

**Young  
Carers**

# Am I a... Young Carer?

Information to help Young Carers  
recognise their role and the support  
they can access.



Should you need any more information please visit  
[www.southtyneside.gov.uk/youngcarers](http://www.southtyneside.gov.uk/youngcarers)

# About This Guide

This booklet is for young people up to the age of 25, who help to look after someone. We hope that it will help you to speak to and work with professionals to make sure you get all the information, support and advice you need.

## Am I a Young Carer?

If you are aged 25 and under and help to care for a parent, sister, brother, grandparent or another individual because they have an illness, disability, mental health difficulty or an addiction – you are a Young Carer.

If you are aged 16–25 and care for someone, you are also known as Young Adult Carer.

You may have been providing care or support from a very young age, or have recently found that you have taken on other roles at home.

### Some of these things may include:



Helping someone get dressed, undressed, get washed or move around safely



Helping with housework, cooking, shopping or other everyday tasks



Help to keep someone company or provide emotional support



Help to store and give medications or collect prescriptions



Help someone to communicate

# Why do I need help?

**We know with the right support you can balance your caring role with doing all the things that you enjoy.**



You may have found your education life is affected, being late to class, unable to do your homework, or struggling to learn.



You may also find that you have little time to yourself, to go out with friends and do the things you enjoy or even difficult to make and keep friends.



You may feel excluded from discussions or decisions about the health of the person you care for which can make supporting them difficult to do, without the correct information.



You may feel that you don't want to be a carer and that you want to end your caring role.

**If this is how you feel, we hope that this guide will give you confidence to speak to teaching staff and health and social care professionals so they can help. Unless they are aware of your caring role it is difficult for them to support you.**



# What is a Young Carer ID Card?

**We have listened to Young Carers who have told us that an ID card would help to:**

- ✓ Raise awareness of your responsibilities and give formal recognition to your role
- ✓ Discreetly let people know about your caring responsibilities without having to repeatedly share personal details
- ✓ Give you confidence to ask for help or understanding from professionals like teaching staff, doctors, nurses, social workers and pharmacists

**We have done a lot of work with teachers, nurses, doctors and many other professionals to help them understand the challenges you face and how they can best help you.**

# What does a Young Carer ID Card look like and how do I get one?

The Young Carers ID Card can only be issued by the Young Carers Service in South Tyneside. It will be issued as part of the Young Carer Assessment. Depending on your age, this may be done on your own or with the person you care for. Make sure you give them as much information as you can so they know how best to support you.



**The Young Carers Service is free and confidential, and can help with lots of other things too, such as:**

Someone to talk to

A break away from your caring role

Somewhere to go and feel safe and supported

A chance to meet new friends in similar situations

Support to improve education attendance

An opportunity to just be you and have fun

Improve emotional and physical health

Reduced isolation



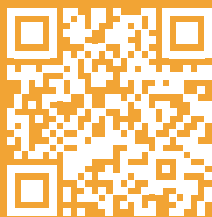
## Top tips in Education

- Make a member of staff aware that you are a Young Carer, this could be any member of staff you feel comfortable to talk to. They will ensure everyone who needs to be, are made aware.
- Talk about your caring role and responsibilities and how this is having an effect on your education.
- If there are times you may be late or need to leave early speak to a member of staff and ask for their support.
- You may need to have access to a phone, whether this is your own mobile or one in your education setting, to make arrangements for this.
- If you are struggling with making friends or feel isolated, talk to a member of staff who may be able to help, there may be groups you can join. The member of staff may also talk to you about a referral to the Young Carers Service in South Tyneside, who run activity sessions, holiday activities, and education drop in sessions and peer support.



## Top tips in Health and Social Care Settings or during Consultations

- Make the health or social care professional aware that you are a Young Carer when you attend an appointment for either yourself or for the person you care for. This should then be noted on your record and those of the person you care for so everyone who needs to know is aware of your circumstances.
- Ask for appointments outside of school, college or university hours. Unless you ask you will never know if this is possible.
- If you are with the person you care for at their appointment, make sure they tell the healthcare professional when it is OK for you to stay in the room. There may be time the person you care for would like some privacy with the healthcare professional.
- Make a list of the questions you may want to ask, as it is very easy to forget, when there is a lot of important information being discussed.
- If you do not understand the word the health or social care professional is using, speak up. It is important that you are clear to be able to provide the best support to the person you care for.
- If you regularly collect medications, ask the person you care for to let the pharmacy know to note it on their system. You may still need to take ID or your Young Carer ID Card along with you.
- If you need more information about storing or giving medication safely, don't be afraid to ask. The health or social care professional may be able to offer alternative solutions.



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South Tyneside Council



South Tyneside and Sunderland  
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