

# Young carers:

## Who are they? What do they do?

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

Across the UK, as many as **1 in 5** children and young people are young carers.



**2 in 3**

young carers have been bullied in school

**1 in 3**

young carers say their caring role makes them feel stressed



### What might a young carer do?

- Practical tasks, such as cooking, housework or 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.

**48**

the average number of school days missed or cut short as a result of a young person's caring role

### Young carers should have:



- Time to have fun and do things that matter to them.
- The same opportunity as their friends to succeed in education and work.
- Support to make ambitious plans for the future and achieve them.
- Recognition of their legal rights to assessment and support.
- High quality support both for them and the person they care for.

**23%**

of young carers felt their caring role had stopped them making friends

Young Carers Awareness Day, on 30 January 2020, is an annual event, organised and led by Carers Trust, to raise awareness of the challenges faced by young carers and to campaign for greater support for them.

[Carers.org/YCAD2020](https://www.carers.org/YCAD2020)



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