

# Family Caregivers and Safeguarding

# What is a Family Caregiver?

Someone who provides unpaid care and support to a family member, friend or neighbour who cannot manage without this due to their needs.



Unpaid care includes practical tasks like cooking, cleaning and personal care. It can also include emotional support or help with managing a health condition.

This role is often taken on out of love or a sense of responsibility, rather than as a formal job.

There is no age limit or background requirements required to become a family caregiver – this can happen at any point in someone's life.

So...



# What is a Family Caregiver?

How do the responsibilities of a family caregiver potentially increase vulnerability to abuse or neglect?

Think about:

**The person being cared for**  
*and*  
**The caregiver themselves!**

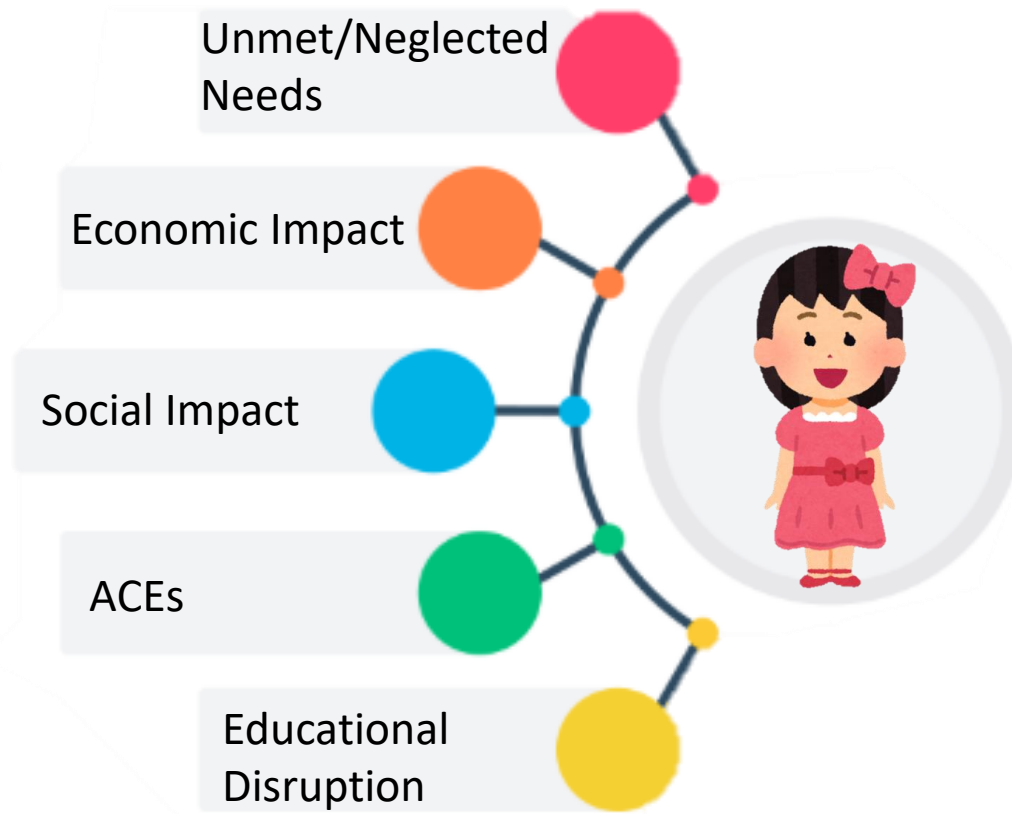
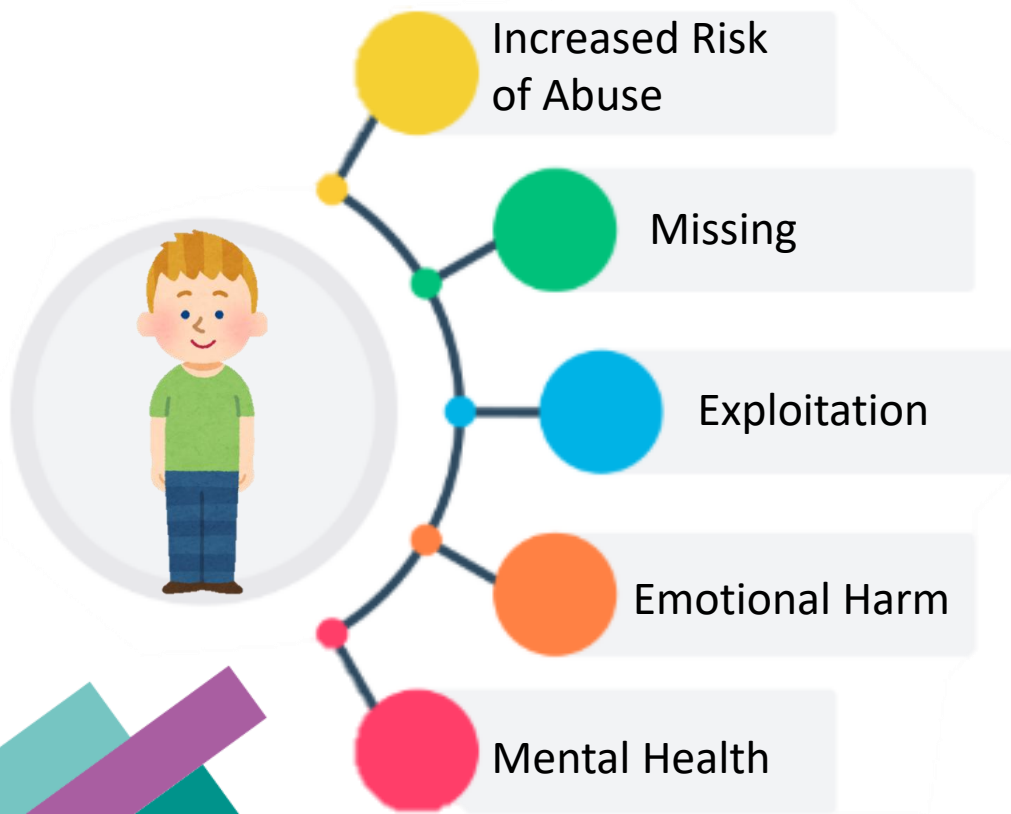


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# Young Carers: Specific Challenges



# Safeguarding Young Carers: Legislative Frameworks

Working Together to Safeguard Children (2023) includes specific provisions for supporting young carers. It...

- ***Promotes a whole-family approach to assessment and support;***
- ***Requires local authorities to offer a Young Carer's Needs Assessment under the Children Act 1989;***
- ***Encourages schools to collaborate with health, social care, and voluntary sectors.***

Young Carers can be identified from the age of 5, and the support they are entitled to receive can be life-changing.



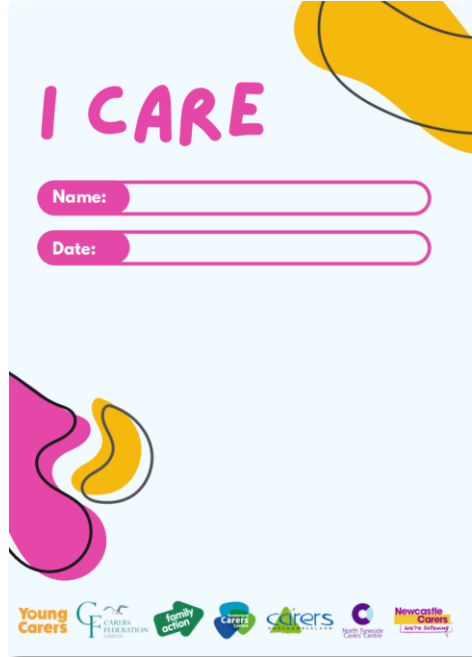
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# Assessing/Supporting Young Carers

- ***Support in school or college;***
- ***Information, advice and guidance;***
- ***Outreach activities and wellbeing funds;***
- ***Skills and training workshops;***



- ***Peer support groups;***
- ***1-2-1 emotional support;***
- ***Parent/carer needs assessment.***

ID NO:		YOUNG CARERS SUPPORT PLAN			
Young Carer Name:		Young Carer Signature:			
Young Carer Worker:		Date of Assessment:			
Date	Needs Identified	Action Agreed	Action Taken	Staff Initials	Comments / Recommendations

Version 1 | Reviewed Oct. 2024 | Re-Review Oct. 2025 Page | 1



# Young Carer Referrals

## Register as a Young Caregiver

Please complete the form below to register as a young caregiver with us. After completing the form, we may contact you or the young caregiver to confirm the referral.



### Young Caregivers Referral Form - Caregivers Connected Gateshead

#### Referrer Details

Name *(Required)*

First Name

Last Name

Email Address *(Required)*

Phone Number

Organisation *(Required)*

Job Role

Please tell us where you heard about our service

#### Young Caregiver Details

Name *(Required)*

First Name

Last Name

Gender

Preferred pronouns

Is their gender identify the same as their sex registered at birth?

- Yes  
 No  
 Prefer not to say

The best way to make a referral or to signpost a young person to our service is via our website.

Referrals can also be made by telephone:

**0808 8010350**

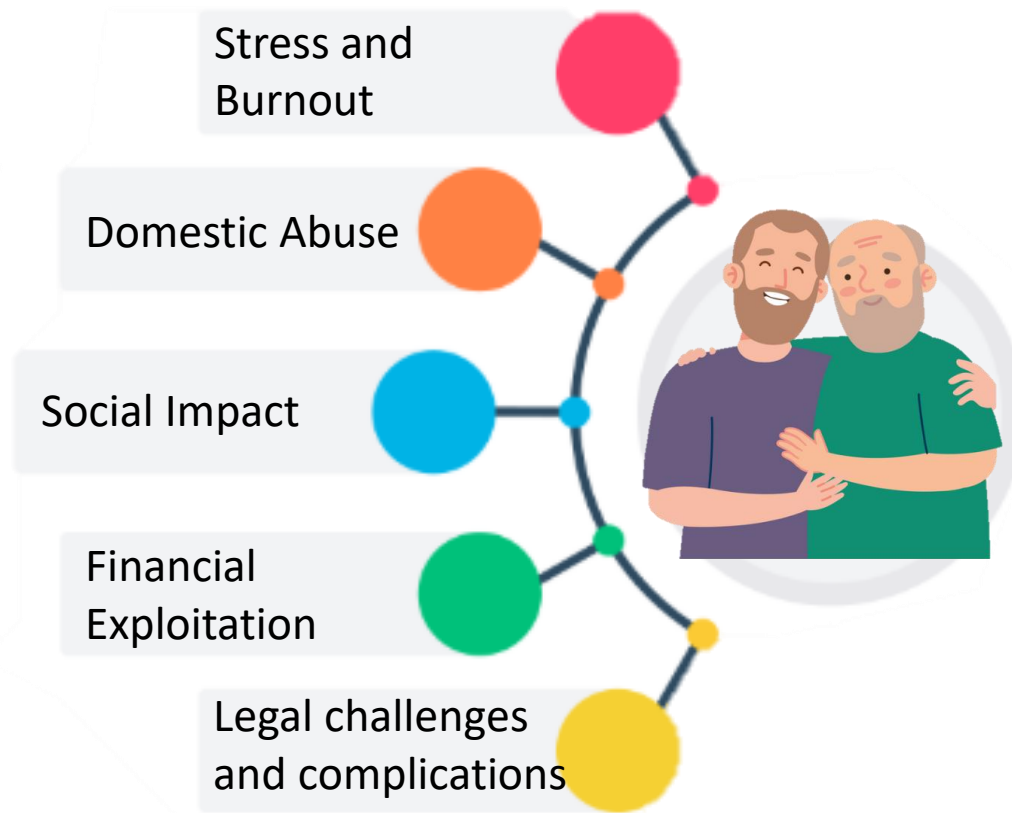
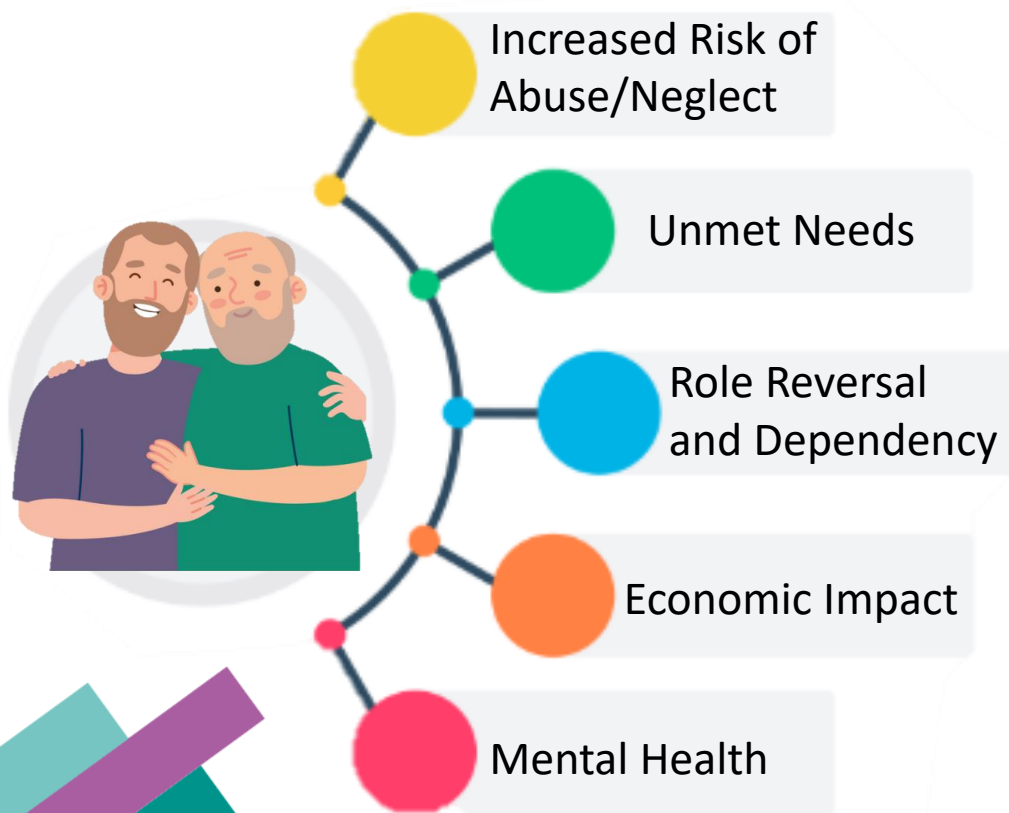


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# Adult Family Caregivers: Specific Challenges



# Adult Family Caregivers: Additional Barriers

- Carers may continue caring even when unsafe, due to guilt or lack of alternatives; many carers do not identify as carers and remain **hidden**, missing out on support. Professionals should **not assume ongoing care means risk is low**.
- Carers can be overlooked because safeguarding frameworks focus on “adults at risk,” not “carers at risk.”
- Carers need guidance on **mental capacity assessments, consent, and decision-making rights**. Misunderstanding these can lead to safeguarding breaches or legal consequences under the Mental Capacity Act (2005).

Safeguarding is everyone's responsibility, and we must empower families to understand this responsibility as well as their rights.

# Adult Family Caregivers: Support Available

Anyone who provides unpaid care to someone who couldn't manage without their help is eligible for a Carer's Assessment. The assessment looks at the impact of caring responsibilities on a person's...

- Physical and mental health;
- Work, education or parenting commitments;
- Ability to care for themselves, socialise or participate in leisure activities;
- Ability to manage their home environment;
- Need for future support.



# Adult Family Caregivers: Support Available

## Register as a Caregiver



If you consider yourself to be an unpaid caregiver living in Gateshead and would like to access support, please complete the form below to register with us.

- ***Groups and activity sessions;***
- ***Wellbeing funds;***
- ***Emergency support service.***

Care Assessments and Caregiver's Assessments are an effective form of prevention against harm.



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# Support Available: Outreach

December 2025

MON  
1

December 1 @ 1:00 pm - 4:30 pm

## Crafted with Care

**Metrocentre Community Hub** (upper green mall), Gateshead, United Kingdom

Join us in the Metrocentre Community Hub for a fantastic festive crafternoon! Our Crafted with Care group gives local caregivers a chance to meet, chat and make some fab craft pieces to take home. Every session is designed to give caregivers a short break from their caring role, while making new friends and learning new ...



WED  
3

December 3 @ 1:00 pm - 3:00 pm

## Caregiver Benefits Advice: Leam Lane

**Leam Lane Family Hub** Leam Lane Family Hub, Gateshead, United Kingdom

Join us on Wednesday 3rd December, 1pm – 3pm, for a drop-in benefits advice session at the Leam Lane Family Hub! Our benefits advice worker will be here to talk to caregivers face-to-face and offer advice and information around any of the following benefits and applying for them; Disability Living Allowance (DLA) Personal Independence Payment (PIP) Attendance ...



Wellbeing  
Walks and Talks

Themed  
Outreach  
Events (e.g.  
Managing  
Stress,  
Neurodiversity  
etc.)

Coffee  
Mornings

Open Forums  
and Feedback  
Events

# Support Available: Wellbeing Fund

## What can the Fund cover?

- Contribution to a short break or holiday, such as a hotel room and/or travel to a break.
- Complementary/alternative/holistic therapies.
- Spa days.
- Cookery courses.
- Arts and crafts sessions.
- Gym or leisure centre membership.
- Theatre trips, cinema trips or passes.
- Driving lessons.
- A laptop/tablet/mobile phone.
- Creating a calming space at home.

# Support Available: Emergency Support

## If you were unexpectedly unable to care for your loved one, do you have a plan in place?

Gateshead Council provide a free [Carers' Emergency Support Service](#) giving caregivers vital support in the event that you are suddenly unable to be there for the person you care for. This Service is available 24 hours a day, 7 days a week and can be accessed by creating a plan with Gateshead Care Call.

## What can I get by having a Carers Emergency Support Plan?

- A carer's emergency card, identifying you as a caregiver and sharing information on how to activate your emergency support plan.
- 48 hours of free emergency care support for the person you care for.
- Peace of mind knowing you have a bespoke support plan in place if you were unable to be there to care.

## When could my Emergency Support Plan be activated?

Any situation which means that you are away from the person you care for unexpectedly or at very short notice, this includes:

- If you need emergency medical treatment
- If you have an accident
- The death of a family member
- Transport delays



# Questions?