SUPPORTING YOUNG CARERS THROUGH WORKFORCE LEARNING AND CAREER RESOURCES

1 WHAT WE DID

NHS Education for Scotland (NES) launched the Caring for Young Carers eLearning module on Turas to help the workforce recognise and respond to the experiences and rights of young carers, including early identification and supportive practice. NES also developed the Supporting Young Carers: Health and Social Care Career Guide, offering practical information to help young carers navigate education and career pathways and access the support they need.

2 IMPACT



This work supports both professionals and young carers directly. It strengthens workforce awareness and confidence, while also providing targeted information to help young carers explore and access future opportunities.

By recognising the unique pressures young carers face, the work contributes to reducing barriers and promoting more equitable access to education and careers.

3 UNCRC



This work supports key UNCRC rights, including **Article 12** by recognising young carers' voices, **Article 24** by promoting their health and wellbeing, **Article 28** by supporting their education and opportunities, and **Article 2** by ensuring they are not disadvantaged because of their caring role.

4 GIRFEC

The work aligns with Getting it right for every child (GIRFEC) wellbeing indicators, particularly:

Included: reducing barriers and promoting equal opportunities.

Achieving: supporting access to education and career pathways.

Healthy: recognising the impact of caring roles on wellbeing.

Respected: acknowledging the experiences and needs of young carers.

5 THE PROMISE



This work reflects The Promise commitment to supporting families, reducing inequality, and ensuring children receive the right support at the right time. Recognising and supporting young carers helps ensure children are not expected to carry responsibilities without support.

6 REFLECTIONS



Supporting young carers requires both awareness and practical action. By combining workforce learning with targeted resources for young people, NES is helping to create more supportive environments and improve access to opportunities for young carers across Scotland.

UNPAID CARERS PROGRAMME AND CENTRE FOR WORKFORCE SUPPLY, NES SOCIAL CARE AND COMMUNITIES DIRECTORATE