Young carers:
Who are they? What do they do?

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Across the UK, as many as 1 in 5 children and young people are young carers.

What might a young carer do?
• Practical tasks, such as cooking, housework or shopping.
• Physical care, such as helping someone out of bed.
• Emotional support, such as talking to someone who is distressed.
• Personal care, such as helping someone dress.
• Managing the family budget and collecting prescriptions.
• Helping to give medicine.
• Helping someone communicate.
• Looking after brothers and sisters.

2 in 3 young carers have been bullied in school

1 in 3 young carers say their caring role makes them feel stressed

The average number of school days missed or cut short as a result of a young person’s caring role

48

Young carers should have:
• Time to have fun and do things that matter to them.
• The same opportunity as their friends to succeed in education and work.
• Support to make ambitious plans for the future and achieve them.
• Recognition of their legal rights to assessment and support.
• High quality support both for them and the person they care for.

23% of young carers felt their caring role had stopped them making friends

@CarersTrust
@CarersTrustScot
@CarersTrustWal
@carers.trust
Carers.org