

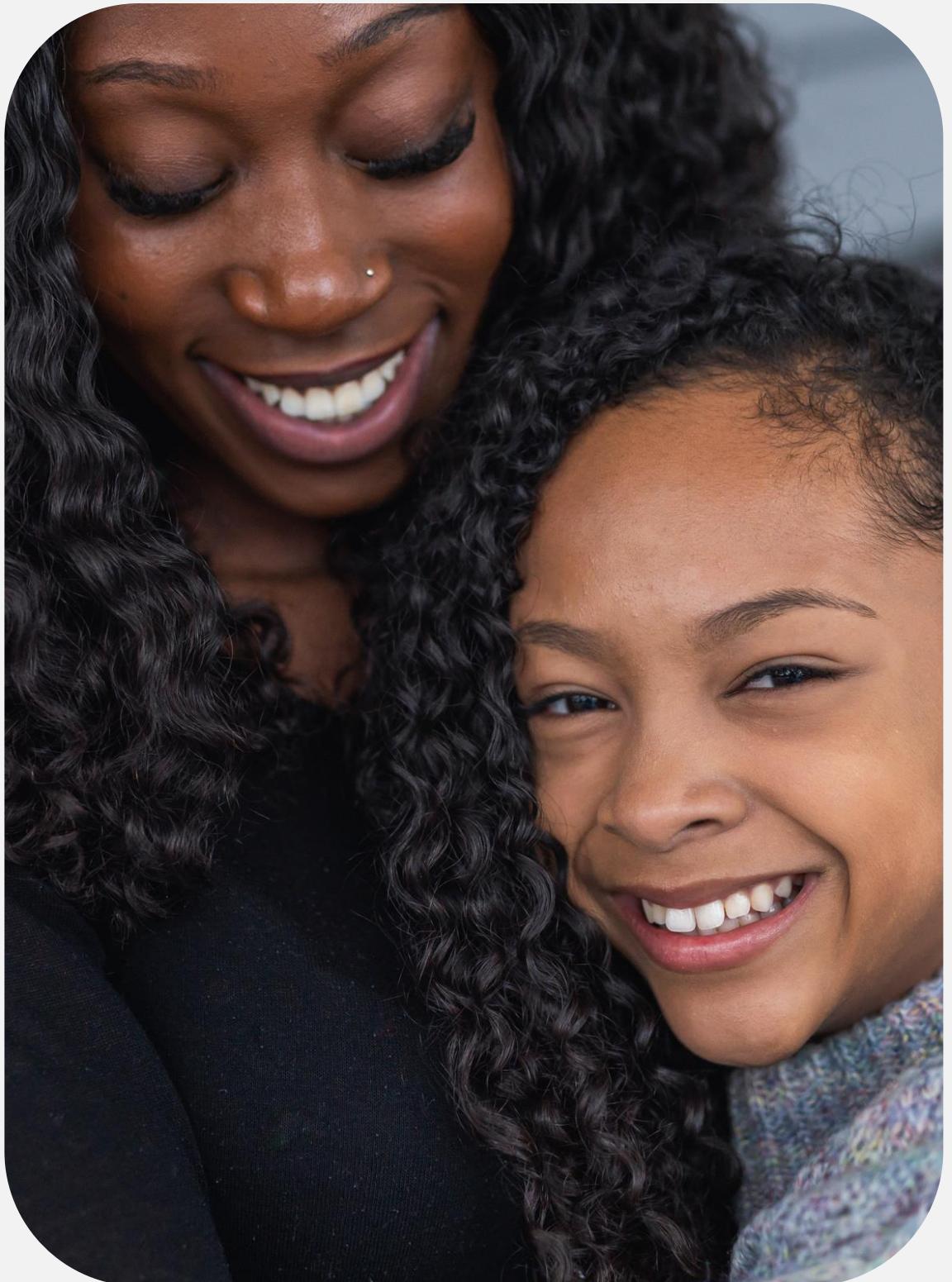
# daacss

Derbyshire All Age Carers Support Service

## Sibling Carers

Understanding your role, feelings,  
and skills as a sibling carer





# Aims of this Session

- To identify the importance of being a sibling carer
- To explore different feelings related to being a sibling carer
- To explore the skills that being a sibling carer builds
- Time to focus on you.

# Sibling Carers: Who are they?

- Provide unpaid care, assistance, or **support to their siblings**, typically those with disabilities, illnesses, or other needs.
- The care can range from practical tasks like **household chores** and **personal care** like administering medication to emotional support.
- Half of all Young Carers in the UK are Carers for their brother or sister.
- Sibling Young Carers are a **hidden group**, whose caring responsibilities often go unrecognised.





# How does it make you feel?

- Being a sibling carer can mean that life at home is very different compared to their friends.
- It can be both positive and negative.
- Sibling carers can...
  - struggle to get the attention from their parents they would like;
  - have extra worries and responsibilities;
  - find it hard to focus on schoolwork and their own lives and interests.
- On the other hand, sibling carers can...
  - learn skills and develop abilities;
  - positively impact their families through the support they provide;
  - have incredible relationships with their siblings.

# I love autism

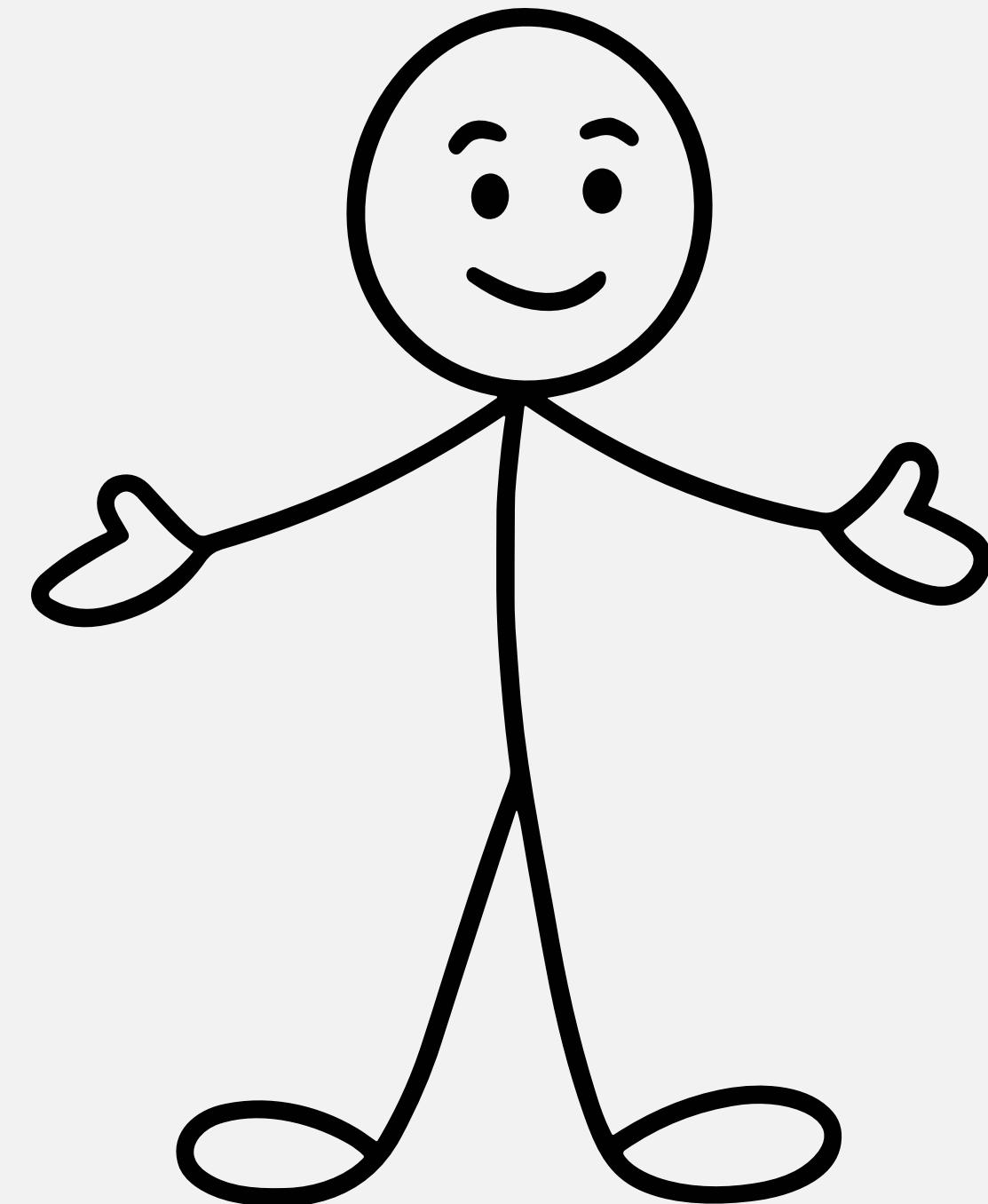
I'm a Young Carer,  
This makes me proud,  
Our house can be very noisy and loud.  
The reason for this is because of my brother,  
But we all do like to help one another.  
In our house, I do lots of caring,  
Sometimes that means sharing.  
By sharing each other and our time,  
Because often Freddie likes to cry and whine.  
This can mean me and my family are tired,  
The days can be long when Freddie is wired.  
I care for my brother because I am kind,  
But this leaves quite a lot on my mind.  
I love my brother who is autistic,  
Although he can be wild and ballistic.

Noah, age 10



# Skills Being Built

Being a sibling Carer required many skills



# Have you got good balance?

Tips for helping to manage your life.

Have you:

- balanced caring with school and friends?
- communicated your needs with trusted adults?
- made time to do things you enjoy?



## What Can You Do to Make Things Easier?

### Discuss

- Wellbeing – sleep, relaxation, unwind
- Talk to a trusted adult
- Find things you enjoy



## 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 Caring Means To Me

At thirteen, I wear a cape unseen, a caregiver's badge, though I'm still a teen. My sister, a whirlwind, a puzzle, a spark, her world's a canvas, both bright and dark.

She's got no common sense, bless her soul, but her laughter's a melody that makes me whole. One moment, a meltdown, the next, she's a spring, bouncing like Tigger, oh, what joy she can bring.

Caring for her means standing strong, through ups and downs, where I belong. It's helping her navigate life's tricky lanes, with patience stitched into my growing veins.

It's lending my voice when hers is unclear, or being her anchor when storms are near. It's wiping her tears, calming her heart, even when mine feels like it might fall apart.

Sometimes I tiptoe, afraid to speak, her shouts can echo, strong and unique. But she's my best friend, my partner in crime, through chaos and calm, she's one of a kind.

Overwhelmed? Sure, I won't deny, but her love's a treasure money can't buy. She's my sister, my heart, my guiding start, we'll conquer, no matter how far.

Kaden-Jaye, Age

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