



## WHO IS A YOUNG CARER?

Young carers are children and young people who carry out **significant caring tasks** and **may assume levels of responsibility for a family member which would ordinarily be taken on by an adult**. They may be involved in the care of an adult or child in their family affected by one or more of the following:

- a physical disability or sensory impairment
- long term illness
- mental ill health
- problematic substance misuse
- learning disability

## HOW TO MAKE A REFERRAL

If you think a child in your school may be a young carer contact Nick Bollington our Senior Family Practitioner to have a discussion in principle, you do not need to give any confidential details of the child at this stage. [mail@glosyoungcarers.org.uk](mailto:mail@glosyoungcarers.org.uk) or 01452 733060.

## OUR SERVICES

- Children identified as young carers will receive a home visit from one of our locality workers to assess their needs within a whole family context
- Those aged 11+ will access our Caring Counts programme
- Activity groups and trips for young carers who need a break
- Specialist support for young carers who look after someone who misuses alcohol or drugs or who has mental ill health
- Opportunities to have their voices heard by professionals
- Information booklets written with young carers for young carers
- [www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk) - website with resources for families and professionals

## YOUNG CARERS TOP TIPS FOR SCHOOL NURSES



Make yourself  
known and  
visible to us

Promote our  
physical and  
emotional  
wellbeing

Check we are  
registered with  
health services eg.  
GPs, dentist

Understand the  
emotional  
impact of caring

Be supportive,  
non-judgemental,  
& non-intrusive

Realise that we  
are 'experts by  
experience' in  
caring

Work together  
with young  
carers school  
leads

Keep in touch  
with GYC for info  
& advice