

ARE YOU A YOUNG CARER?

Who is a young carer?

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has a mental health condition or drugs or alcohol dependency. They do not have to live with the person they care for and the support they provide can be practical, emotional or both.

What does a young carer do?

Young carers often do a lot of different things to help the person they care for, such as:

- Practical tasks, like cooking, housework, and shopping
- Physical care, such as helping someone out of bed
- Emotional support, including talking to someone who is distressed
- Personal care, such as helping someone dress
- Managing the family budget and collecting prescriptions
- Helping to give medicine
- Helping someone communicate
- Looking after brothers and sisters

How does being a young carer affect you and your family?

Young carers often do more chores than other children would. On top of providing emotional support to the person they are caring for; they may also have to learn how to nurse them or look after their personal needs like bathing and dressing.

It can be a positive experience too

It can be hard work being a young carer. Sometimes other children don't understand your responsibilities and you have less free time than others. BUT, there are many positives that come out of being a young carer too. You can also gain many skills and life experiences. You learn about time management, empathy and compassion for others, caring skills and life skills. All of these will serve you well in the future. There are also opportunities to be an ambassador for young carers and get involved in amazing experiences that you might never have expected to be a part of before. Most importantly you might be able to help other young people who are caring and don't even know it. Your experience can help others learn more about being a young carer.

What support is available?

Dundee Carers Centre can provide support to a young carer, aged 8+, and their family. There are also Young Carer Coordinators in schools who young people can speak to. Most high schools in Dundee also have Young Carers Ambassadors who can provide peer support.

You can contact Dundee Carers Centre on **01382 200422** or by email: centre@dundeecarerscentre.org.uk

You can find information and resources at www.dundeecarerscentre.org.uk and at www.carersofdundee.org

School contacts:
