

## Am I a young carer?

A young carer is someone under the age of 18 who helps look after a relative with a disability, illness, mental ill health or drug or alcohol problem.

If you're a young carer, you will most likely help look after a family member, friend or loved one.

How do young carers help?

**Sibling Care:** looking after brothers and sisters.

**Communication:** helping someone communicate with others

**Practical tasks:** this can be helping with cooking, cleaning and other tasks such as shopping.

**Physical care:** you may help someone move around or get out of bed.

**Helping someone take their medication:** you may also help someone collect their prescriptions.

**Emotional support:** helping or talking to someone who may be feeling distressed or down.

**Personal care:** this can be helping someone get dressed or washed.



*Devon Young Carers recognises and embraces diversity and supports young carers whatever their race, gender identity, sexual orientation, physical or mental ability.*

For more information please contact Devon Young Carers on:  
e: [youngcarers@devoncarers.org.uk](mailto:youngcarers@devoncarers.org.uk)  
t: 03456 434 435 \*

[www.devoncarers.org.uk](http://www.devoncarers.org.uk)

\*Call charges: Calls to 0345 cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way by your service provider.



# Devon Young Carers



*"I learnt how to make new friends. It was amazing because I realised how many other Young Carers there are in the world"*





At Devon Young Carers we work with young people aged 4-18 who help look after someone in their family, or a friend, who is ill, disabled or misuses drugs and alcohol. We work to make sure that young carers are supported through our service and others, which can include specialist advice, access to respite opportunities and 1:1 support.



## You are not alone...

We know that for young people it can sometimes feel that no one will understand the challenges you face in your role as a carer, but we promise, you are not alone. At Devon Young Carers we support over 3,000 young people across the county, and we know there are even more out there who need our support!

We provide support for young carers across the whole of Devon.

## Impact of caring

We know that caring responsibilities can impact in many ways...

### Mental health

Young carers are more likely to experience emotional disorders such as anxiety and depression than their peers. 48% of young carers say their caring role makes them feel stress.

### Education/Development

Many young carers find it difficult to manage their education alongside their responsibilities, with 1 in 20 young carers missing school due to their role as a carer. Young carers are 50% more likely to experience their own SEN.

### Social isolation

Young carers often find it difficult to access social opportunities as much as their peers, which can result in isolation from their friends. Over two thirds of young carers say they have been bullied at school, and 80% say they are missing out on their childhood.

**Young carers often learn lots of useful skills as a result of their role as a carer, but at Devon Young Carers we want to make sure that they get the support they deserve.**

*"We would like to say the biggest thank you to everyone involved in the young carers festival. Our son had such a good time that he said it's the best time of his life. I have not heard him so chatty and excited in a very long time. It must have been just what he needed. You are all amazing"*

## Support for young carers

We have a great team of professionals who are here to support you in a variety of ways to suit you:

**School visits** – you may have already had an assembly by one of our team, who regularly visit schools to tell pupils about being a young carer and the support we can offer. We can also meet you at school to offer you time to talk with someone who understands what life can be like for you.

**Information/Advice** – we have a lot of experience and knowledge about what life can be like for young carers and will be able to provide you with some of the best information available.

**Assessment** – this is a chance to chat with one of our Young Carers Support Workers about how life is for you and how your caring role affects other parts of your life. After this we may help you come up with an action plan to ensure you are able to identify and achieve your goals.

**Trips, Drop-ins and Activities** – from regular clubs to one-off and residential trips, this is an opportunity to spend time with other young carers, a chance to make friends with others in similar situations as well as have a much needed break from your caring role.

**1:1 support from a Young Carers Lead Practitioner** – following an assessment it may have been agreed that you will receive support on a regular basis with an action plan to ensure you are able to achieve what you would like or begin to see what it is you would like to aim for.