

YOUNG CARERS AWARENESS DAY

FRIDAY 13TH JUNE 2014

WHAT IS A YOUNG CARER?

A young carer is someone aged 18 or under who spends time looking after a relative or friend, who is disabled, ill, has mental health problems or uses drugs or alcohol.

The majority of young carers look after one of their parents or care for a brother or sister.

They do jobs in and around the home, such as cooking, cleaning, shopping or helping someone to get dressed and move around. They may also help them use the toilet or give them medication.

Young carers may need to help a relative deal with their feelings by talking to them, sitting with them, listening and trying to understand their problems.

The difference between young carers and other young people who help in the home is that young carers are often responsible for someone else in their family in a way that most other young people are not.

Many young people do not see themselves as young carers because what they do is 'normal' to their family. Because of this, they don't realise that there us help for them out there.

If you take on this kind of responsibility, you are a young carer.

WHERE TO GO TO FIND OUT MORE!

www.northumberlandyoungcarers.org is an information website for young carers living in Northumberland and those professionals supporting them. You can use the site to find out where the support is in your area or information about money, your rights or your future.

For more information about young carers awareness day and work with young carers contact Caroline Friend on 01665 713109 or email her at: carolinef@voices-northumberland.org.uk.

