



# FAQS - YOUNG CARERS AND THE YOUNG CARERS ID CARD SCHEME



## Who are Young Carers?

A young carer, or a young adult carer, is anyone who is aged 25 or under, and looks after a loved one- be that a friend, family member, or neighbour- who is living with a disability, chronic condition or illness, or an addiction. Young carers perform a wide variety of tasks including personal care, helping their loved one to take medication, performing household tasks such as cleaning or managing finances, to providing emotional support. Not all young or young adult carers perform the same tasks and responsibilities vary from person to person. Not every young or young adult carer will identify as such.

## What are some of the challenges facing young carers?

Young carers may struggle to have the importance of their role recognised by society- whether by their friends, family, or professionals they come across through their caring role. For example, young carers may struggle to keep up with schoolwork, and instead of receiving appropriate support will be considered to not be working hard enough. As the responsibilities of young carers vary widely, so do the challenges they face- even simple things such as managing to have any personal time can be difficult.

## What is the Young Carers ID Card?

The Young Carers ID Card, or YCID, is a Wales-wide ID Card for young carers up to the age of 18. It helps young carers to be properly identified and receive appropriate support from the professionals they may come across in their caring role, such as pharmacists, doctors, and teachers.

### Young carers can use the card to do things like:

- **Collect medicines at pharmacies**
- **Ask for help from teachers or other trusted adults**
- **Receive local benefits and discounts, depending on their local authority**

## How can a young carer receive the YCID?

The first step is to check whether the card has been launched in the young carer's area. You can check easily by going to [carers.org/ycid](https://carers.org/ycid).

The way a young carer can receive the YCID will depend on the local authority they live in. You can use the above website to find out which local authorities have already launched the ID card and get in contact with your local network partner to find out about how you can get the YCID.

## How can I support the Young Carers ID Card?

The most important thing to help to recognise the YCID and young carers more widely is understanding that every young carer's circumstances are different and not always easily explained. The purpose of the ID card is to remove the need to have these uncomfortable conversations and help to streamline support, so it is more useful and direct. Learn what the YCID looks like in your local area and look out for the blue cloud logo to identify it.

Some young carers might choose not to have a YCID- it's important that we don't use the YCID to discriminate between those that do or do not have it. Having a YCID is not a reflection of the importance of someone's caring role.



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