

## Be young carer aware







What is a young carer?

A young carer is anyone aged 5-18 years, who has practical and emotional caring responsibilities because someone in their family is disabled, elderly, has a long term illness, a mental health condition, developmental disorder or issues with substance misuse.

## 1 in 10 secondary school children may be a young carer

I worry a lot

l often feel tired



Some young carers say they feel

Anxious without access to my mobile, what if something happens when I'm not there, I just want to check they are

I focus on their health more than my own

> l can't see my friends a lot

not confident

It's hard to get to school on time

I worry about leaving them, so I'd rather not go to school on days they feel bad

Isolated or lonely

## What are some of the things a young carer might do?

Helping with bills/paperwork, working to bring money in

Cleaning, cooking, washing up, laundry

anxious

Collecting prescriptions, giving medication

Supporting to wash, toilet, dress etc

Cutting grass, repairs, shopping

Interpreting or signing for someone

Looking after siblings

Keeping someone company and listening to their worries

This is not an exhaustive list, for more information, training, to make a referral or discuss a potential referral, please contact: shona@nwcarers.org.uk **or** jennifer.lewis@youngcarers.org.uk **or** erin@spacescot.org