



Who are young carers?



A young carer is someone under 18 who looks after someone at home who is ill, disabled, has a mental health condition or addiction problem.





What do young carers do?



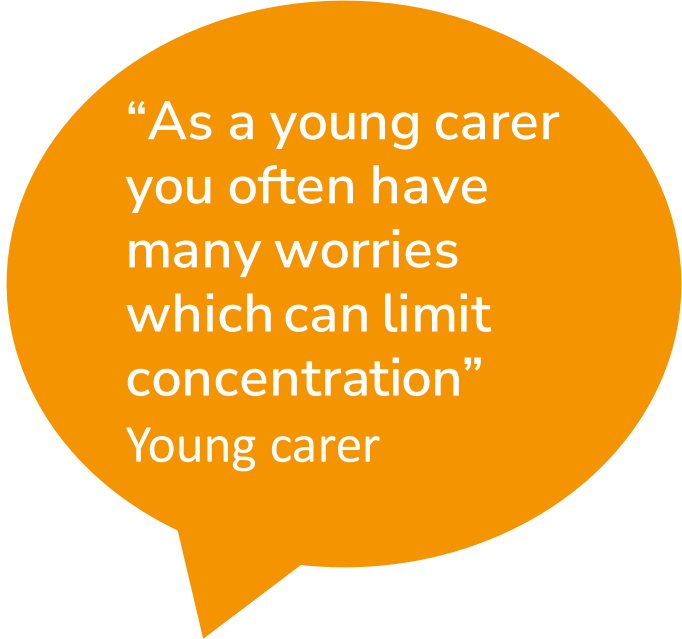
Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult,

- Shopping, cooking, cleaning
- Managing medicines or money
- Providing personal care
- Helping get people out the house
- Keeping an eye on someone
- Providing emotional support

Potential impacts

Caring can impact a young person's:

- Physical health
- Emotional wellbeing
- Socialisation
- Stable environment
- Aspirations and life chances

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“As a young carer you often have many worries which can limit concentration”
Young carer



Skills young carers develop



Young carers can also develop important life skills such as:

- Financial skills
- Cooking
- Managing house
- Ability to multi-task
- Effective communication skills
- Time management
- Mature outlook
- Compassion, consideration, determination, empathy, understanding and tolerance of disability and illness can also all be acquired through a caring role.



Support for young carers



There is lots of support available for young carers and their families should they ever need it

– both inside school:-

- access to a telephone during breaks and lunchtime to phone home
- negotiable deadlines for homework/coursework (when needed)
- in-school opportunities to complete homework (if necessary)
- identifying support for them and their family to enable them to attend school trips and educational activities
- access for parents with impaired mobility
- alternative communication options for parents who are sensory impaired or housebound

AND outside of school:-

- advice to parents if there are difficulties in transporting a young carer to school
- access to school for wider support i.e. food bank
- Consent to a referral to the West Sussex Young Carers in Schools Service

“I have witnessed young carers grow from strength to strength once they are identified and support is in place”.
Young carer