

daacss

Derbyshire All Age Carers Support Service



HELPING AT HOME AND GOING TO SCHOOL AGE 11-16

You may be supporting someone at home while also managing school, friendships and your future.

Young carers are young people who help someone who needs extra support due to illness, disability, mental health needs or other challenges.

Many young carers don't realise there is support available. You are not alone.

Young carers have the Right to Dream.

www.derbyshirecarers.co.uk
education@derbyshirecarers.co.uk



Things young carers often do

Young carers may:

- support siblings
- help with household responsibilities
- provide emotional support
- help manage medication routines
- translate or communicate
- help someone move safely
- manage responsibilities at home
- balance caring with school work

Some young carers help a little. Some help a lot.

Every situation is different. Caring can build strengths like independence, empathy and resilience. But it can also feel like a lot to manage alone.

How caring can affect school

Young carers sometimes:

- feel tired
- find it hard to balance homework
- miss social opportunities
- worry about someone at home
- feel distracted in lessons
- feel pressure to manage everything

Some young carers achieve highly but still feel stressed or overwhelmed. Support can make things feel more manageable.

What support can school offer

Schools can help in many ways. Support might include:

- someone to talk to
- understanding when things feel difficult
- support with managing workload
- flexibility when appropriate
- help maintaining friendships
- support during exams
- help planning next steps
- signposting to other support

You do not have to share everything at once. Even small support can make a big difference.



How to start the conversation

You could say:

- “I help someone at home”
- “I have responsibilities outside school”
- “I feel worried about someone”
- “I think I might be a young carer”
- “I would like some support”

You could talk to:

- a trusted teacher
- pastoral staff
- safeguarding lead
- school nurse
- young carers lead
- college tutor

Talking can help reduce pressure.

What happens after I tell someone?

School will want to:

- understand what your situation is like
- listen to what helps
- agree support that feels right
- help you stay on track
- help you feel confident about your future

You can be a young carer and still:

- achieve qualifications
- have friendships
- develop independence
- plan your future
- reach your goals

Remember

Being a young carer is something you do. It is not everything you are.

Your ambitions matter. Your future matters.

**Seen. Supported. Succeeding.
You have the Right to Dream.**

