If you're a Young Carer and looking after someone here's how we can support your situation...

Sometimes we all can feel like a duck out of water...

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Sometimes when Mum is having a bad day I need to ring her when I’m at school to check on her. I enjoy looking after Mum, it makes me feel good but some days can be more difficult than others.

Every day when I get home from school I make my Dad’s dinner and tidy up because he can’t do it himself.

It’s hard to see my friends because I have to stay at home all the time to keep and eye on things.

Every family is different and lots of families in Glasgow get help from a variety of services. If you look after someone you might find yourself doing some or all of the following:

- Extra housework, cooking and shopping
- Helping the cared-for-person to wash or dress
- Taking care of family finances
- Helping a family member with their medication
- Providing emotional support
- Caring for someone with an alcohol or drug misuse issue
- Caring for someone with a mental health illness.

Looking after someone can feel good, but sometimes it can be difficult and might mean:

- You are late for school, or have to take days off?
- It’s hard to meet homework deadlines?
- You are worried all the time?
- You don’t have time to take part in clubs and activities after school or at the weekends?
- You don’t feel able to talk to anyone about your home life; you worry they wouldn’t understand, or they might treat you differently?

What is a Young Carer’s statement?

If you look after someone and you feel worried or want someone to talk to, you can speak to your pupil support team, school nurse, or perhaps a friend or relative.

There is also a Young Carers’ Team in your area who are on hand to help you with:

- 1:1 support from the local Young Carer Worker
- General information and advice
- Illness specific training session: you might want to know or understand more about a family members illness
- Getting extra help for the person that you look after
- Completing a Young Carers Statement (if needed).

A Young Carer’s Statement is part of The Carers (Scotland) Act 2016.

It forms a plan for you, to help you achieve your own personal goals.

The goals are set by you.

- I set my own goals and I was able to get help to achieve them
- A young carers statement is personal so it is about me and what I need
- A young carers statement helped my whole family, not just me.

Young Carers’ sample statements

Every day when I get home from school I make my Dad’s dinner and tidy up because he can’t do it himself.

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