Young Carers: Who are they? What do they do?

carerstrust
action · help · advice

700,000 reasons to support Young Carers Awareness Day

Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?

- There are about **700,000 young carers in the UK.** (BBC 2010)*
- That's about **1 in 12 secondary aged pupils.**
- There are likely to be young carers in every school and college.

*The Census identified over 200,000 young carers, but many remain hidden.





Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

Who do young carers care for?

Young carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.

Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.

But young people can learn lots of useful skills by being a young carer.



The average age of a young carer = 13

There are young carers as young as five.

A survey of 350 young carers found 48% were stressed because of their role.

What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as 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.

1 in 3 young carers spend between 11–20 hours each week caring.



Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.
- Their rights acknowledged so that they can discuss their needs for support.

Information

Carers.org



Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32–36 Loman Street, London SE1 0EH. © Carers Trust 2018.