



## Frequently Asked Questions About Young Carers

### What is a Young Carer?

A Young Carer is someone under 18 years old who regularly provides emotional and/or practical support and assistance for a family member who is disabled, physically or mentally unwell or who misuses substances.

### Who do Young Carers look after?

It could be mum, dad, brother, sister, grandparents, other relatives or multiple people.

### What types of things do Young Carers do?

Cook and prepare meals; go shopping; sort out bills; help with medication and appointments; help out at bedtimes; interpret and translate; do household chores; look after siblings; provide emotional support.

### How many Young Carers are there in Bolton?

It is common for Young Carers to go under the radar. Professionals are not always adept at identifying a Young Carer and Young Carers themselves will often keep a lot of what they are doing to look after family members hidden, due to being stigmatized or a fear of being removed from their family. As such numbers are not really known, however, national research suggests that as many as 1 in 5 are Young Carers.

### Do all Young Carers need support?

Like all young people each Young Carer will find themselves in a unique situation. Some will be struggling with their caring responsibilities and it will be impacting on their own mental and physical health, wellbeing and education others might just need to know they are not on their own, which in turn can help.

### What support do Young Carers need?

Some Young Carers need a lot of 1-1 support to help them manage and balance their needs with their caring responsibilities. Some need an advocate to help them get the right support in school. Others need us to step things up when things become unsafe. Many want to meet other Young Carers and have a safe place where they can relax and be young people with others in a similar situation. Some just want the opportunity to do positive activities. Many just need to know where to go if times get tough and they need to talk to someone who will understand.

### What do Young Carers miss out on?

Every Young Carer will find themselves in a unique situation. Things they could miss out on include: Missing school, falling behind with schoolwork and homework, opportunities to do positive activities after school, or at weekends, childhood play, hanging out with friends, holidays.

### What is the impact of the caring role?

Again, every Young Carer will be in a different situation but some common things include: Struggles with their own physical health, wellbeing and mental health, particularly anxiety; poor sleep; lower attendance and attainment in school; childhood fun; isolation and feeling lonely; low self-esteem; fear of others finding out what they do and being bullied about it; feeling different from their peers.

**BUT** remember many Young Carers do what they do as they love their family and will develop skills and strategies to help them cope and manage, that are beyond their years. This can be a strength and should be recognized and professionals should work with them to develop their confidence and self-esteem of how truly remarkable they are.