

RECOMENDATIONS OF BEST PRACTICE FOR YOUNG CARERS

- Ensure young carers have access to better health care services and education, provide a holistic approach that can also cover their emotional as well as practical needs.
- Ensure professionals including social workers, youth workers, and teacher receive the correct training in order to recognise and identify if someone is a young carer. This should include cultural awareness and sensitivity of carers from Black, Asian and other ethnic minorities.
- Provide young carers with training that can take into consideration the skills they have already acquired from their caring role.
- Provide assembly's in all schools with a view to educating students about the role of a young carer in order to help reduce the stigmatising and bullying.
- Hold seminars for employers in relation to a young persons caring responsibilities and their needs.(Demushi and Ntziadima, 2015)

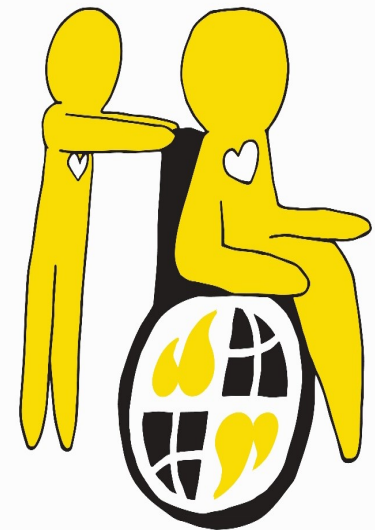
(Demushi and Ntziadima, 2015)

NATIONAL ORGANISATIONS THAT OFFER SUPPORT

- **CARERS TRUST**—They work to improve the support services for those that live with the every day challenges of those who provide unpaid care to a family member. Friend or loved one. Their aim is to provide practical support for all carers across the UK.
 - Website: <https://carers.org/>
 - Tel: 08448004361
- **Young Carers.net**— A website where young carers can find and chat to other young carers in the UK who are in a similar situation. This can be done in a safe environment.
 - Website: <https://youngcarersnet.co.uk/>
- **Carers UK**— A charity that was set up to help those carers who look after a loved one. They provide advice and support as well as campaigning to make the life of carers a better one. They do this by having an influence on the policy makers, employers and service providers in order for them to improve the lives of carers.
 - Website: <https://www.carersuk.org/>

(Carersuk.org, 2018), (Young Carers, 2018), (Youngcarersnet.co.uk, 2018)

Information Leaflet for Young Carers



Picture 1. (Penrice Academy, n.d.)

AM I A YOUNG CARER?

- Are you under 25?
- Do you look after someone at home?
- It could be a parent or sibling or loved one?

The person you look after could be either unwell, disabled, have mental health issues or have substance misuse.

Sometimes it can be difficult to recognise someone as a young carer, but does this sound like your family? Or a family you know?

If you say yes to these questions then you are classed as a young carer.



Picture 2. (Youngcarersnsw.org.au, 2018)

WHAT IS A YOUNG CARER?

You may be wondering what a young carer is and if you are one yourself? A young carer is a young person under the age of 25 who lives with and supports someone who has an illness, disability, mental health issue or has a problem with substance misuse (Becker, et al, 1998).

By being a young carer you may provide practical and emotional support, that in normal circumstances and adult would be responsible for. Being a young carer may involve lots of physical along with personal care. You may also dispense out medication, help someone to get up and get dressed, along with help in getting around. Along side all of this you may also have to provide emotional support, by being a shoulder to cry on and be there to listen if the person you are caring for becomes upset. As a young carer you may also take on the responsibility of looking after younger siblings, along with doing the household chores like cooking, cleaning and washing (Becker, et al, 1998)

(Becker, et al, 1998)

BARRIERS YOUNG CARERS MAY FACE

Being a young carer unfortunately can come with many barriers that each individual may face. This could both at home and at school (Supporting young Carers, 2011). These barriers could be both practical and educational, and could include:

- Not being able to concentrate in school due to worrying about a loved one at home.
- Having poor attendance at school due to their caring role.
- Having limited or no access to after school activities or clubs due to financial constraints, this could also include school trips.
- Having feelings of isolation and detachment from other children.
- Having not enough support at home due to family members being preoccupied with the person who is being cared for's disability. (Supporting young Carers, 2011)

(Supporting young Carers, 2011)

INFORMATION ABOUT YOUNG CARERS

Children who are classified as being a carer are put into three different categories (Demushi and Ntziadima, 2015).

- A. **Non Young Carer**—This is a young carer who does not give special help to someone at home who has a disability or special need, instead the young person does low levels of domestic tasks which are appropriate for the age and level of maturity of the young adult/child (Demushi and Ntziadima, 2015).
- B. **Known Young Carers**—These are young carers that have been recognised for their care-giving role. These young carers often have to undertake a range of domestic and caring role on a daily basis. These roles vary in the amount of regularity and intensity. (Demushi and Ntziadima, 2015)

(Demushi and Ntziadima, 2015)

C. Children ‘Showing Signs of Caring’ — These are children and young adults that look after or provide special help to a loved one, at home, who is either ill, has a disability or another form of special need (Demushi and Ntziadima, 2015). These young carers often undertake a range of responsibilities that are often more substantial and significant than the Known Carers group, but however have not been identified or recognised as being a young carer (Demushi and Ntziadima,



Picture 3. (Young Carers MK, 2018)

(Demushi and Ntziadima, 2015)

TIPS TO HELP YOU

1. Talk to someone you can trust, if you feel the need to. This could be a teacher, L.S.A, a relative, a friend, a social worker or even your doctor. This can be a huge release of stress if you are able to talk to someone (Young Carers, 2018) . This could also be one of the many charity helplines that are available, many of these are a freephone number so do not cost anything. You do not have to give your name if you so wish as you can remain anonymous (Young Carers, 2018)
2. Make sure you take the time to have a break and look after your own mental health. Go out with friends and have some fun. Do “normal” things that your peers do. Sometimes you may forget about yourself as your time can be so consumed with looking after and worrying about the loved one you care for (Young Carers, 2018).
3. Try and find out as much information as you possibly can about the condition that is affecting your loved one. There are many excellent resources of information and forums online, that can help and advise, as well as being able to liaise with others who have the same condition (Young Carers, 2018).
4. If the person you are caring for is being hurtful, try not to argue back. Take a step back. More often than not it will be the symptoms of the illness, they do not mean what they are saying (Young Carers, 2018).
5. Lastly remember it is not your fault your loved one has an illness (Young Carers, 2018).

(Young Carers, 2018)