

# Young carers awareness day

25 January 2018

Think carer,  
be carer aware

## Who are they?

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

Young carers are just young people – with caring responsibilities. They look the same as everyone else but they can lead very different lives!

Being a young carer can have a big impact on the things that are important to growing up. The average age of a young carer is 13.

## What do they do?

**Practical tasks**  
such as cooking, housework and shopping

**Physical care**  
such as helping someone out of bed

**Emotional support**  
such as talking to someone who is distressed

**Personal care**  
such as helping someone dress

**Managing the family budget and**

**Collecting prescriptions**  
**Helping to give medicine**

**Helping someone communicate**

**Looking after brothers and sisters**

## Further information

Spurgeons Young Carers Wiltshire delivers support for young carers in Wiltshire [www.spurgeonsyc.org/wiltshire](http://www.spurgeonsyc.org/wiltshire)

 @carerstrust



#YoungCarersAwarenessDay

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