

**CARERS  
TRUST**

# Sign the Young Carers Covenant

**And help protect the futures  
of over one million young carers  
and young adult carers**



# Why

## young carers and young adult carers need your support

**There are at least one million young carers aged 17 and under in the UK and over 600,000 young adult carers aged 18 to 25. They are caring for family members and friends with challenging long-term disabilities, illnesses or addiction.**

We know that more than 139,000 children and young people are caring for someone with a long-term illness or disability for over 20 hours every week. And shockingly, over 50,000 of them are spending 50 hours or more each week on their caring role. What they do couldn't be more challenging. Some young people are making sure a parent or sibling with a long-term condition is taking the right medication at the correct time throughout the day. Others are responsible for making sure all the household shopping gets done and bills are paid.

**“Many young carers feel they are missing out on large parts of their childhood.”**

Many young carers and young adult carers feel they are missing out on large parts of their childhood. Caring can also have a serious impact on a young person's ability to learn and their long-term future. Worse

still, many children and young people are left to cope alone, often with little or no support.

This should not be happening in the UK in the 21st century. No young person should see their life chances suffer because of their caring role at home. It's time we all came together to make a change and create a fair future for all young carers and young adult carers. The Young Carers Covenant has been developed to help all of us - from governments to schools, employers to charities, health services to businesses - do exactly that.

# What

## is the Young Carers Covenant? And who can sign up?

The Covenant is a series of outcomes that young people from across the UK have highlighted as being key to improving their lives. Signing shows your support for young carers and young adult carers and your commitment to doing what you can to help make these outcomes a reality.

Both individuals and organisations can sign the Covenant. Signatories pledge to take practical and meaningful action to support young carers and young adult carers so they can have the same life opportunities as other children and young people.

Young carers and young adult carers are calling on organisations and individuals to sign the Young Carers Covenant. Examples of organisations that can sign up to the Covenant include **national governments, local authorities, schools, hospitals, businesses or charities.**

Signing the Young Carers Covenant is a commitment to take action to support a fair future for all young carers and young adult carers.

# Find

## out how you can sign up

We've set out below ten key changes that will improve young carers' life chances and secure a fair future for all young carers and young adult carers.

To make your commitment to sign the Young Carers Covenant and agree the actions you can take, please visit: [www.carers.org/youngcarerscovenant](http://www.carers.org/youngcarerscovenant). You can also find ideas on what action you can take in our **Guide to the Young Carers Covenant** on the same page.

# The Young Carers Covenant

**We are committed to a fair future for all young carers and young adult carers**

## We agree that:

Young carers and young adult carers are children and young people first; they should be recognised and listened to.

No young carer or young adult carer should take on caring roles which are inappropriate, excessive, or which negatively impact their life opportunities, health or wellbeing.

## We are committed to a future where all young carers and young adult carers:

Are identified at the earliest opportunity



Are able to thrive in education



Can access and succeed in employment/training opportunities



Have time for themselves



Are safe and secure



Can access support for themselves and their family



Feel they have choices in their lives



Have good physical and mental health



Can access and benefit from the rights they have



Live free from poverty

