

Is your child a Young Carer?

How to identify Young Carers.

Every school (indeed every classroom) has pupils affected by disability and illness in their family. A 'young carer' is a young person who provides care to a member of the family or a friend who has one, or a combination, of the following conditions:

- a physical or learning disability
- a sensory impairment
- a chronic condition
- a terminal illness
- a mental health problem or illness
- a drug or alcohol addiction

By 'care' we mean:

- **Domestic tasks** (e.g. cooking, cleaning, shopping). Normal tasks, but the amount may exceed normal expectations for a child
- **Supervision and management** (e.g. watching over someone; acting as 'guardian'; dealing with money issues)
- **Communication support**(e.g. interpreting; answering phone or door)
- **Personal care** (e.g. helping with lifting, moving, washing, dressing, giving medicine)
- **Emotional support** (e.g. providing company and a 'listening ear')
- **Sibling care** for a disabled or a non-disabled sibling, where the parent is unable to provide this care because of their own disability.

If you think this applies to your child please let Mrs. Keedy know. She is the designated officer for young carers. The school may be able to help you to support your child.