

Is your child a

YOUNG CARER?

What is a young carer?

A young carer is someone:

- Under the age of 18
- Looks after a family member or friend struggling with an illness, a disability or a mental health issue

They could be looking after:

- A parent or a caregiver
- A brother or sister
- Another family member, like a cousin, a grandparent or an aunt/uncle

That person could have:

- An illness or a chronic condition
- A physical disability
- A learning disability
- Poor mental health

What does a young carer do?

If they are a young carer, they may be:

- Doing a lot around the house, like cleaning, cooking, washing the dishes or clothes.
- Helping to run errands, like food shopping or organising appointments.
- Helping someone with their personal care, like dressing/undressing, washing and using the bathroom, giving them medicine, etc.
- Supporting someone emotionally, keeping them company, keeping an eye on them, etc.
- Looking after a younger or older sibling, like cooking for them, helping them dress, taking them to school.
- Helping with the family's finances, like bills, benefits or banking.

IF THIS SOUNDS LIKE YOUR CHILD:

Did you know you can ask the school for help?

Did you know registering your child as a Young Carer can get you help for the whole family?

For more information for Young Carers, speak with your Child's Pastoral Leader to find out how we can help you.