

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



## Who are young carers?

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

## How many young carers are there?

- There are about **700,000** young carers in the UK. (BBC 2010)
- That's about **1 in 12** secondary aged pupils.
- There are likely to be young carers in every school and college.

\*The Census identified over 200,000 young carers, but many remain hidden.



## Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

## Who do young carers care for?

- Young carers care for someone:
- With an illness or disability.
  - With a mental health condition.
  - Who misuses drugs or alcohol.

## Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 30% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.



But young people can learn lots of useful skills by being a young carer.

## The average age of a young carer

# = 12

“Don't stereotype us, we are all individuals.”  
Young carer

## What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give someone their medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

**1 in 3** young carers spend between 11–20 hours each week caring.



## Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.

## Information and support

[www.youngcarers.net](http://www.youngcarers.net) (18 and under)  
[www.youngercarersmatter.org](http://www.youngercarersmatter.org) (16-25)  
[www.makewav.es/YCIF](http://www.makewav.es/YCIF)

