



CARERS FACT SHEET 13

Young Carers

Young Carers are children and young people whose lives are affected by caring for an unwell or disabled family member.

The person they care for or help to look after may have a physical or learning disability, a long-term illness, mental ill health or have difficulties with drug or alcohol use.

The ways in which they care may include:

- Comforting or trying to cheer up this person when they are feeling sad, low or depressed
- Doing extra household jobs, such as laundry, cooking, DIY
- Worrying about this person when they are at school or stay home from school when this person is having a bad day
- Listening out for this person at night in case they need help
- Calling the doctor or the ambulance when this person needs medical help
- Taking care of brothers/sisters – help them get ready for school or make breakfast for them.
- Helping this person get in and out of bed, wash and/or dress
- Helping this person to remember things

Due to their caring responsibilities young carers may not have time for fun or friends. They may find it difficult to attend school regularly, and on time. They may feel physically and emotionally drained, stressed and confused.

Sometimes adults think that children might be upset if they know about someone's health problems, but it is often worse not knowing, not having the right information about the person they love's illness and not being included, listened to or consulted by adults.

A Carers Assessment is a chat with a social worker about how looking after someone is affecting the young person and what help they would like. Young people (aged over 16) who provide care to family members are entitled to an assessment of their needs and can ask Health and Social Care for a carers assessment. Young people under 16 can ask Health and Social Care for a carers assessment whenever the person they are looking after is having an assessment of their own.