



1 in 5 young people are caring for someone* - it could be a parent, grandparent, sibling or family friend. They take on extra responsibilities, like dressing the person they look after, cooking, cleaning, shopping, collecting prescriptions. It's a lot to take on as a young person.

By definition, a young adult carer is someone aged 16 – 25 who looks after a family member or close relative who has a physical or mental health condition, or misuses drugs or alcohol. They may also look after brothers, sisters or elderly relatives too.

Resources to help you get your college involved:

- Young adult carer [Poster/Flyer](#)
- [Referral pathways](#) for young carers/young adult carers

- [Young carer/young adult carer action plan forms](#) and accompanying [crib sheet](#)

You can find more information and downloadable resources on our [Young Carer website here](#).

What you can do to support the day:

- Highlight YCAD in your school newsletter and on your website
- Post/share an article on social media channels with the hash tag #YoungCarersActionDay
- Hold an assembly to give information about young and young adult carers
- Display posters/have an information stand in your setting
- Run an event to raise awareness and help identify young carers
- Touch base with your known young carers
- Share our YCAD social media posts – we will be posting on our young adult carer Facebook **@YACWiltshire**, twitter **@YACbook** and **@CarersWiltshire**

Tag us on social media @carerswiltshire @YACbook to let us know how you're getting involved with YCAD this year.

*Research by BBC and The University of Nottingham