

# Young carers:

## Who are they? What do they do?

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.

Across the UK, as many as **1 in 5** children and young people are young carers.



**2 in 3**

young carers have been bullied in school

**1 in 3**

young carers say their caring role makes them feel stressed



## What might a young carer do?

- Practical tasks, such as cooking, housework or 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.

**48**

the average number of school days missed or cut short as a result of a young person's caring role



## Young carers should have:



- Time to have fun and do things that matter to them.
- The same opportunity as their friends to succeed in education and work.
- Support to make ambitious plans for the future and achieve them.
- Recognition of their legal rights to assessment and support.
- High quality support both for them and the person they care for.

**23%**

of young carers felt their caring role had stopped them making friends



@CarersTrust  
@CarersTrustScot  
@CarersTrustWal



@carers.trust



Carers.org