



# Young Carers Factsheet

## Who is a young carer?

A young carer is someone who is under 18 and who provides or intends to provide care for another person. The concept of care includes practical or emotional support, and 'another person' means anyone within the same family, be they adult or child. This does not include children providing care as part of contracted work or as voluntary work.

A young carer may be caring for one or more of the following conditions:

- A mental illness
- Substance Misuse
- Learning disabilities
- Sensory impairment
- A physical illness such as epilepsy or diabetes
- A Physical disability
- Terminal illness.

## Duties:

They may do duties around the home to help their cared for, such as:

- Housework
- Food shopping and preparation
- Supporting siblings with special needs
- Taking care of siblings when parents are unable to
- Providing practical care or emotional care
- High risk duties including babysitting
- Handling medication
- Lifting and manoeuvring someone
- Reaching for high items
- Preparing hot food or using sharp implement

Duties are in addition to chores expected for a child that age and are considered caring duties if they are excessive or inappropriate for their age or capacity.

## Young Adult Carers

A Young Adult Carer, is a young person aged 16-25 who provides or intends to provide unpaid care for someone in their family and is transitioning into adulthood. Like young carers, they carry out duties to care for their relatives, including emotional and practical support, child-care or financial support. Young Adult Carers are eligible for an Adult Carers Assessment when they are approaching 18 or over, which can provide additional care and financial support to the family.

### Impact of Caring.

Research carried out by The Children's Society in 2013 found that being a young carer has a significant, long-term impact on the child's life.

- Young carers are more likely to have a special educational need or a long-standing illness or disability.
- They can be caring for more than 15 hours per week
- They often miss school because of their responsibilities
- They have significantly lower educational attainment at GCSE level
- They are more likely to be from black, Asian or minority ethnic communities and are more likely to not speak English as a first language.
- The average annual income for the family is lower than those who do not have a young carer
- They are more likely to be NEET between 16 and 19 years
- They are no more likely than their peers to come into contact with support agencies.

For young adult carers, the negative impacts of caring on young adults often increase as they grow older, and this can have a negative and enduring impact on their own physical health, mental health, education and employment opportunities.