



Who is a Young Carer?

A person under the age of 18 who provides or intends to provide care for another person of any age. A young carer might look after someone because they are sick or have a disability or mental health issues. Or, if a parent or family member has an alcohol and/or drug problem; they may be unable to care for themselves or anyone else.

Some children begin giving care from a very young age, and others become carers overnight.

How to identify a Young Carer

Possible indicators.....

Anxiety or concern over a relative

May take on a caring role for others

A need or desire to be in regular contact with home

Difficulty concentrating in class

Regularly late to school or absent

Unable to complete homework on time

Secretive about their home life

Low self esteem and self confidence

Often tired, distracted, withdrawn or anxious

Appear more emotionally mature than their peers.

Appear physically neglected, missing breakfast, lacking clean uniform etc.

Regularly complain of aches and pains

Responsibilities of a Young Carer may include....

- Practical tasks, such as cooking main meals, housework and shopping.
- Physical care, like helping someone out of bed.
- Emotional support, including listening to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Reminding cared for to take medication.
- Interpreting due to sensory impairments; support during medical appointments, answering the phone etc.





What can the impact of being a Young Carer have?

Caring for someone can be very isolating, worrying and stressful. For young carers, this can negatively impact their experience in education. Over a quarter of young carers aged 11-15 regularly miss school. This can have a lasting effect on their life chances.

One in three young carers said that their caring role makes them feel stressed. Research also shows that 23% of young carers in the UK said that their caring role had stopped them making friends.

Young carers will often not recognise themselves as young carers. It is usually only when they reach secondary school that they realise their home life is different from their peers.



How can schools support Young Carers?

- ✓ Review your school's provision for young carers
- ✓ Raise awareness about young carers – noticeboards, tutorials, assemblies
- ✓ Set up systems to identify, assess and support young carers
- ✓ Organise regular check-ins with young carers
- ✓ Create individualised support plans as needed
- ✓ Provide access to a telephone for young carers to check in at home.

