

# YOUNG CARERS

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# What do young carers do?

Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

Practical tasks

Emotional Support

Physical Care

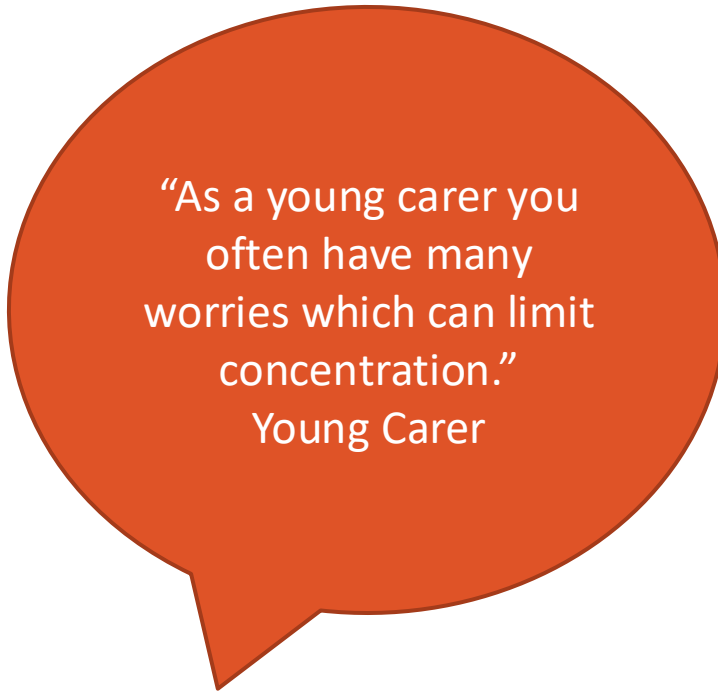
Looking after siblings

Personal Care

Household Management

Medication Management

Interpretation



“As a young carer you often have many worries which can limit concentration.”

Young Carer

# What do young carers do?

A 'Young Carer' may be helping in lots of ways, such as:

- Housework, shopping, and cooking
- Looking after younger brothers or sisters/taking them to school
- Helping someone get washed or dressed or move around
- Listening to someone's problems/keeping them company
- Helping someone take their medication
- Going to the hospital and doctor's visits with them
- Paying household bills.

# Who are Young Carers?

- Anyone can become a young carer at any time.
- Caring can go up and down – people can be fine sometimes but need a lot of care at other times.
- Sometimes you might be helping to look after someone but not think you are a ‘Young Carer’... but you can still get help.
- Even if you’re not a young carer, you can help other young carers by being a good friend.

# How can caring affect you?

- Missing school
- Being late for school
- Feeling very tired or falling asleep in class
- Not being able to concentrate at school
- Not being able to get homework or coursework done
- Can't join in activities after school or go out much
- Bullying
- Hard to make friends
- Feeling worried, frightened, angry, or sad

# How can you get support?

Miss Hurley  
Lower School  
Young Carers Lead

Young Carers Club  
M19

Friday Lunch Time

Mrs Mann  
Upper School  
Young Carers Lead

Young Carers Club  
M20

Friday Lunch Time

If you are a young carer, drop in to see us for support.