

USEFUL LINKS AND NUMBERS

WEBSITES

www.YACbook.co.uk
www.kooth.co.uk
www.themix.org.uk
www.carersuk.org
www.sibs.org.uk
www.iapt-wilts.awp.nhs.uk/
www.onyourmind.org.uk
www.youngminds.org.uk

NUMBERS

Adult Social Care

0300 456 0111

Samaritans

116 123

HOPELineUK

0800 068 4141

or text 07786203697

NHS Helpline

111*

*Remember to always call 999 if
there is an immediate risk to life



CONTACT US

FREEPHONE 0800 181 4118
carersupportwiltshire.co.uk

YACbook

For information, advice and
support for young adult
carers, check out

YACbook.co.uk



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A YOUNG CARERS GUIDE FOR 16-18 YEAR OLDS

IN THIS GUIDE:

- What Carer Support Wiltshire can offer you
- Transition assessment information
- Useful links and resources

Find more on www.YACbook.co.uk

WHO ARE YOUNG CARERS?

A young carer is someone 18 or under who looks after (or helps to look after) someone else. It might be your mum or dad, grandparent, brother or sister or a close relative. It often means doing things like cooking, cleaning, shopping, giving medication or just talking and helping.

Looking after someone takes up a lot of time and it can sometimes be very difficult to cope.

The good news is that there is lots of help out there to make things a bit easier for you.

WHAT ARE YOUR RIGHTS?

In order to support you as a young carer, Wiltshire Council have a responsibility to make steps to identify and carry out Young Carer Assessments for carers under 18. If you have not had an assessment you can ask for one.

At 16 you are also entitled to a transition assessment which will be carried out by us at Carer Support Wiltshire.

WHAT DOES TRANSITION MEAN?

Transition simply means changing from one process or period to another. For you as a young carer aged 16 - 18, we are focusing on the transition from childhood into adulthood.

WHAT DOES A TRANSITION ASSESSMENT INVOLVE?

A transition assessment is about you, your hopes and wishes for the future and the support you may need to achieve those goals.

The assessment will look at:

- Your caring role
- How your choices may impact the person you care for and other members of the household
- Education, employment and/or training
- Your health and wellbeing
- Your independence
- Your social life

After the assessment we will work with you to create a support plan to help you make steps towards your future.

HOW CAN WE HELP YOU?

We can offer you:

- A transition assessment
- Support plan and 1:1 support
- A chance to meet other young carers and share experiences
- Help with applications and grants
- Volunteering and/or mentoring opportunities
- Pampering sessions
- Monthly young adult carer cafes
- Advice, information and signposting
- Carers Emergency Card Scheme
- Online community and resource centre for young adult carers
www.YACbook.co.uk
- Various themed events and workshops, including CV writing, Interview skills, understanding mental health, cooking and much more!

**WE ARE
HERE
FOR YOU**