

Who can help you if you think you are a Young Carer?

There are a number of people who can help you if you think you are a Young Carer:

- Head Teacher or School Nurse if you are in Primary school,
- Guidance teacher or School Nurse if you are in Secondary school,
- Education Officer if you have left school or are home educated,
- Social worker if you are supported by one.
- Family information Service can be accessed on Aberdeen City Council's website.

Sometimes other people from different services, such as a charity, can also help you.

What will they do?

The person you speak to about being a Young Carer will ask you if you would like help to look at your needs as a Young Carer. This would mean having a Young Carers Statement.

A Young Carers Statement is a plan to help any child or young person who cares for someone else. It helps Young Carers to work out how caring responsibilities affect their life and support they need.

To find out a bit more about a Young Carers Statement see the Young Carers Statement leaflet.

If you think that you are a Young Carer you can find more information by emailing youngcarers@aberdeencity.gov.uk

**AM i A
YOUNG
CARER?** 

Information for Young Carers



What is a Young Carer?

A Young Carer is someone under 18 or is 18 years but still at school, who provides unpaid help and support to a relative, friend or neighbour who due to illness or disability cannot manage to live independently without their help.

Some children and young people will have small caring roles, and some will have big caring roles.

You might share this caring role with another sibling or other Young Carers or an adult carer.



What does a young carer do?

You may help to care for somebody all the time because, for example you live with them. Or you may care for someone now and again, for example at weekends or holidays.

Caring may include:

- Physical care, like helping someone to wash and dress.
- Practical care, for example helping with household chores.
- Emotional support due to illness, disability, mental health or substance misuse, for example taking responsibility for things.
- It may include supporting siblings where your parent/s is unable to.



What impact can being a Young Carer have?

Being a Young Carer can:

- Make feel proud and help you develop life skills;
- Make you tired;
- Make it hard to have social time with your friends;
- Make it hard to concentrate at school;
- Make it hard to have time to do homework;
- Put lots of responsibility on you.

