

Young Carers and Isolation

How We Can All Help

What is a Young Carer?

Young carers are children and young people under 18 years old who provide unpaid care to a family member who is disabled, physically or mentally ill, or misuses substances.
- Carers Trust, 2020

In England and Scotland, a young carer is under the age of 18 years old. However, they also define a 'young adult carer' as up to age 25.

Similarly in Wales, the code of practice recognises young adult carers as aged 16-25.

UP TO
25

16- 25

under
18

800,000

young carers are between the ages of 5 and 17 in the UK

Isolation and Being a Young Carer

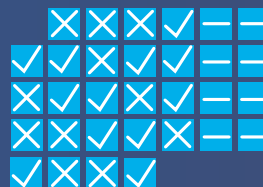


Being a young carer can be socially isolating. Due to the extra time constraints associated with providing care, there could be limitations on how much socialising they are able to participate in. Even if the young person has free time, they may be too physically or emotionally tired.

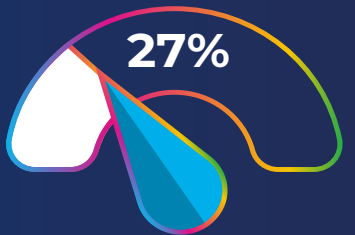
The isolation is not just about being unable to take part in activities with peers. Missing school, getting behind in schoolwork and/or getting 'in trouble' at school can all lead to feeling different.

2022
MARCH

School Attendance



27%



of young carers between the ages of 11-15, miss an average of 48 school days a year.

How We Can All Help



Talk

Begin a conversation when you've plenty of time and won't be interrupted.



Listen

Allow lots of time for them to answer and avoid prompting or finishing their sentences.



Ask

Ask open questions, such as 'how is everything at home?', rather than, 'is everything at home okay?'

23%

of young carers say that their caring role has made it harder for them to make friends

What Services are available for young carers?

Many organisations offer support for young carers. There may be specific services in your own area if you search the web!



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