



Information, Advice and Support Guide for

YOUNG CARERS



Who is a Young Carer?

Young Carers are young people up to the age of 18 years affected by the illness, disability or addiction of a family member.

Young Carers are often responsible for carrying out tasks involved in caring for their family member, seven days a week and sometimes at night as well.

This often results in the child or young person assuming a level of responsibility usually associated with an adult.


Common care tasks a Young Carer provides:

- Domestic chores
- Shopping
- Help with moving around
- Giving medication
- Offering emotional support
- Bathing /washing a family member
- Looking after brothers and sisters


The Impact of Caring

Caring can have a very positive side and many Young Carers report a feeling of satisfaction from contributing to the care of their family member, acquiring practical skills and learning to understand the needs of another person.

However, where the level of care becomes too high or inappropriate the health and wellbeing of the Young Carer can be significantly affected and may result in:

- Problems at school
 - Lack of time for play, leisure and sport
 - Isolation from other children of the same age
 - Sense of guilt
 - Feeling that there is nobody there for them
 - Feeling that they are different
 - Feeling that no one else understands their experiences
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The Young Carers Project



This project offers children and young people aged 7 to 18 years the opportunity to meet with a support worker on a one to one basis and the chance to attend groups which run on a regular basis.

Attending groups allows Young Carers to:

- Make new friends and have fun
- Have a break and time out
- Have someone to talk to
- Take part in new activities
- Access trips and holidays
- Access information, advice and support
- Build on trust and confidence
- Meet peers in a similar situation

Young Carers may find it difficult to tell their friends what they do at home and attending a Young Carers group gives them the opportunity to share their caring experiences if they wish to do so.

Call 01387 248 600

www.dgalcarers.co.uk

The Young Carers Card

This card is provided for children and young people who have a caring role and enables them to:

- Understand the illness of the person they care for
- Be better involved with any medical procedures that happen
- Be informed and kept up-to-date by professionals
- Have permission to know about their cared for person's condition

The Young Carers Project at Dumfries and Galloway Carers Centre will support the Young Carer to complete the forms. With the consent of the cared for person the Young Carer will be able to discuss their condition/treatment with professionals.

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Young Carers Statement

The Young Carers Statement will enable Young Carers to express their feelings and needs, find out what impact their caring responsibilities have on their life and aims to support them in their caring role.

The Young Carers Statement ensures that individual needs are taken into consideration and not judge their ability to care or the way in which they carry out their caring tasks. Alternatives can be explored aiming to reduce the impact of caring allowing them to be a child or young person in the first instance.

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Leisure & Sport Discount for Carers

Young Carers may be eligible for a 50% discount for some Dumfries and Galloway Council Leisure and Sport services.

The services included in this Young Carers discount scheme include swimming pools, fitness and health suites and public skating.

To claim the discount Young Carers should ask for details at any Council Leisure and Sport facility.



Adult Carers

An Information, Advice & Support Guide is also available for Carers over 18 years old.

Call 01387 248 600

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Time Out

Young Carers benefit from a short break, whether this is a traditional holiday with their family, recreational activity or something that is more creative. All of these will enhance the health and wellbeing of Young Carers allowing them to live fuller lives.

The benefits of Young Carers accessing short breaks is very positive and builds on their self-esteem, confidence and ability to form positive relationships with family members and peers.

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