can also present barriers.