

ARE YOU A YOUNG ADULT CARER?



Young adult carers are young people aged 16–25 who care, unpaid, for a family member or friend with an illness or disability, mental health condition or an addiction.



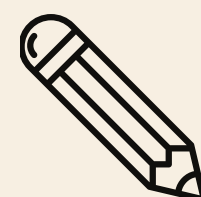
HOW CAN WE HELP?

- LIAISE WITH YOUR CURRICULUM TEAM AND OTHER DEPARTMENTS
- PROVIDE PASTORAL SUPPORT WITH COLLEGE AND HOME RELATED SUPPORT NEEDS
- SIGNPOST AND REFER YOU TO LOCAL EXTERNAL AGENCIES FOR SPECIALIST SUPPORT

WHAT MIGHT A YOUNG ADULT CARER DO?



- Practical tasks, such as cooking, housework and shopping
- Physical care, such as helping someone out of bed
- Emotional support, such as talking or listening to someone who is distressed
- Personal care, such as helping someone dress or go to the toilet
- Managing the family budget and collecting prescriptions
- Helping to give someone their medication
- Helping someone communicate
- Looking after brothers and sisters



FOR MORE INFORMATION PLEASE CONTACT:

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