



A **young carer** is someone aged 18 or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. If you're a **young carer**, you probably look after one of your parents, or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning, or helping someone to get dressed and move around. You may also give a lot of physical help to a brother or sister who is disabled or ill. Along with doing things to help your brother or sister, you may be giving them and your parent's emotional support too.

What might a young carer 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.