CARERS TRUST RESEARCH CONDUCTED WITH YOUNG CARERS DURING THE PANDEMIC HIGHLIGHTS THE IMPACT ON WIDER WELLBEING OF YOUNG CARERS IN SCOTLAND:

- 42% of young adult carers in Scotland who responded to the survey say they are unable to take a break from caring as a result of Coronavirus.
- 45% of young carers and 68% of young adult carers in Scotland say their mental health is worse as a result of Coronavirus.
- 71% of young carers and 85% of young adult carers in Scotland who responded to the survey were more worried about the future since Coronavirus.
- 58% of young carers in Scotland who responded to the survey say their education is suffering as a result of Coronavirus.

1 in 10 young carers have seen their caring role increase by 30 hours a week or more.