

# 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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