Young Carers

Who are Young Carers?

nycf@carerstrustnorfolk.org
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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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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
Question 3

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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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@NorfolkYCFForumn
Norfolk Young Carers Forum

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