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Derbyshire All Age Carers Support Service

Caring with Confidence

Building confidence in yourself and
your caring role





Aims of this Session

- Explore what caring with confidence looks like for a Young Carer
- Think about why confidence might be impacted in your role as a Young Carer
- What the Young Carers Service can do to support you
- Ideas for you to build your confidence



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.



Cambridge Dictionary Definition

confident

adjective

UK  /ˈkɒn.fɪ.dənt/ US  /ˈkɑːn.fə.dənt/

Add to

B1

being certain of your abilities or having trust in people, plans, or the future:

- *Be a bit more confident **in** yourself!*
- *They don't sound confident **about** the future of the industry.*
- *I'm confident **of** his skills as a manager.*
- [+ that] *Are you confident **that** enough people will attend the event?*
- *It was a confident performance.*

Confident means being certain of your abilities or having trust in people, plans for the future.

As a Young Carer why might your confidence be impacted?

Activity:

1. Create a bar chart as a group
2. Select the reasons that have impacted your confidence e.g. sleep affected, feeling stressed, unable to concentrate, lack of support from adults, struggling to keep up with school work etc

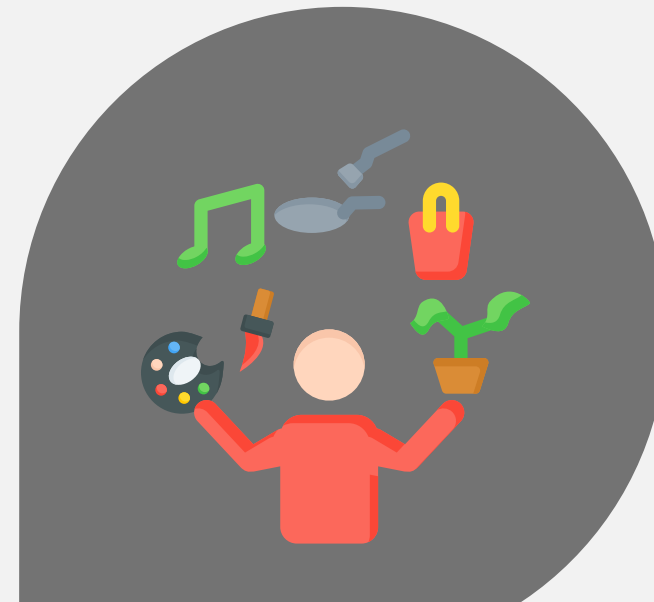




What can the Derbyshire Young Carers Team do to support you to **care with confidence?**

- One to one support
- Raise awareness and support in school
- Opportunities to meet other YCs

What can you do to build your abilities to 'care with confidence'?



Look after your wellbeing



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