

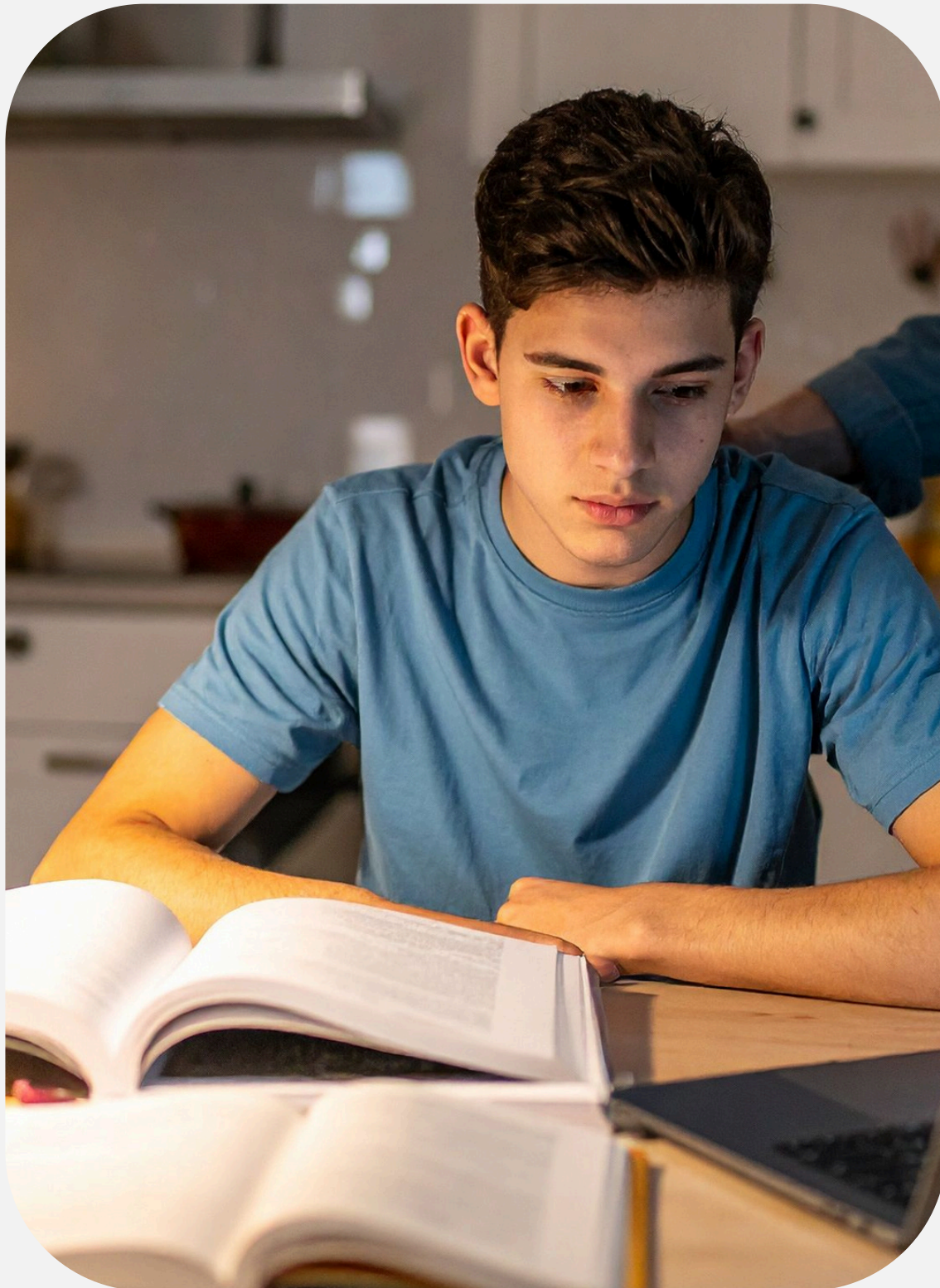
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Derbyshire All Age Carers Support Service

Am I a Young Carer?

Understanding the role, impact,
and support available for Young
Carers in Derbyshire





Aims of this Session

- Learn who a Young Carer is
- What may a Young Carer do
- What are the impacts on a Young Carer
- How can Derbyshire Young Carers support with your caring role

Am I a Young Carer?

A Young Carer is a child or young person aged 5–17½ who provides unpaid practical, physical, or emotional support to someone they know – usually a family member – who has:

- a long-term illness or disability
- a mental health condition
- problems with alcohol or drugs

Being a Young Carer can look different for everyone.
Your caring role depends on who you care for and what support they need.



Important to know:

If you have a diagnosis or additional needs, you can still be a Young Carer.

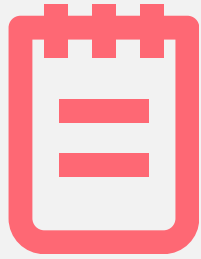
What might a Young Carer do?



Practical Support	Personal and Health Support	Emotional Support
Cook Meals	Helping with Personal Care	Listening and Reassuring
Cleaning and Tidying	Supporting with Medication	Offering Comfort
Shopping or Household Jobs	Helping with Daily Errands	Helping someone feel Safe and Supported



Young Carers may support brothers or sisters, or care for parents or grandparents.



Get ready for school

Take siblings to primary school

Maths test
10:30am

Lunch: Try and finish English revision

Plan dinner – do we need anything from the shop?

Pick up mum’s medication from the pharmacy

Make dinner: Pasta

Brothers reading and spellings

Wake siblings up and get them dressed

Remind mum: appointment 11am

Text mum at 10:50am to remind her for appointment

Check in on mum after appointment

Sister’s school awards assembly at 3pm

Pick up siblings from after school clubs

Young Carers group

Science revision

Breakfast and all packed lunches

Try and finish history homework

English test at 1:30pm

Remind mum to pay council tax

Mum’s medication 5pm

Pack sisters dance bag

Mums medication 8:30am

Get football kit out the washer

Young Carers 1–2–1 2:30pm

Remember to tell friend you can’t attend party – taking mum to doctors

Bath siblings

Make shopping list

Wash Pots

Wash PE Kits



Impact of Caring on a Young Carer

- **Lack of recognition:** Families may not share their need for care, meaning Young Carers often stay unseen and unsupported. Some families see caring as something families do for one another.
- **Emotional impact:** Young Carers often feel worried, stressed, guilty and angry.
- **Impact on education:** Young Carers often have poor attendance, arrive late to school, tiredness, and find it hard to concentrate
- **Social isolation:** Young Carers don't get the chance to go to after-school clubs or groups as need to be available to help at home.



How can Derbyshire Young Carers support you?



Derbyshire Young Carers can:

- **Assess your needs** as a Young Carer and offer support based on these needs
- **Liaise with your family, school, and other professionals** on your behalf
- **Provide one-to-one support sessions** to help with coping strategies and caring^{DEMO} related issues such as worries, anger, stress, and self^{DEMO} esteem
- **Offer groups and activities** to reduce feelings of loneliness and help you meet other Young Carers who understand what it's like to be you

Next Steps

- Talk to someone ^{DEMO} trusted adult, teacher or youth worker
- Get in touch with Derbyshire Young Carers
- Have an assessment
- Start getting support

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