Ailsa is always late
She finds it hard to concentrate
She rarely does her homework
She's always looking at her phone in class

Ailsa is a young carer
just like 1 in 10* school pupils in Scotland.

* Source: Getting It Right for Young Carers Strategy for Scotland 2010-2015

A young carer is someone under the age of 18 who helps to look after a member of their family who is ill or disabled.

As a result of their caring role, young carers can sometimes:

- run late for school
- have poor attendance
- be tired
- hand homework in late, or not at all
- get distracted worrying about the person they care for

How you can support young carers in your school:

- identify, understand and support them
- remind pupils about services available for young carers
- inform other staff if you identify a young carer
- contact the Young Carers Support Service for awareness-raising activities and more

For more information, training, resources and support, contact us at the:

Young Carer Support Service
Tel: No: 01506 448009
Email: wilma@carers-westlothian.com
Web: www.carers-westlothian.com