

Young Carers: Who are they? What do they do?

Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

1 in 5

secondary school children have a caring role



How many young carers are there?

- There are **800,000** secondary school pupils in England with a caring role.
- This means there are six young carers in every secondary school classroom.



The average age of a young carer **= 13** but one in ten (10%) are aged under ten

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 distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

Being a young carer can have a big impact on a young person's development.

Health

- Young carers are more likely to have anxiety or depression than other young people their age.
- 50% of young carers often feel stressed and 46% of young carers say they often feel lonely as a result of their caring roles.
- Almost half of young carers under eight get up in the night to care, interrupting their own sleep.

Education

- One in ten young carers are late for school at least once a week because of caring.
- 26% of young carers say they have been bullied because they are caring for someone.
- Young carers are more than twice as likely as their peers not to be in education, training or employment when they leave school.

Friends and family life

- 23% of young carers say their caring role has made it harder for them to form friendships.
- One in five young carers has never had a summer holiday with their family.
- More than 80% of young carers felt that their caring role affected their opportunity to take part in leisure activities.

1 in 10

young carers are providing a high level of care.

80%

of young carers may not be receiving the support they need from their local authority.

Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for themselves and the person they help look after.
- Their rights acknowledged.
- Help for their own support needs.



Information
Carers.org