

Young Carers Action Day (YCAD)

16 March 2021

Definition of a young carer

A young carer is someone under 18. A young adult carer is aged 16 to 25. They help support and look after a family member, or a friend, because of illness, frailty, disability, mental health difficulties or problems with addiction. Many young people do not recognise themselves as carers.

What is Young Carers Action Day (YCAD)?

Young Carers Action Day is an annual event, organised by Carers Trust. This year's theme is 'Protect Young Carers' Futures', highlighting the skills learned through being a carer. For example time-management, resilience and empathy. These skills are important not only for young people moving into higher education but also for entering the workplace. They are highly valued by employers.

What might a young carer/young adult carer do?

- Practical tasks - cooking, housework and shopping
- Physical care - helping someone out of bed
- Emotional support - talking to someone who is distressed
- Personal care - helping someone wash and dress
- Managing the family budget
- Administering medication and collection of prescriptions
- Helping someone to communicate
- Look after siblings

Being a young carer can have a big impact on growing up

- It can affect their health, social life and self-confidence
- Many struggle to juggle their education and caring which can cause pressure and stress
- 1 in 20 miss school because of their caring role
- Recent research on young adult carers who were no longer in education showed their highest qualifications were GCSEs grade D–G

For further information and support please see the following list of young carer support organisations below. Alternatively, please contact Karen Uphill, Carer Support Adviser, on Ext 8714 or email carersupport@uhd.nhs.uk.

YOUNG CARER SUPPORT ORGANISATIONS

Kooth

www.kooth.com

Carer Support Dorset

<https://www.carersupportdorset.co.uk/young-carers/>

Tel: 0800 368 8349

Dorset Young Carers Service

<https://www.dorsetcouncil.gov.uk/children-families/youth-link/advice-and-guidance/dorset-young-carers-service.aspx>

Tel: 01305 225677

BCP Young Carers

<https://www.earlyhelppartnership.org.uk/early-help/bcp-young-carers.aspx>

Tel: 01202 735046

My Time Young Carers

<https://www.mytimecharity.co.uk/time-for-young-carers.html>

Discovery project

[Dorset HealthCare :: Discovery Project](#)

Dorset Mind

<http://dorsetmindyourhead.co.uk/portfolio-item/young-carers-support-dorset/>

Carers Direct

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/help-for-young-carers/>

Tel: 0300 123 1053. If you're deaf, deafblind, hard of hearing or have impaired speech you can contact the Carers Direct helpline using textphone or minicom number 0300 123 1004.