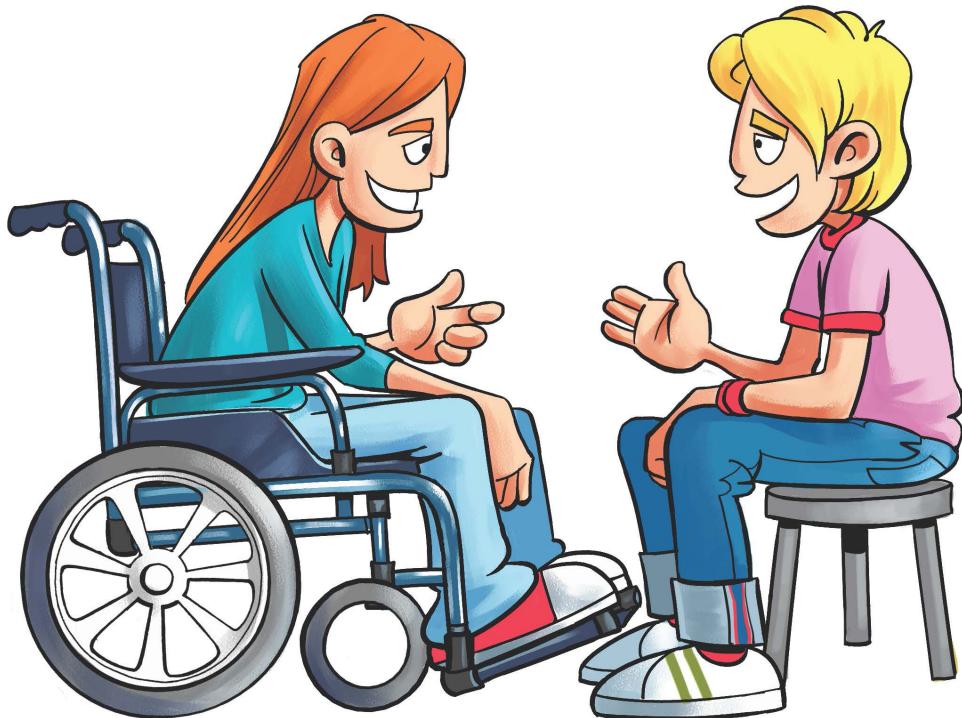




Caring Within the Family

Starting that conversation, together



ABOUT OUR CONVERSATION CARDS

Our conversation cards are easy to use and a great way to start conversations about the impact caring roles are having on your family. They can be used as a family or you can use them on your own to reflect on key questions.

There are **Young Carer cards** and **Family cards**, with a discussion point on one side, and information on the other.

Where do I start?

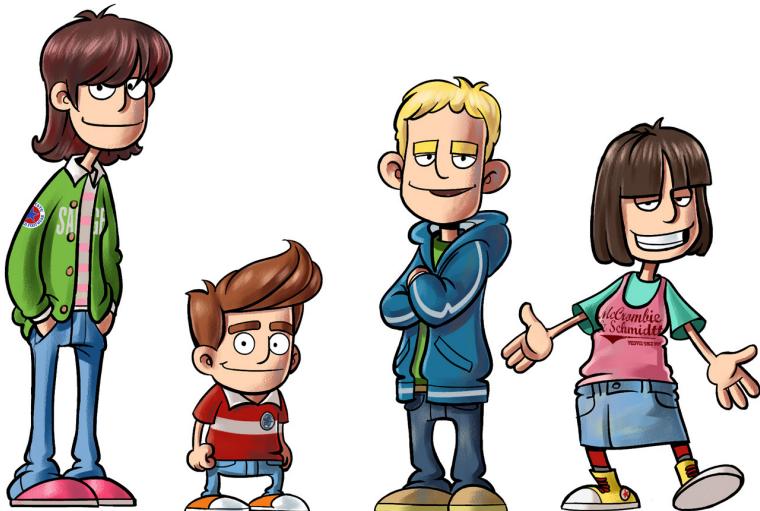
There is no right way to use these cards, they have been created to help families understand more about young caring and the impact it can have. They encourage families to be open and honest and offer some questions to help families to start talking together.

They also include information about organisations and services which can support families with caring roles in Scotland.



YOUNG CARER CARDS

I am a young carer



YOUNG CARER CARD

It is so important to reach out for support when you need it.

Speak to your family and share how you are feeling.

Remember that caring should not take place at the expense of your own health and wellbeing – support is out there for you!

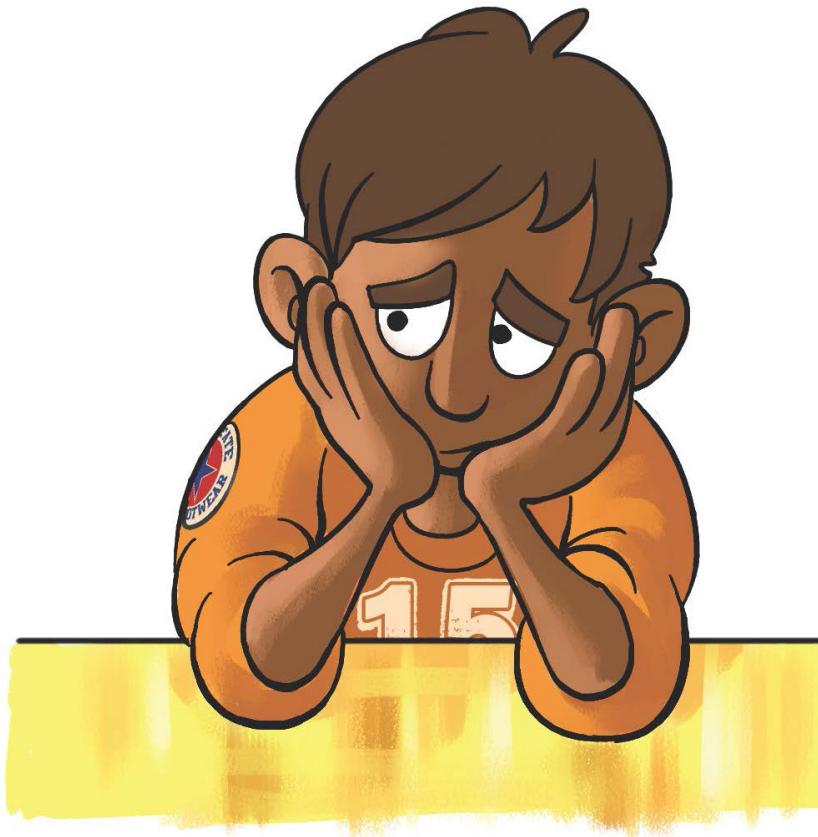


Maybe you don't see yourself as a carer. But if you are under 25 and help look after someone in your family, or a friend, who is ill, disabled, has a mental health problem or addiction, then you are a **young carer. Older young carers are also known as **young adult carers**.**



CARD ONE

**How does caring make
you feel?**



Proud

Guilty

Tired

Happy

Frustrated

Overwhelmed

Caring for someone can have lots of positives like learning new skills and feeling close to your family.

But it can also be hard! Caring can make you feel lonely or anxious and can impact other parts of your life, such as not being able to meet up with friends or having enough time to complete school work.

The most important thing to know is that you are not alone and support is out there for you.



CARD TWO

**What do you find
difficult talking to your
family about?**



How caring is affecting my school work

I feel like we don't spend much time together as a family

I don't get to spend much time with my friends

It can be difficult to share how your **caring role makes you feel**, especially with your family. But it is so important to reach out for support. Speaking to your family members can help everyone discuss issues together and **support** one another.

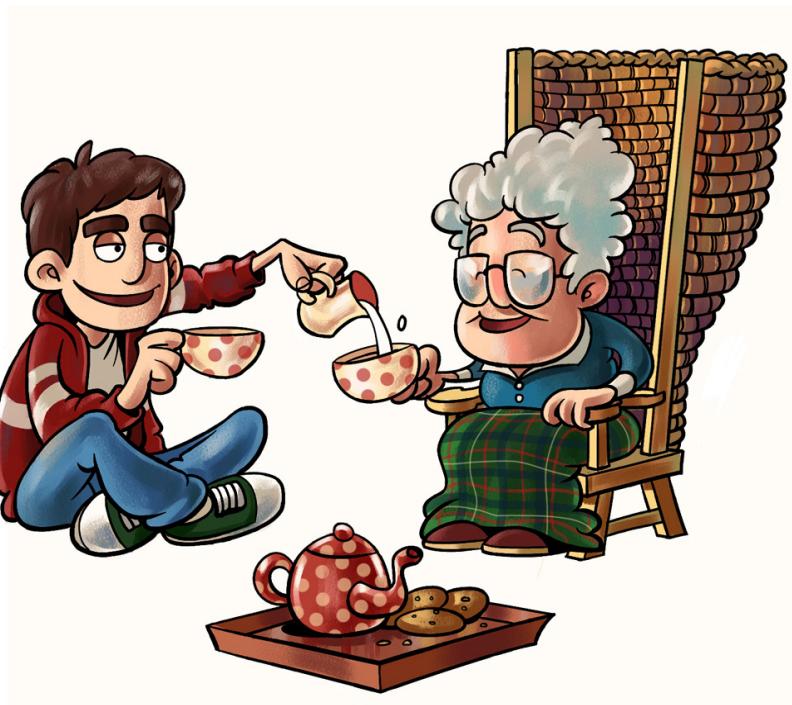
It's important to **talk to your family** so you:

- Don't feel like you are alone.
- Feel supported by the people around you.
- Find support services in the local area to help everyone in the family.
- Stop things from getting worse.



CARD THREE

How do I start that conversation?



YOUNG CARER CARD

Starting a conversation about being a **young carer** can be difficult to begin with. But it does get easier especially the more you talk. Here are some conversation starters to help you think about what you would like to say:

“I've been feeling lately, and I'm trying to tell you about it because...”

“This is difficult for me to talk about, but I need to tell you something ...”

“I am proud to be a young carer, but also feel I need some support myself.”

Remember, only share what you are comfortable with.



CARD FOUR

**What do you like to do in
your spare time?**



It's so important to look after you!

Remember that caring for someone can be hard and if you are struggling, there is no need to feel guilty. You are not alone and there are lots of things you can do to try to help you!

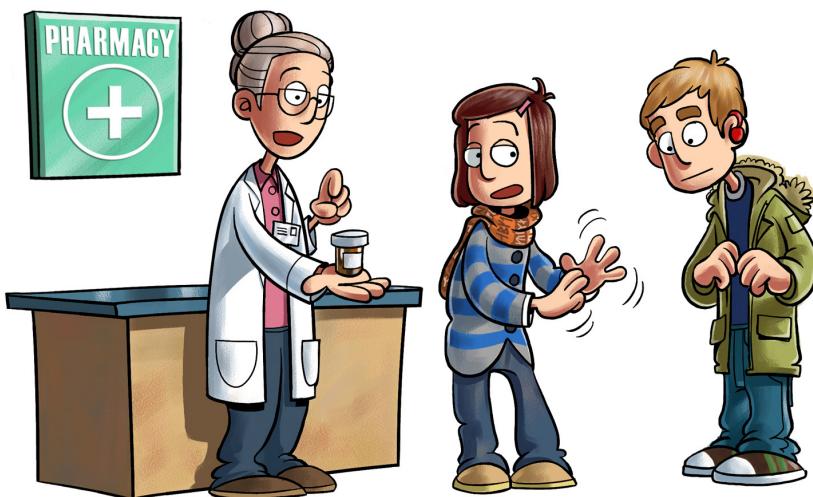
Doing things that you enjoy in your spare time is important. Try these tips:

- Stay in touch with friends.
- Try hobbies, like art, music or sport.
- Get involved with a local young carer project to meet other young carers.
- Write down your thoughts and feelings.
- Exercise!



CARD FIVE

What support do you need as a young carer?





You can suggest things that your family could do to help, like helping you find information, talking to your school, making a doctor's appointment for you or just being there to listen and support you!

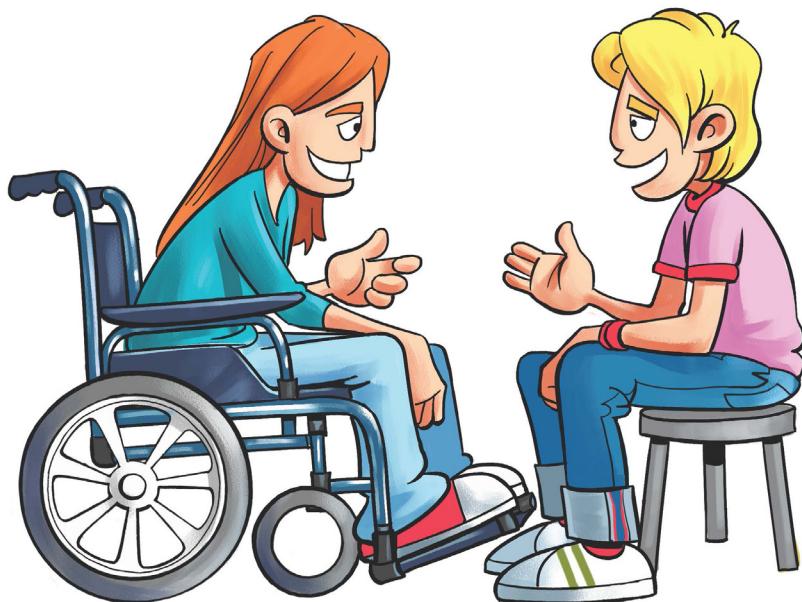
If you feel you can't talk to your family about your caring role and the support you need, it could help to talk to:

- Someone at school you trust, like your Guidance Teacher or school nurse.
- Your doctor.
- Organisations like Carers Trust Scotland. Find them at Carers.org/Scotland.
- Helplines. They let you chat to someone about anything worrying you. ChildLine is for young people and it's confidential. Visit www.childline.org.uk or phone them on 0800 1111 anytime, day or night.



CARD SIX

Where can I find support?



There are lots of great services that can support you as a young carer.

- You can ask your local authority for a Young Carer Statement, if you want to. This means that someone will talk to you about your caring role and what support you need. To get in touch with your local authority visit www.gov.uk/find-local-council.
- There are lots of carer centres and young carer services across Scotland - a chance to meet new friends and have fun! Find your nearest service at <http://careinfoscotland.scot/topics/support-for-carers/>.
- Check out Young Scot's young carers platform at <http://young.scot/campaigns/national/young-carers> for lots of information and access to the Digital Carers Package.



FAMILY CARDS

I am a family member



FAMILY CARD

It is important for all family members to understand the impact that caring can have on young carers' lives and know that there is support out there to help you.

Young carers can find their role overwhelming and they often put the needs of others in front of their own. It is important to recognise caring roles in the family and discuss the impact this may be having.

Although it can be difficult, it is important to make time and space to speak to one another.



CARD ONE

Who are young carers?



FAMILY CARD

A young carer is someone aged 25 and under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Older young carers are also known as **young adult carers** and they may have different support needs to younger carers.

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.



CARD TWO

**What impact does a
caring role have on
young people?**



Young carers can learn lots of new and useful skills.
They often feel close to their families and feel proud of their caring role. But 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.
- Young carers can feel isolated and find it difficult to make friends.
- There may be less time for young carers to do the things they enjoy, such as sports.

It is important to remember that there is support available to help young people with their caring roles.



CARD THREE

**What do you find
difficult talking to your
family about?**





How caring makes me feel

My worries

What I like doing

Things that upset me

Young carers can find it difficult having a conversation about how caring makes them feel. **But it's so important to reach out to one another as a family.**

Young carers can often feel too embarrassed or awkward to share how they are really feeling with their family. But open conversations can help everyone discuss issues together and support one another.

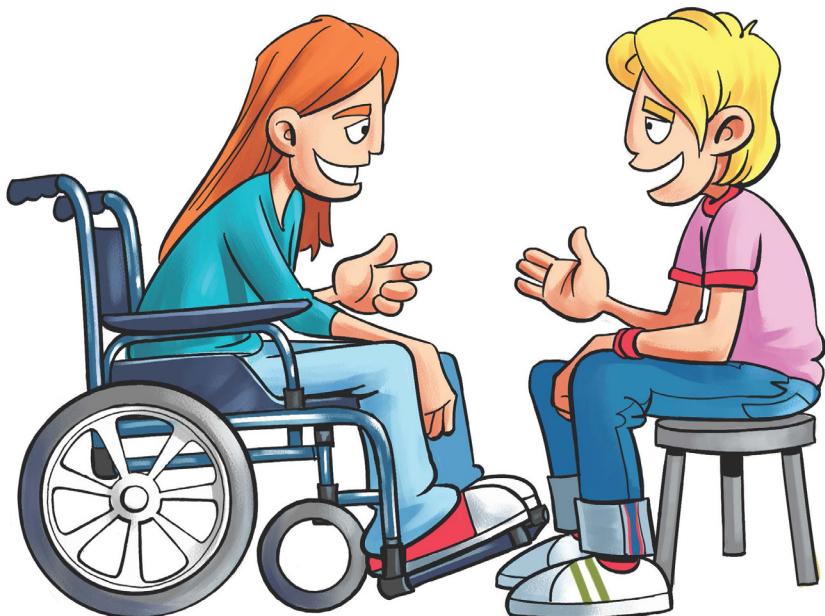
It's important to talk as a family so you:

- Don't feel like you are alone.
- Feel supported by the people around you.
- Find support services in the local area to help everyone.
- Stop things from getting worse.



CARD FOUR

How do I start that conversation?



FAMILY CARD

Starting a conversation about **how caring makes someone feel** can be difficult but it does get easier the more you talk. It's important to actively listen to one another and be supportive.

"I know you've been helping me around the house lately while I care for your brother/sister. How does that make you feel?"

"There's lots of support for young carers out there. We could sit down together to find that information and support, would you like that?"

Remember:

- Be open and honest.
- Remind young people that this is a safe space to share how they are truly feeling.
- You could ask another member of the family to be part of the conversation.
- You can write things down to help you.



CARD FIVE

**What support do you
need as a family?**

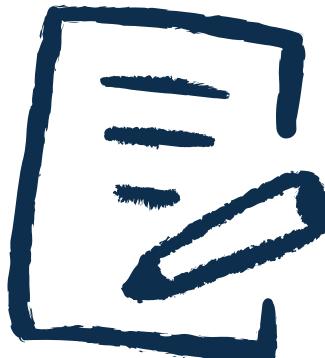


We need to spend more quality time as a family

We need more information about financial support

There are lots of useful resources and services to help support you as a family.

- Find information on www.mygov.scot/young-carer-support/ about young carers' rights, access to short breaks and support with college and university.
- Carer centres and young carer services across Scotland can provide you with the information and advice you need. Find your nearest service at <https://careinfoscotland.scot/topics/support-for-carers/>.
- Carers Trust Scotland (Carers.org/Scotland) and Care Information Scotland can also support you.



ABOUT CARERS TRUST SCOTLAND

Carers Trust Scotland is part of Carers Trust, a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

With locally based Network Partners we are able to support unpaid carers in the community with information, advice, emotional support, hands on practical help and access to much needed breaks. We offer specialist services for unpaid carers of people of all ages and conditions and a range of individually tailored support and group activities.



Co-funded by the
Erasmus+ Programme
of the European Union



This resource has been produced by Carers Trust Scotland as an output of the European project, **Together: A Whole Family Approach for Young Carers**. Carers Trust Scotland is grateful to the European Commission through the Erasmus+ Programme for its generous support, which has made this resource possible.

We would also like to thank the Scottish Young Carers Services Alliance and the Young Adult Carer Advisory Group for their support in shaping this resource.



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