Young Adult Carer (YAC) Worker

We are looking for a passionate, motivated, and dedicated Young Adult Carer (YAC) Worker to join our team supporting young adult carers aged 16-25 across Fife. This rewarding role focuses on empowering YACs to overcome barriers, achieve their goals, build resilience, and move towards positive destinations.

We are looking for someone who understands that supporting a Young Adult Carer is about more than helping them access opportunities. It is about recognising the emotional impact of caring, championing their wellbeing, and helping them build the confidence, resilience, and support networks needed to thrive.

Key Responsibilities

- Work directly with Young Adult Carers aged 16-25, providing person-centred support tailored to their individual needs.
- Build positive and trusting relationships with young people to help identify their strengths, aspirations, and support needs.
- Support Young Adult Carers to access education, training, employment, volunteering, and other positive opportunities.
- Deliver one-to-one support, group activities, workshops, and respite programmes.
- Provide advice, information, and signposting to relevant services and agencies.
- Develop and implement support plans, setting achievable goals and monitoring progress.
- Work collaboratively with schools, colleges, universities, employers, health professionals, and other partner agencies.
- Support Young Adult Carers to improve confidence, independence, wellbeing, and life skills.
- Organise and facilitate social, recreational, and developmental opportunities to reduce isolation and build peer connections.
- Maintain accurate records, case notes, and monitoring information in line with organisational procedures.

About You

We are looking for someone who:

- Has experience working with 16+ young adults with a range of support requirements.
- Excellent communication and relationship-building skills.
- A compassionate, empathetic, and non-judgemental approach.
- A strong understanding of mental health and emotional wellbeing, along with experience providing practical and emotional support to young people facing challenges such as anxiety, low self-esteem, stress, and social isolation.
- An awareness of how these issues can impact daily life, relationships, education, employment, and future aspirations is essential.
- Experience delivering wellbeing-focused interventions, group work, or one-to-one support that promotes resilience, confidence, independence, and positive mental health.
- Strong organisational skills and the ability to manage a varied caseload.
- The ability to work both independently and collaboratively with colleagues and partner agencies.
- Good IT skills and experience maintaining accurate records and outcome-focused case notes.
- A full UK driving licence and access to a vehicle for travel throughout Fife.