

# Be an Agony Aunt for a Young Carer!

This activity is designed to be used with the other resources produced for Young Carers Awareness Day.

## What problems do young carers worry about? What would be helpful to say to them?

Here are three issues that young carers are facing. They are based on real examples of problems that young carers have had. What might you say to help them? Choose one and respond to the young carer in the style of an agony aunt.

### Problem 1

My brother is ten and has a learning disability that means he behaves like a two-year-old. I am the only one that can calm him down and who he listens to. This is making me really stressed and I can't have a break without him. My parents find it really hard and leave me to look after him most of the time. What can I do to change their minds and help with my brother's behaviour? – **Asif**

### Problem 2

My dad is disabled and he needs me to do lots of stuff for him. People at school have been excluding me from hanging around with them and everything has got so much I don't think I can cope with it any more. Please can you give me some advice because my mum is worried and I have been going to the doctors because I am really depressed and I don't know what to do. I need help. – **Stephen**

### Problem 3

My mum's in hospital at the moment because she has kidney problems. So me and my little sister are living with our auntie. She keeps crying loads which makes us upset! Whenever I mention it she keeps saying that I'm being rude. How can I tell her in a good way that we can't cope with all this? – **Joanne**

## Information

[Carers.org/ycad](http://Carers.org/ycad)

