



WHO IS A YOUNG CARER?

You are a young carer if you are under 19 and you care for or support another person because they need help due to an illness or disability, a mental health problem or a drug or alcohol dependency.

What caring tasks you may carry out:

- Shopping
- Helping to look after brothers and sisters
- Making appointments and explaining letters
- Cooking
- Cleaning
- Helping with and/or giving medication
- Knowing what to do in an emergency
- Keeping them company

NEED TO TALK?

Sometimes, being a young carer can be hard. It may affect you in some of the following ways:

HEALTH

Physical, mental and emotional wellbeing
Anxiety, worry and stress
Tiredness, lack of sleep
Aches and pains

SCHOOL AND COLLEGE WORK

Lack of time to complete homework
Being bullied
Unable to concentrate
Not being able to attend after hour's activities or trips away

SOCIAL LIFE

No time to socialise with friends
No free time to get involved with activities and hobbies
No time for yourself or your homework

YOU ARE NOT ALONE!

www.doncaster.gov.uk/youngcarers

HOW CAN THE YOUNG CARERS TEAM HELP?

- ✓ By listening to you and helping you and your family to think about what would make a difference.
- ✓ Giving you information about the illness or disability of the person you care for.
- ✓ Getting help, advice and support for the person you care for.
- ✓ Helping you to take a break from your caring role.
- ✓ Introducing you to other Young Carers.
- ✓ Getting support in school or college.
- ✓ Helping you to speak up.



All registered Young Carers receive an **ID card** which helps to show professionals that they have a caring role.

On the reverse of the card is a 'traffic light' allowing the young person to tell someone how they are feeling without needing to speak. If they do not feel like talking at that time, or are unable to explain what the problem is, they can simply point at the red traffic light. This allows the young person to deal with their issue and shows that they will discuss the issue when they are ready to and that the professional may be required to provide support.

YOUNG CARERS

YOUNG
OUTSTANDING
UNPAID
NEEDED
GENEROUS
CARING
AMAZING
RESILIENT
ESSENTIAL
RESPECTED
STRONG



CONTACT US...

You can contact one of the Young Carer's team for further information, to make a referral to gain support from the Young Carer's team:

01302 736099
young.carers@doncaster.gov.uk



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Council

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