YOUNG CARERS

Information Guide
For Parents and Guardians

Who is a Young Carer?

A young carer is someone under the age of 18 who helps to take care of a relative or close friend who has:

- A long-term health condition
- Disability
- Learning difficulty
- Mental health condition
- Difficulties with drugs or alcohol

Young carers can look after parents, siblings, grandparents - or anyone who relies on them for help.

What do they do?

Young carers take on a range of tasks, including:

- Practical household tasks
- Household finances
- Medical support (e.g. collecting prescriptions, making appointments, administering medication)
- Emotional support, i.e. listening to worries



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NOTTINGHAMSHIRE CARERS ASSOCIATION

Reg. Charity No: 1062777

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How might a caring role affect a child?

Many children live with someone who has a health condition and are unaffected. However, some children will feel a negative impact from living with someone with a long term health condition. They could face:

- Increased stress
- Less time for themselves or their friends
- Increased responsibility (more than other children their age)
- Fewer opportunities to go to clubs or hobbies
- Falling behind on school work
- Increased anxiety
- Lower school attendance or lateness
- Feeling overwhelmed or frustrated
- Feeling isolated (as thought they are different to their friends)

What support is available?

School – your school's pastoral team can offer support and information for young carers. They should assign a member of staff to support your child.

Young Carer Champion - in school Miss Shaw is our Young Carer Champion. Please speak to her for more information and support about Young Carers.

Young Carers Service – we will come and meet your family, talk to your child about their caring role and put actions in place to reduce the impacts they face. We might give one to one support so your child can learn to better cope with their situation; we might find some extra support for you and your family from health professionals; we can offer social activities and groups for your child; we can talk to your child's school about how to help them. Your child would have a support worker who would be in regular contact.



If your child is a Young Carer, we're here to help and give advice. There is no criticism or judgement. We want to support you and your child. Our service focuses on the Young Carer and what they need to make things easier.

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