

Young Carers

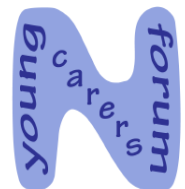
Who are Young Carers?



nycf@carerstrustnorfolk.org



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Who are Young Carers?

Young carers are children and young people who help look after, or provide emotional support to someone who has an illness, a disability or is affected by mental ill-health or substance misuse

Young adult carers are young people aged 14–25 who care, unpaid, for a friend or family member who could not cope without their support

<https://professionals.carers.org/>

Indicators that might tell you that a young person is a young carer

- Regular or increased late attendance or absence at school
- Problems with concentration
- Stressed, anxious or tired
- Academic performance below potential (incomplete homework)
- Very mature appearance, hardly any friends in the same age group/isolation
- Assuming a parental role/taking on tasks beyond their years
- Experiencing bullying
- Unable to make use of leisure activities
- Limited aspirations
- Reluctant to talk about their family situation

Things to be aware of...

- They may not always be living in the same house as the person with the condition.
- They may not be providing physical care but do provide a lot of emotional support, or are impacted upon by the situation at home (e.g. sibling carers)
- Their caring role may go up and down.
- They may well not identify themselves as a carer

Key things to consider if you don't directly work with Young People

- Is this person a parent?
- Do they share a house with any children?
- Do they ever have regular contact with children (e.g. phone, visits etc.)
- Who do they (or you) consider their disability/condition to be impacting on?

Question 1

According to the 2011 Census, how many 'unpaid carers' aged under 24 are there in Norfolk?

A. Over 5000

B. Over 10,000

C. Around 2000

D. Under 1000

**In Norfolk 5,570 carers
under the age of 24
were identified in the
2011 census**

Norfolk Insights, 2013



**Research suggests this
could be multiplied by 4!
This would mean Norfolk
could have as many as
20,000 carers under age
24 (2 in every class)**

Question 2

**What is the average age
of an identified Young
Carer?**

A. 10

B. 12

C. 14

D. 16

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Question 3

How many young carers/young adult carers in Norfolk spend more than 50 hours per week on their caring duties?

A. Around 100

B. Around 250

C. Around 475

D. Around 625

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Question 4

According to a Barnardo's survey, on average, how long were young carers caring for before receiving any support?

A. 6 months

B. 1 year

C. 2 years

D. 4 years

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Any questions?

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Norfolk Young Carers Forum



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