

#youngcarer
#publichealth5-19service



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YOUNG CARER FACTSHEET

This factsheet will provide you with very helpful links to lots of websites with hints and tips to help you with identifying and supporting a young carer in the family.

TOP TIPS ABOUT BEING A YOUNG CARER:

Does your child help look after someone? A young carer is someone under 18 who regularly cares for someone with a long term illness, disability, mental health problems, or drug and alcohol issues. That person could be mum or dad, brother or sister, or another relative. There are 50,000 children and young people that are young carers in Britain.

Tip 1: You don't have to live with the person you care for, or be the only person that helps them. Caring can mean lots of different things, such as:

- Helping with tasks like washing or dressing
- Taking medicines
- Provide Support
- Help with someone's behaviour
- Keeping an eye on someone
- Housework, cooking, shopping
- Making sure they are safe
- Looking after siblings

Tip 2: Sometimes it's not easy looking after someone. Young carers might have difficulties with school, homework or seeing friends. Talk to school; make them aware to ensure their support and understanding.

Tip 3: Children may worry; feel different or that no-one understands if they are a young carer. Encourage them to talk to someone they can trust, like family or friends.

Tip 4: Ensure your child has opportunity to be a child. As a young carer, they can take on responsibilities well beyond their years and have little time for play or socialising with their friends.

Tip 5: Contact your local Young Carers organisation who may be able to provide anything from 1 to 1 support to day trips and outings as well as links with other organisations that may be able to provide more specific support related to the health or disability.

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VISIT THESE USEFUL WEBSITES

www.carersuk.org

Help & advice for carers

www.childline.org.uk

Info and advice for children and young people

www.samaritans.org/

For any concerns or worries

www.sibs.org.uk

For brothers and sisters of disabled adults or children

www.youngminds.org.uk

Emotional wellbeing information and advice

www.adfam.org.uk

Families affected by drugs and alcohol

www.nacoa.org.uk

Support for children affected by parents drinking

www.nhs.uk (search Young Carer)

Information and advice

www.kooth.com

Free, safe and anonymous online support for young people aged 11-18

CUMBRIA'S YOUNG CARER ORGANISATIONS

Carlisle: Carlisle Carers

<https://www.carlislecarers.com/young-carers/>

Eden: Eden Carers

<http://www.edencarers.co.uk/young-carers/>

Allerdale and Copeland: West Cumbria Carers

<https://www.westcumbriacarers.co.uk/services-support/young-carers/>

South Lakes: South Lakeland Carers

<http://slcarers.org.uk/young-carers/>

Furness: Furness Carers

<http://furnesscarers.co.uk/young-carers/>

