

# Who are Young Carers?

Young Carers are children and young people aged under 18 or 18 and still at school who look after or intend to look after a relative who is unable to cope without support due to illness, disability, a mental health problem or an addiction.



# What kind of things do Young Carers do or help to do?

- Help with housework, such as cleaning, laundry and washing dishes.
- Food shopping and preparing meals.
- Help with medication and organising prescriptions.
- Personal care, such as washing and dressing.
- Provide emotional support by listening to worries.
- Help with moving and handling, including using wheelchairs and hoists.
- Help to attend medical appointments.
- Pay bills and organise the family money.



# How do we support Young Carers?

- Time away from caring.
- Respite breaks.
- Emotional support.
- Group support.
- 1-1 support.
- Training.
- Information and advice.

From April 2018, all Young Carers are entitled to a Young Carer Statement. A Young Carer Statement will be completed with a Young Carer Resource Worker from Renfrewshire Council or a worker from Renfrewshire Carers Centre.

If you would like a Young Carer Statement or would like to know more, please contact us using the details overleaf or **Cathy Mearns** on **0141 618 6646 / 07534156470**  
[cathy.mearns@renfrewshire.gov.uk](mailto:cathy.mearns@renfrewshire.gov.uk)





For more information about our Young Carers service, or to refer a Young Carer, call us on **0141 887 3643** or email **enquiries@renfrewshirecarers.org.uk**

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**Renfrewshire Carers Centre**  
**Unit 55 Embroidery Mill**  
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Renfrewshire Carers Centre is a registered Scottish charity.  
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**RENFREWSHIRE CARERS CENTRE**  
A Lifeline for Carers in Renfrewshire

# YOUNG CARERS

