

Who are Young Carers...

'A Young Carer is anyone who is under the age of 18 whose life is in some way restricted because of the need to take responsibility for the care of a person who is experiencing physical or mental health problems, has a disability, is affected by alcohol, substance use or HIV/AIDS. (Carers National Association)

What does a Young Carer do...

The person they care for is usually a parent, sibling or grandparent and they may be required to carry out a variety of tasks like cooking, housework, shopping, physical and personal care, parenting younger siblings and providing emotional support.

They can be a primary, secondary or sibling carer within their family.

What are the effects of caring...

- Restriction on social lives
- Being late or missing school
- Isolation from Peer Group
- Parents and Young Carers are often afraid of what professionals might do
- Conflict between the caring role and the child's own needs
- Deprived of their childhood
- Breakdown of communication through guilt, fear, embarrassment or pride
- Dysfunction between young person and care receiver

Young Carers worry about...

- Sometimes they worry they might get the illness from the person they care for
- Stigma, if they care for a person who has an addiction or mental health problem
- They worry about money
- Leaving the person they care for on their own
- Having confused feelings about the person they care for
- Their future

DISC Young Carers Project can provide a service to young people aged between 5 - 18 years old....

We offer...

- Advice
- One to one work
- Support Groups
- Respite
- Training
- Family work

Referrals are taken from all statutory and voluntary agencies. Children, young people and their families can also self refer.

Raising the profile of Young Carers is an important aspect of the project, we can offer awareness raising training to staff and professionals.

If you would like to know more about DISC Young Carers Support contact us at...

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t: **0191 - 384 2785**

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W: www.youngpeople.disc-vol.org.uk

Text: 07970 - 105 734

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in

Sedgefield, Durham,
Chester-le-Street, Wear
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Information for Professionals