

What are my rights and what can I receive?

If you believe you are a young carer for someone in your family, you have the right to an assessment of this. More information is available on Gloucestershire Young Carer's website - your school can help you with this. The assessment must also look at your education, training, leisure opportunities and views about your future.

Some young carers aged 15-18 may be able to access a Carer's allowance.



What support is available for Young Carers?

Information about Young Carers

Carers Trust

[Carers Trust | Transforming the lives of carers](#)

NHS guidance for Young Carers

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/>

Support in Gloucestershire

Gloucestershire Young Carers

[What we do | Gloucestershire Young Carers \(glosyoungcarers.org.uk\)](http://glosyoungcarers.org.uk)

CARERS
TRUST

NHS

Gloucestershire
YOUNG
Carers



Being a Young Carer; A person with a caring role

What is a Young Carer?

'Young carer' means a person under 18 who provides or intends to provide care for an adult or for a sibling.

It may be providing practical or emotional support.

This does not include being paid to be a carer or voluntary work in the community.



Did you know?

Many children and young people are not aware that they are a young carer. The support and assistance they offer is something which they have always done or is ordinary in their home.

Young carers share that they value and enjoy caring, and many will benefit from support to help them to manage their caring role.

What does being a young carer mean for me?

Some of the following may be responsibilities or things you do which help the person you are caring for:

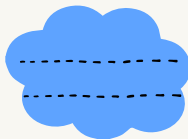
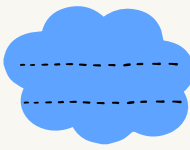


You might want to fill this out with an adult at school to show what you do.

- Practical household tasks, such as cooking, cleaning or shopping
- Helping them with personal care tasks, such as washing, dressing and toileting needs
- Supporting with mobility and access, such as lifting or moving
- Emotional support, such as listening, calming and caring
- Helping with household management, such as managing the budget or paying bills, organising the home and family members
- Collecting or helping with medication
- Offering care and support to a sibling to aid a parent
- Helping someone communicate

If you could tell your teacher anything about being a young carer, what things do you wish they knew?

Tick ones that apply to you or add your own.



What things can help me?

Caring might sometimes feel lonely but others can help you with the right support. Remember, if you are struggling, you are not alone and there is no shame in asking for help.

Here are some of the things school might be able to help you with: would any of these make a difference for you?

Teacher	Pastoral Staff	Family Support Worker
<p>Sharing with school staff means a trusted adult can:</p> <ul style="list-style-type: none"> • Help to understand • Check in with you • Be aware and kind 	<ul style="list-style-type: none"> • Help with emotions and how you feel about your caring role • Help with friendships 	<ul style="list-style-type: none"> • Provide advice and support • Get extra help if needed

There are lots of successes from being a young carer.

What strengths and successes have you had from being a young carer?

Awareness of others' needs

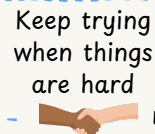


Compassion and kindness



Able to set goals

Empathy



Keep trying when things are hard

Strong relationships

Positive self-worth



What skills have you learned from being a young carer?

Communication



Organisation and planning



Confidence speaking with adults

Independence

Patience and understanding

