



Nottinghamshire

Carers

Association

About young carers

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.

The average age of a young carer is 13 but the ages vary from 5 to 18.





How many Young Carers are there?

- There are about 700,000 young carers in the UK.
- That's about one in 12 secondary aged pupils, or 2 in every class.
- There are likely to be young carers in every school and college.

What might a young carer do?

- 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.



Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- 80% of young carers feel that they're missing out on opportunities other children would have.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress. They are less likely to achieve high GCSE grades.
- In a survey, 42% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.

But young people can learn lots of useful skills by being a young carer.