



## Who are Young Carers?

Young carers are children and young people who take responsibility for the care of a family member, usually a parent, brother or sister, who suffer from a disability, a serious illness, mental ill health or substance mis-use. The care might range from basic household tasks to nursing care, or it might take the form of emotional support.

The effects on children and young people who care for a dependant relative go largely unrecongnised.

If professionals and families don't acknowledge the responsibilities they carry, young carers may become ill themselves or they may find difficulties in forming well- adjusted social relationships.

Frequently young carers do not feel able to pursue further education opportunities, or fail to attain according to their educational potential due to the responsibilities they carry at home.

Young carers are not always aware of where or who to ask for help, or even that they need help. They rarely discuss their home situation with peers or adults out of loyalty or fear.