



Nottingham
Carers
Association

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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 for 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

on average there are

48

school days missed
as a result of a young
person's caring role