

Carers' Week 2020

Making caring visible

What is a Young Carer?

Someone under 18, who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Examples of caring responsibilities:



- Giving medication/collecting prescriptions
- Support with appointments/translating to another language
- Helping with personal care: dressing, washing
- Cleaning, cooking, laundry

- Physical care: helping someone out of bed, support to walk
- Supervising siblings
- Emotional support: talking to someone who is distressed
- Managing the family budget and bills



How can caring affect us as Young Carers?

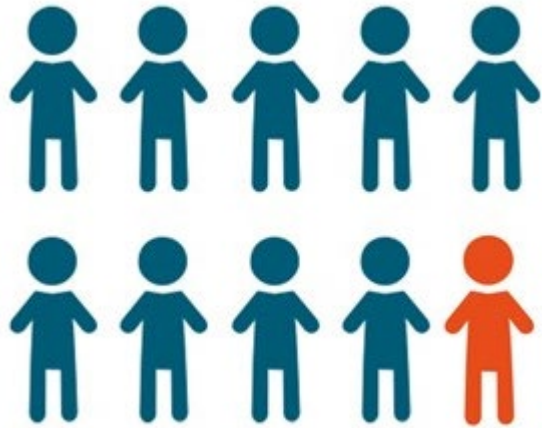
- A lack of social life
- Family worries
- Difficulty keeping up with school work
- Difficulty collecting medication

- Lack of understanding from others makes things difficult
- Low self esteem
- Anxiety/Depression
- Lack of time for me
- Loneliness/Isolation

Statistics updated in 2018

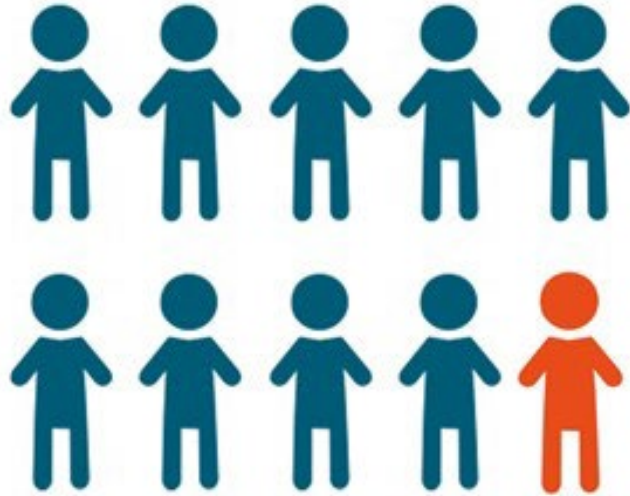
1 in 10 Young Carers are
under 10
Average age = 13

800,000 **secondary** school
pupils in England
have a caring role



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Hundred Thousands	Ten Thousands	Thousands	Hundreds	Tens	Ones
8	0	0	0	0	0

Statistics updated in 2018



1 in 10 Young Carers are late for/miss school at least once a week



Almost ½ Young Carers under 8 get up in the night to care; interrupting their own sleep

Statistics updated in 2018



50% often feel stressed
46% often feel lonely

1 in 10 Young Carers
are providing a high
level of care

80% of Young Carers may not
be receiving the support they
need from the local authority

Young Carers are twice as likely as
their peers to not be in education,
training or employment when they
leave school

Caring responsibilities can affect a pupil's:

- Physical health
- Emotional wellbeing
- Socialisation
- Learning
- Experiences at school

You are not alone

Communication = support



Principality Stadium

Full Capacity - 74,500

800,000 secondary school pupils
in England have a caring role/are
Young Carers

= **10.7** full Principality Stadiums

Young Carers Festival 2017

YCF is a yearly event where Young Carers come together and relax and have time to for them.

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Gillian Cleaton

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**Referrals through:
Family Gateway**

03000 133 133

www.Cardiff.gov.uk/carers

Communication = Support



If you think you might be a young carer,
please contact your Operational Lead:

ENTER LEAD'S EMAIL/PHONE



Thank you for
listening.
Any Questions?