### Young Carers: Who are they? What do they do?





## Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

### How many young carers are the

- There are about 700,000 young carers in the UK. (BBC 2010)\*
- That's about 1 in 12 secondary aged pupils.
- There are likely to be young carers in every school and college.

\*The Census identified over 200,000 young carers, but many remain hidden.

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# Who do young carers care for?

Young carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.

# What might a young carer do?

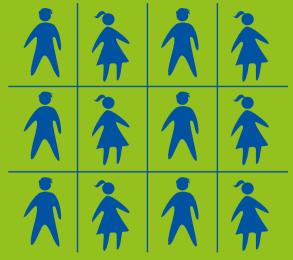
- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and

#### Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.

But young people can learn lots of useful skills by being a young carer.

# Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

### The average age of a young carer

"Don't stereotype us, we are all individuals." **Young carer** 

- collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

**1 in 3 young carers** spend between 11–20 hours each week caring.

### Information and support babble.carers.org matter.carers.org

Young carers should have:
The time to be a young person.
The same opportunities as their friends.
Good support for the person they help look after.
Their rights acknowledged so that they can discuss their needs for support.

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