

SELF DETERMINATION AND CHOICE
(TO BE CHILDREN, CARERS OR BOTH)

STOP

BE HEARD
LISTENED TO
AND BELIEVED

CARING

PROTECTION FROM PHYSICAL AND PSYCHOLOGICAL HARM
(INCLUDING THE RIGHT TO PROTECTION FROM INJURY CAUSED BY LIFTING)

PHYSICALLY

BE CONSULTED AND TO BE FULLY INVOLVED
IN DISCUSSIONS ABOUT DECISIONS WHICH AFFECT YOUR LIFE
AND THE LIVES OF YOUR FAMILY

A FULL ASSESSMENT OF YOUR NEEDS, STRENGTHS
AND WEAKNESSES, THAT RECOGNISE YOU AS AN INDIVIDUAL

AS CHILDREN AND YOUNG PEOPLE AND AS CARERS YOU HAVE A

RIGHT TO.....

YOUR YOUNG CARERS WORKER CAN HELP YOU GET THESE THINGS

INFORMATION AND ADVICE
PRIVACY
AND
RESPECT

PLAY RECREATION AND LEISURE
EDUCATION

TO COMPLAIN AND HAVE
THAT LISTENED TO AND ACTED ON

BE RECOGNISED AND TREATED SEPERATELY
FROM THE PERSON THAT YOU CARE FOR

HEALTH AND SOCIAL
CARE SERVICES
THAT YOU NEED

INDEPENDANT AND CONFIDENTIAL
REPRESENTATION AND ADVOCACY
SOMEONE TO PUT YOUR POINT ACROSS

PRACTICAL HELP AND SUPPORT,
INCLUDING RESPITE CARE