



Connecting Young Carers
Ensuring young carers are seen, heard and supported

YOUNG ADULT CARERS

If you would like to find out more or wish to speak in confidence about your child please get in touch with a member of the team on

01463 723563 or
youngcarers@connectingcarers.org.uk



Connecting Young Carers
Ensuring young carers are seen, heard and supported

Connecting Young Carers is a branch of Highland Community Care Forum, a company limited by guarantee. Registered in Scotland No: 136997, Scottish Charity No: SC020501, Registered Office: 54 Culcabock Avenue, Inverness, IV2 3RQ



www.connectingyoungcarers.org

Young Adult Carers are young people aged 18-24 who have taken on a caring role for a family member who has a disability, is suffering mental ill health, substance misuse or any other long term illness.

If you're aged between 18 and 24, and caring for a family member, you'll probably be juggling education, employment, training and your social life alongside your caring responsibilities. Getting the right information about what support is available for you and the person you care for is vital to ensure that you are able to have a life outside of caring.

Types of caring.

- Practical care such as feeding, washing and moving and handling
- Handling medication, arranging and attending medical appointments
- Household chores such as cooking and cleaning
- Looking after younger brothers and sisters
- Handling money and household bills
- Providing emotional support.

Studying and Caring.

Many young adults care for a family member and continue to study at college or university. Some stay at home whilst studying, some study using distance learning, or live in student accommodation but still go home regularly to care for a family member.

If you are caring whilst studying please get in touch with your student support service and let them know about your caring situation. They will be able to advise you about balancing your caring and academic studies, support you with deadlines, inform your lecturers, if you wish, about your circumstances and provide information about student finance and other hardship funding.

"It's hard to study at home because of everything that is going on"

Your Rights

If you are aged 18 and over, have left school and are carrying out a caring role for a family member, you have the right to ask for an Adult Carer Support Plan (ACSP).

This support plan will detail how much you are willing and able to provide care, what help and support you need in order to carry on caring and have a life outside of caring. The plan also looks at your own health and wellbeing.

Your support plan will also provide you with information about what is available locally for you and the person you care for.

To request a carer support plan or do find out more information about how this can help you please contact us.

'juggling college and caring can be a challenge but getting the right information about what is out there to help me has made all the difference'



'I don't know how to move on from caring. I love my family but want a life of my own but I feel so guilty. Speaking to other has really helped'