

## What is a Young Carer?

Young Carers are children and young people aged between 5 and 18 years who help look after someone at home. That person may be a parent, sibling, grandparent or other relative and may be affected by:

- A physical disability.
- Mental health condition.
- A learning disability.
- Drugs or alcohol misuse.
- Any other long term illness or condition.

Young Carers could be in any family and may be from any background or culture.

Young Carers and their families often have worries or questions about their situation

### We offer:

- FREE, confidential one-to-one support.
- Information about the condition of the person cared for.
- Increased recognition via the Young Carer Card.
- Help to access services.
- Someone to speak to professionals on your behalf.
- Opportunity to take a break.

## Who can get in touch?

Anyone can contact us

- Any child or young person who thinks they may be a young carer.
- Parents, carers, family members.
- Anyone who works with children or young people e.g. teachers, health professionals, social care, voluntary organisations or youth workers.

**“You’ve changed our lives.  
Thank you.”**

9 year old carer



Action for Young Carers

**“AYC has been a lifeline. Without the service, she would not have had the support she needs.”**

Parent of 13 year old young carer