

## Young Carers and Adult Young Carers

### Key Facts

- ◇ 2011 Census figures show that in Worcestershire 3,490 children and young people identified themselves as young carers
- ◇ 52% of young and young adult carers registered with Worcestershire Young Carers are from single family households
- ◇ As of June 2015 79% of carers registered with WYC are caring for a parent
- ◇ According to national research 1 in 20 young carers miss school due to their caring role
- ◇ From the 2011 census most carers are between the ages of 10-14 years
- ◇ Young carers are four times more likely to live in a household where no adults are in work
- ◇ A young carers family is more likely to have an income £5000 less than the national average



## What's difficult about caring?

### Views and experiences of young carers

"Mummy and Daddy don't have time for me"

"Not having time for me to go out with my friends and feeling like I'm not doing enough"

"Seeing Mum upset because she cannot do simple things"

"When I have had a tiring or a bad day it's hard to care for someone else when you just want to be alone"

"Trying to have a social life and relief from stress"

"All the stress, it annoys me – it makes me upset when she is upset. Balancing in with everything"

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**Further Information and  
referral forms can be  
downloaded from  
[www.yss.org.uk](http://www.yss.org.uk)**

## Worcestershire Young Carers

**Working with  
&  
Providing support  
to**

**Young Carers and Young  
Adult Carers  
across  
Worcestershire**

**Worcestershire Young Carers is part of  
YSS– Charity No 1081992**

**Patron: HRH The Princess Royal  
Supporting Young Carers across  
Worcestershire**

YSS – Worcestershire Young Carers is a countywide project working with children and young people who are in a caring role. We offer a range of support services to young carers and young adult carers from 7 years up to their 25th birthday.

### We support young carers through:

- ◇ Monthly clubs
  - ◇ Day trips
- ◇ Bespoke 1-2-1 support
  - ◇ Short breaks
- ◇ Signposting to other services
  - ◇ Advice and guidance
    - ◇ Mentoring
    - ◇ Emotional support
  - ◇ Early identification and assessment of need
- ◇ Help with education, training and employment issues
- ◇ Young Carers Forum-giving young carers a voice



## Who is a Young Carer ?

### The term young carer means:

Children and young people under 18, who provide regular and ongoing care and emotional support to a family member due to physical or learning disability, mental health issues, long-term illness, drug or alcohol dependency or other forms of addictions.

As a project we work with young adult carers until they are 25, at which stage if they still have caring responsibilities they are referred onto adult carers services.

A young or young adult carer becomes vulnerable when the level of care giving and responsibility to the person in need becomes inappropriate or excessive for that child or young adult, risking impacting on their emotional physical or educational achievements



## What does a Young Carer do?

### A young carer or young adult carer may:

- ◇ Help with housework, shopping, cooking, cleaning, washing
- ◇ Help give medication
- ◇ Help with personal care, e.g. washing , bathing and dressing
- ◇ Help by keeping someone's company—cheering them up when they are feeling low
- ◇ Help care for siblings
- ◇ Speak on behalf of the person they are caring for
- ◇ Accompany the person being cared for to appointments

Lots of children and young people who are caring don't realise they are caring so don't ask for support or get the help and support they need. Their role as a young carer is often overlooked by those working with the family.

### New legislation

The Children and Families Act 2014 places a duty on all local authorities to promote the well-being of all carers. This means that all young carers are eligible for a '**young carers assessment**' if the young carer comes to the attention of the local authority or an assessment is requested by the young carer or a parent of the young carer.