



L&W LEARNING AND
WORK INSTITUTE

INTRODUCTION

Young Adult Carers – Making the Transition to Adulthood

Making the transition to adulthood – Framework and resources for young adult carers

Acknowledgements

We would like to thank Carers Leeds, York Carers and Warwickshire Young Carers Project who helped to develop and pilot the framework and resources in this pack.

Learning and Work Institute (L&W) is an independent policy and research organisation dedicated to promoting lifelong learning, full employment and inclusion. We strive for a fair society in which learning and work helps people realise their ambitions and potential throughout life. We do this by researching what works, influencing policy and implementing new ways to improve people's experiences of learning and employment. We believe a better skilled workforce, in better paid jobs, is good for business, good for the economy, and good for society.

About this Framework

Making the Transition to Adulthood has been produced by Learning and Work Institute with funding from the Department for Education. The framework and resources are for use by young adult carers aged 16-24 and the services that support them.

Developed in partnership with carers' services and young adult carers, the framework provides practical resources and activities that carers' services can use with the topics in the framework to help young adult carers think about their needs; make decisions about working, learning and living; and plan for the future, as they move into adulthood.

How to use this pack

This resource pack provides a range of activities for carers services working with young adult carers, including practical ideas and advice on how and when to use them. Some activities can be used when working one-to-one with a young adult carer and others are best delivered with a group.

The activities can be used in a variety of ways and can be adapted to the young adult carers you are working with to take account of their age, needs or circumstances, or, when working with a group, how well they know each other. Or you could ask young adult carers to be creative and think of different activities.



INTRODUCTION

Young Adult Carers – Making the Transition to Adulthood

The pack also uses and suggests existing resources from The Really Useful Book of Learning and Earning (RUBLE) for Young Adult Carers and The Learning, Work and Wellbeing Toolkit: Positive Career Choices for Young Adult Carers.

The RUBLE is full of activities and information on learning and work that you can use together with young adult carers, or they can read and work through independently. The Learning, Work and Wellbeing Toolkit includes tips and practical resources that you can use to support young adult carers to help them think about, get into and make the most of education, training and employment opportunities.

Overview of the framework and resources

The ten modules of Making the Transition to Adulthood are divided into 3 sections, each containing a set of learning outcomes and associated topics:

- **Knowing Myself**
- **Managing Myself**
- **The Future Me**

Knowing Myself outcomes focus on self-awareness and provide young adult carers with opportunities to explore their values and attitudes, and to reflect on why they are the person they are. This section also encourages young adult carers to reflect on how they feel about their caring role and how this influences their relationships. Finally, it aims to enable young adult carers to recognise and understand their rights as a young person and as a carer. Modules include:

- Understanding me
- Coping with feelings
- Handling relationships
- Rights and responsibilities

Managing Myself outcomes provide opportunities to explore the range of responsibilities young adult carers have as they get older, as a carer and in everyday life; to investigate the information available to them to inform their decision-making; and to develop the skills they need to take control of their life as an adult. Modules include:

- Managing money
- Keeping healthy and feeling well
- Housing and accommodation



INTRODUCTION

The key aim of The Future Me is to support young adult carers to think about their options in learning and work, to investigate sources of support and to take steps toward achieving their plans. Modules include:

- Thinking about your future career
- Education and training
- Preparing for the world of work

Choosing the activities and modules

There is no single right method for delivering the framework. The intention is to give carers' services and young adult carers flexibility to use the framework in whichever way is most likely to engage them and will meet their needs most effectively. For example, you may want to pull out activities from different parts of the framework to use one-to-one with a young adult carer, or to help to facilitate a group you are planning to run on a particular topic. The choice of activities should, as far as possible, be determined by the young people themselves.

Although the framework is not designed as a training course or study programme, you could use it in a more structured way, working through the modules in one section before moving on to another. If you use this approach, make sure your young adult carers record their activities and progress, so they can evidence their achievement of the learning outcomes.

A word of warning

To the best of our knowledge, all the information in this pack was accurate at the time of going to print. However, because of new legislation, and changes to services and benefits, please be aware that some of the information may change over time.

Nicola Aylward

Head of Learning for Young People
nicola.aylward@learningandwork.org.uk



INTRODUCTION

Young Adult Carers – Making the Transition to Adulthood