



A Day in the Life of a Young Carer

Who is a young carer?

- Our definition of a young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has a mental health condition or misuses drugs or alcohol.
- Some young carers look after more than one person and may have health issues of their own.
- Some young carers start giving care at a very young age and don't know they are carers. Other young people become carers overnight.



Unpaid young carers can have many different roles and responsibilities that can include but not restricted to:

- 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.

Why are many young carers hidden?

Complex or hidden condition of person cared for

Can't talk with friends

Had no opportunity to share their story

Young carers don't know they are carers

Do not want to be different from peers

Worried about family being split up

Family/parent ashamed of young person caring for them

Embarrassed about being a carer

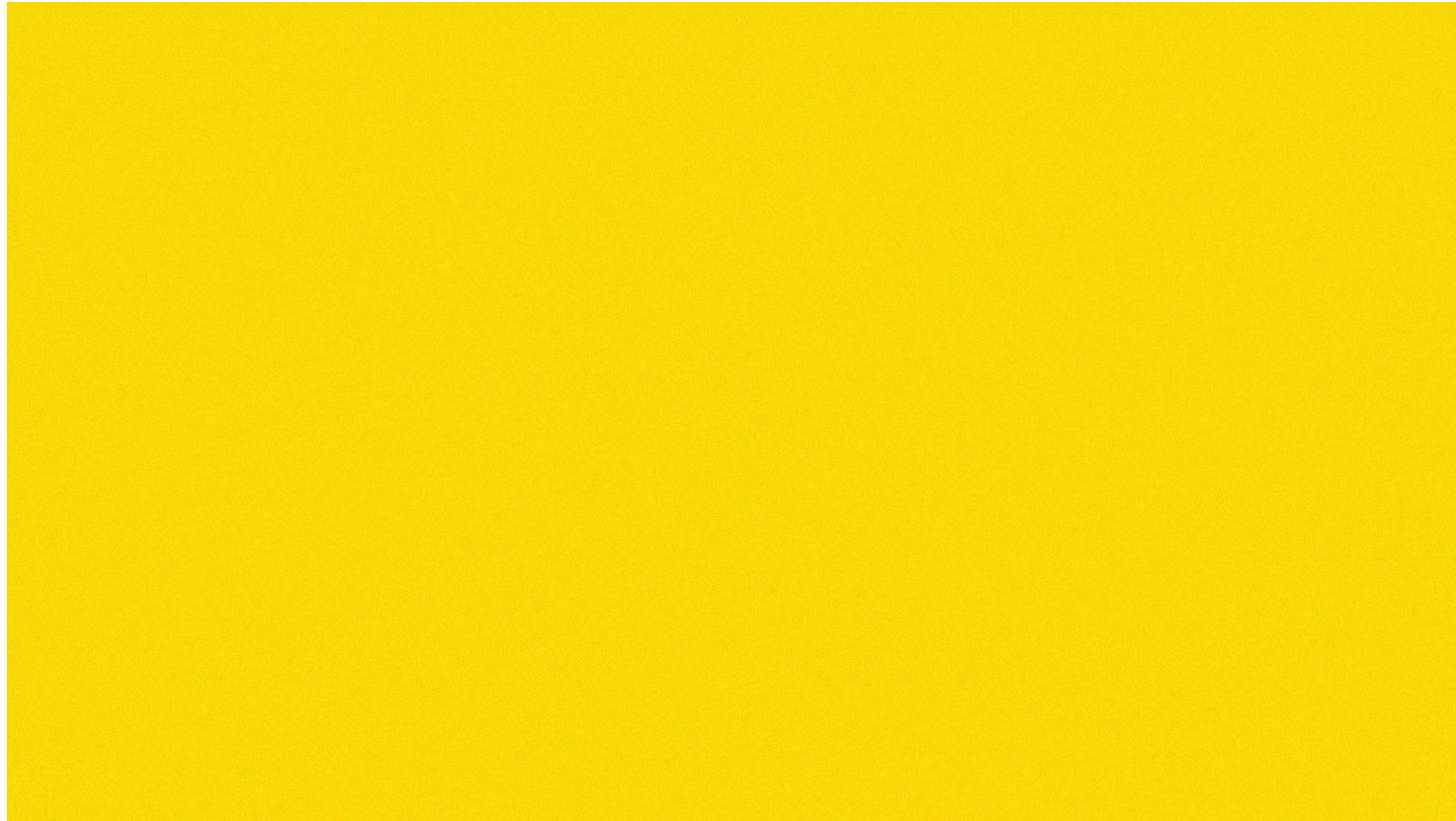
TRUE OR FALSE????

Do you think the following statement is true or false?

There are at least 30,000 Young Carers in Scotland

- Scottish Government recognise that there are at least **30,000** young carers in Scotland.
- Extensive survey work by young carers services and Carers Trust show that **1 in 5** children in a class has a caring role.
- **6,548** young carers recorded on SEEMiS - 2023 Pupil Census in Scotland (Publicly funded primary and secondary schools).

Media Ambassadors Video- Young Carers

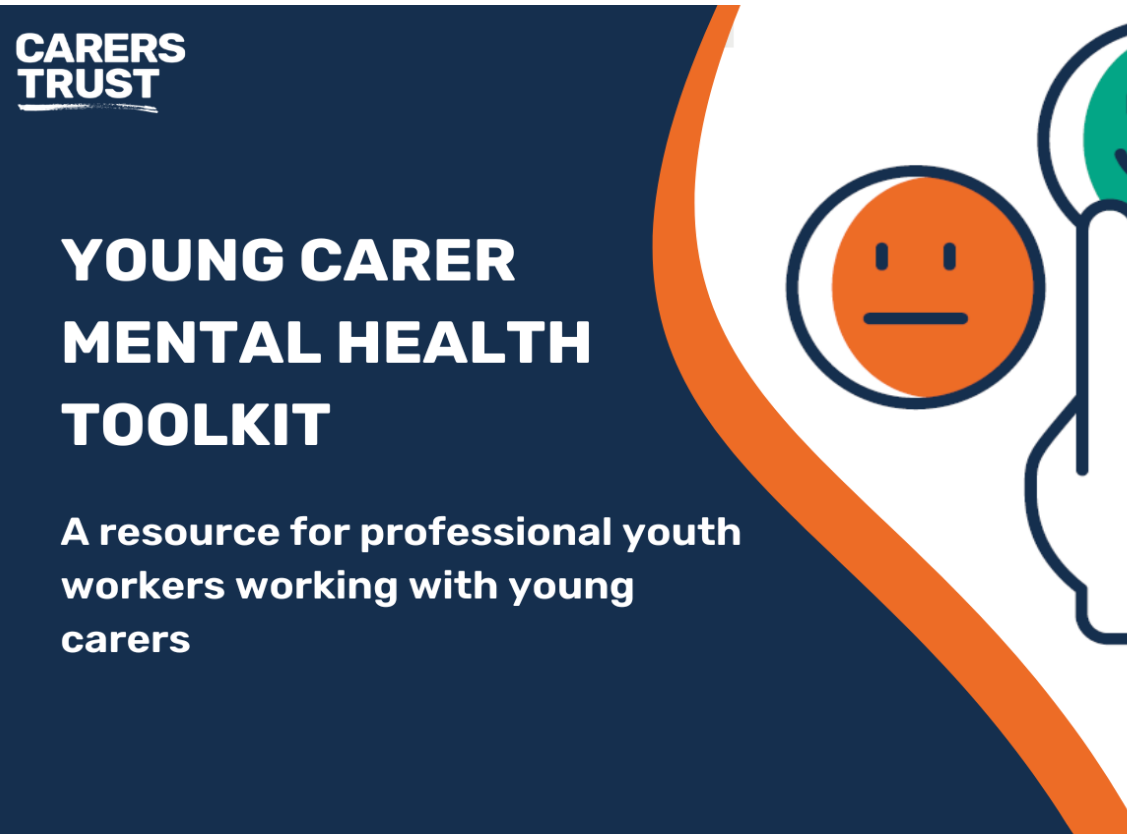


A day in the life...

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Media Ambassadors Video - Mental Health





Questions?



Thank you

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