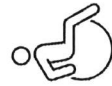


Who is a young Carer?

A young carer is a young person **under the age of 18** who looks after or helps to look after someone who has an illness, disability, a mental health illness or misuses drugs or alcohol. It might be your mum, dad, grandparent, brother, sister or a close relative or friend.

A young carer will take on the emotional and physical responsibilities that would normally be expected of an adult. This can be difficult for a young person as it can be stressful taking on responsibilities you may otherwise not have been ready for.



What responsibilities might a young carer have?

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including 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.

Young Carer Assessment

Being a young carer can make things like going to school or meeting up with friends more difficult. If you feel like you might be a young carer but aren't too sure, talk to someone you trust, like a teacher or doctor, and they will be able to refer you for a Young Carer Assessment.

A Young Carer Assessment involves you being contacted by the young carers team at Wiltshire council. They will get to know you and the individual responsibilities you are dealing with.

If they feel that you would benefit from some additional help, they will put you in touch with 'Youth Action Wiltshire', who provide breaks and support for young carers in the Wiltshire area.

If you are between the ages of 16-18 you can also apply for a transition assessment which helps young carers transition from childhood to adulthood.