

Young Carers

Who are they? What do they do?

A young carer is someone under the age of 18 who helps to look after someone in their family who has an illness or disability

In the Isle of Man there are over **1,000** children and young people who are carers

2 in 3
young carers
have been
bullied in
school

1 in 3
young carers
say their role
makes them
feel stressed

Young carers should have:

- Time to have fun and do things that matter to them
- The same opportunity as their friends to succeed in education and work
- Support to make ambitious plans for the future and achieve them
- High quality support for them and the person they care for

What might a young carer do?

- Practical tasks such as cooking, housework or shopping
- Physical care such as helping someone out of bed
- Emotional support such as talking to someone who is depressed
- Personal care such as helping someone dress
- Managing the family budget and collecting prescriptions
- Help to give medicine
- Help someone communicate

48
The average number of school days missed or cut short as a result of a young persons caring role

23%
of young carers felt their caring role had stopped them from making friends

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