

WHAT IS A YOUNG CARER?

Someone under 18yrs who helps to care for a family member, relative or friend. A young person aged 16-25yrs with caring responsibilities can be known as a young adult carer.

As many as 1 in 5 children and young people are young carers in the UK

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WHAT DO YOUNG CARERS DO?

They might:

- Cook and prepare meals
- Help with shopping
- Clean the house
- Manage medicines or money
- Give personal care
- Help with mobility
- Look after siblings
- Give emotional support

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WHAT IS THE IMPACT ON THE YOUNG PERSON?

- Social isolation
- Stress, anxiety
- Tiredness, distracted
- Withdrawn
- Behavioural problems including offending and anti-social behaviour
- Negative impact on education – not completing homework, absenteeism, lateness, inability to take part in after school activities
- Impact on their ability to make friends
- Lack of recognition that they are a carer
- Health related issues associated with lifting such as back pain

['Who Am I? Young carers poem and animation - YouTube](#)

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Who Can I Contact for Support

Please contact your own safeguarding team for further information or the Local Authority in which the young person resides

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7 Point Briefing Young Carers

SUPPORT NETWORKS

[Young carers | Action For Children](#)

[Young carers | Barnardo's \(barnardos.org.uk\)](#)

[Being a young carer: your rights - Social care and support guide - NHS \(www.nhs.uk\)](#)

Carers Direct Helpline – 0300 123 1053 (Textphone or minicom – 0300 123 1004)

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HOW TO SUPPORT THE FAMILY

Once the young person is recognised as a young carer, your local safeguarding partnership Threshold Document will help direct you to local support. Recognition of the role the young person holds within the family. Ensure the young person's needs, wishes and feelings are at the centre of decision making. Consider the needs of the adult / child being cared for – are they being met? Do they need additional support? Young Carers Assessment – if the child or parent agrees, a young carer's assessment could be carried out by the local authority to determine whether it's appropriate for the young person to care for someone else and take into account whether they want to be a carer.

HOW TO RECOGNISE A YOUNG CARER.

This is not always easy as their role may be hidden unintentionally or intentionally. They may comment on the person they care for and their needs or disability in passing. They may share that they have caring responsibilities. They may display concerns as above.

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