

What is a Young Carer?

At least one in ten children in Britain has some level of responsibility as a carer in their home. This equates to there being, on average, two or three young carers in every classroom in Britain.



A young carer is someone under the age of eighteen who provides regular support to a parent, sibling or even a grandparent because they are ill, frail, disabled, living with a long-term condition, have a mental illness or abuse substances such as drugs and alcohol.



Young carers come from a range of family situations which can include caring for a sibling with autism or other additional needs, a parent with Schizophrenia or depression, a parent with a physical disability or even an elderly grandparent who lives in the family home.

Young carers (YC's) can have a whole range of responsibilities including household chores such as cooking and cleaning, budgeting, managing medication and liaising with professionals on behalf of their cared for person. Some YC's have to take younger siblings to school before they get to school themselves which can result in persistent lateness.

A large percentage of our YC's are from single parent families which means they are often the sole source of emotional support for the parent. Parents can put their issues and anxieties onto their children which has mental health implications for them too.