

# 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**



## Some young carers say they feel



## 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

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](mailto:shona@nwcarers.org.uk) or [jennifer.lewis@youngcarers.org.uk](mailto:jennifer.lewis@youngcarers.org.uk) or [erin@spacescot.org](mailto:erin@spacescot.org)