



“

The benefits for me have been the support and someone to talk to in times that I felt I had no-one to talk to. It has made me feel happier in myself.

”

**YOUNG
ADULT
CARERS
TRUST
US TO
HELP**



AGED 16-25?

Do you help look after someone at home who couldn't manage without your help? We're here to help you.

@solihullcarers



A BBC survey revealed that 1 in 5 young people are caring for someone and 800,000 secondary aged young people in England are caring for a parent or sibling.

YOU MAY NOT THINK OF YOURSELF AS A YOUNG CARER WHO IS A CARER?



You may care for someone by helping them:

- Get washed and dressed.
- To move around the house and outside.
- Communicate with others.
- Do extra jobs around the house.
- Prepare medication.
- By listening and providing company.

You may feel responsible for:

- Checking they're ok.
- Taking action when they need support.

26% of young adult carers have experienced bullying because of their caring role.



Being a young adult carer can have a big impact on the things that are important to you in taking steps to adulthood.



It can affect:

- Your health, social life and confidence

You may:

- Feel worried or stuck in your situation
- Feel you can't have a life for yourself around caring
- Find it difficult to plan ahead because of caring commitments
- Struggle to juggle education, working life and your caring role which can cause pressure and stress
- You may notice the difference between the freedom and opportunities your friends and peers have, compared to your own, which can cause frustration

46% of young carers say they often feel lonely as a result of caring.

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[Being part of YAC] has made me feel more confident, happy, socially engaged, encouraged and positive. It's given me a sense of personal progress.

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You are not alone, we are here to help

Contacting us can be an important step for you and your family.

Young adults will have developed many transfereable skills through caring, such as organisation, planning and time management, all of which are valuable tools for life and employment.

Young adult carers are the most hidden group of carers in our community and seek support less often than carers in any other age group. This is why we provide support specifically for your age group –at each stage of your caring journey– because you are important too!

OUR FREE SUPPORT FOR YOUNG ADULT CARERS (YAC)

ASSESSMENTS, SUPPORT PLANS AND REVIEWS

Explore what support you need and we will help you to get it.

CARERS CARD

To use in an emergency or to get reduced rates or free entry into local tourist attractions, theatres and swimming in Solihull.

YOUNG ADULT CARERS MEET-UPS

Meet up, build friendships, do your own thing.



A BREAK FROM CARING

Events and activities specifically for your age group.

1-1 SUPPORT WORK

Confidential space to talk to someone who understands and can offer support with issues around caring.

TRAINING AND WORKSHOPS

To develop your professional and personal skills and CV.

DECISION MAKING GROUP (DMG)

Represent young adult carers, have your say and make a difference.



PEER MENTORING

Work with an older young carer who understands what it's like to be a carer and is trained to offer 1-2-1 support.

BEFRIENDING

An adult who works with you 1-2-1 to focus on a personal goal and assist you to become equipped to achieve it.

TIME 4 ME FUND

Receive £30 to do something for you—cinema, meal with friends, haircut or treatment.

YOUNG ADULT CARER TRANSITION TO ADULT CARER

At age 26 you will be supported by the adult team. We assist you to make this a smooth change to receive similar but age appropriate services.

If you are 16-18 years old you can choose to be supported as a young carer or a young adult carer (see young carers leaflet).

**CARERS
TRUST**
Solihull

SUPPORTED BY
 Solihull
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COUNCIL

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