

**IF YOU'RE 18 OR YOUNGER, AND YOU LOOK AFTER SOMEONE AT HOME, WE CAN HELP.**

# ARE YOU A YOUNG CARER?

## **YOU'RE A YOUNG CARER IF YOU:**

- ☐ Are 18 or younger
- ☐ And you help to care for someone at home

## **YOU MAY BE REGULARLY HELPING A FAMILY MEMBER – ADULT OR CHILD - WHO HAS ANY OF THE FOLLOWING:**

- ☐ A long-term illness, such as epilepsy or diabetes
- ☐ A physical disability, such as mobility issues or blindness
- ☐ A mental health problem, such as depression or bipolar disorder
- ☐ A problem with drugs or alcohol

## **YOU MAY HAVE TO DO ANY OF THE FOLLOWING JOBS:**

- ☐ Help someone to move from place to place
- ☐ Help someone wash or go to the toilet
- ☐ Help someone get dressed
- ☐ Cook meals
- ☐ Do the housework
- ☐ Get the food shopping
- ☐ Collect benefits and prescriptions
- ☐ Give someone their medicine or pills
- ☐ Go with someone to the doctor or hospital
- ☐ Take responsibility for a brother or sister
- ☐ Translate or interpret for someone
- ☐ Manage your family's budget
- ☐ Cheer someone up or help them when they are feeling down



**MYTIME**

**YOUNG CARERS**

**IF YOU THINK YOU MIGHT BE A YOUNG CARER, THEN REACH OUT TODAY.  
FOR SUPPORT WITH YOUR CARING RESPONSIBILITIES AND SCHOOLWORK,  
SPEAK TO...**

**Miss Clarke**



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