



“
My caring role took most of my time and I never got any free time to see friends. Then I heard about young carers and it changed my life.
 ”

AGED 5-18?

**Do you help look after someone at home?
 We're here to help you.**



YOUNG CARERS TRUST US TO SUPPORT THEM



@solihullcarers
   

Solihull has 175,000 children and young people aged 5–25 who live with and help to care for someone with a long-term or terminal illness; a disability; mental health needs; substance misuse needs.

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



You may care for someone by helping them:

- Get washed
- Get dressed
- To communicate
- Do extra jobs around the house
- With shopping
- With paying bills
- With medication

You may feel responsible for:

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

48% of young carers under 10 who took part in the Carers Trust survey said they get up during the night to care.





Being a young carer can be hard sometimes and your life may feel different to others around you – but

you are not alone, there is help for you.

You may:

You may:

- Find it hard to concentrate or keep up with others at school
- Feel lonely, isolated and left out, and you might be bullied
- Believe you're the only one who has extra responsibilities
- Not be able to do the things your friends and other children your age are doing
- May not be able to take care of your own health or do things that are important to you



Being involved has made me feel quite good and the most important thing has been making friendships.

There are also good parts of being a young carer such as learning important life skills earlier, being able to handle difficult situations more easily than others your age and understanding what other people need to feel loved and cared for.

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

As a young carer, we can support you to have a healthy, happy childhood where you can do well at school and in what you choose to do, have friends and look forward to a future of your choice.

INFORMATION FOR FAMILIES

Is your child a young carer? If so, you may feel your child doesn't need any support, especially if they haven't asked for it. We know from our work that young carers benefit enormously from support designed just for them. We are aware that asking someone outside of the family for help can be difficult but you / your child can speak to us in confidence and contacting us can be an important step for you and your family.

OUR FREE SUPPORT FOR YOUNG CARERS (YC)

ASSESSMENTS, SUPPORT PLANS AND REVIEWS

Talk about your life as a young carer with someone who understands and find out what support is available to you.

CARERS CARD

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

MEET OTHER YOUNG CARERS

Build friendships and share hints and tips with other young carers with similar experiences.

A BREAK FROM CARING

Days out, short breaks and clubs. Have some fun, worry free time away from caring.

1-1 SUPPORT WORK

Talk to someone who can help you to deal with problems you're having due to caring.

GROUP SUPPORT WORK

Learn new skills for yourself and how to cope with caring with a group of other young carers.



DECISION MAKING GROUP (DMG)

Be the voice of young carers in Solihull and help make important decisions that affect all young carers.

PEER MENTORING

Work with a trained older young carer who understands what it's like to be in your shoes.

BEFRIENDING

An adult who helps you get involved with young carer groups or helps you find other activities.

OTHER HELP AND SUPPORT

Get in touch with us to ask a question or find a solution to a problem.

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

CARERS TRUST

Solihull



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