

Young Carers: *'Know Your Rights'*

Young Carers play a vital role in supporting loved ones – and they deserve to be recognised, protected, and empowered. Here's a breakdown of the key rights every Young Carer should know.

No Discrimination

Young Carers should never be discriminated against because of their caring responsibilities. Their role deserves respect, understanding, and support.

Right to an Assessment

Young Carers are entitled to an assessment of their own needs – separate from the person they care for. Local authorities may offer:

- One-to-one support sessions
- Access to respite groups and activities
- Information about rights and available services

Rights in Education

Schools have a responsibility to:

- Identify Young Carers
- Understand how caring affects education
- Provide appropriate accommodations and support

Transition to Adulthood

- Young Adult Carers (approaching age 18) have the right to a transition assessment to help prepare for adult life and access appropriate support.



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Rights in Health Services

Healthcare providers can support Young Carers by:

- Offering flexible appointments
- Sending reminders once aware of their caring role
- Involving them in discharge planning for the person they care for

Martha's Rule

Young Carers and families have the right to request an **urgent independent medical review** if they feel their loved one's condition is deteriorating and not being adequately addressed by the care team.

🗨️ *Knowledge is power. By understanding your rights, you can access the support you deserve and continue making a difference - without being left behind.*



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