IS YOUR CHILD A YOUNG CARER?

If you would like to find out more or wish to speak in confidence about your child please get in touch with a member of the team on

01463 723563 or youngcarers@connectingcarers.org.uk

Connecting Young Carers
Ensuring young carers are seen, heard and supported

Connecting Young Carers is a branch of Highland Community Care Forum, a company limited by guarantee. Registered in Scotland No: 136997, Scottish Charity No: SC020501, Registered Office: 54 Culcabock Avenue, Inverness, IV2 3RQ
Young carers are children and young people under the age of 18 who help care for a member of their family who has either a physical disability, learning disability, experiences mental ill health or struggles with alcohol or drug addiction. Young carers can be caring for their mum, dad a brother or sister or another family member. Some young carers are looking after more than one person.

Many families are affected by illness, disability, mental ill health or substance misuse and it is not uncommon for young people to help support and care for a family member. Many young people are proud of the responsible role they have at home.

Young carers can be the only carer in a family or they can be helping a parent to care for another adult or child in the family. Caring roles can vary, but the tasks young carers carry out can range from:

- **Practical** – washing, dressing, shopping, cleaning, cooking
- **Emotional** – keeping someone calm, encouraging them to take medication or eat
- **Social** – supporting them to attend medical appointments, use public transport, access their community
- **Sibling support** – getting brothers and sisters to school, looking after them if a parent is unwell

Connecting Young Carers works alongside family members to better understand what support and help is best for the young carer in your family and offers information and opportunities for young carers to take part in events that build:

- confidence
- wellbeing
- skills
- new friendships

"As a mum I want to be able to do everything they need but I can’t. I didn’t ask for my condition and nor did my children but it is no-one’s fault, it’s just life.

"As a parent myself it can be nerve racking to approach services as you wonder if you will be judged, am I doing the right thing? Not sure how it works or what is offered.....I couldn’t imagine it to have been more wrong. No one judges you in anyway.

"Letting the school know was the best thing I could have done, now there is so much more understanding about our family life."