



Carer Support  
Dorset



Carer Support Dorset  
Young Carers

We can register young carers, refer them for an assessment with Dorset Council if necessary and provide ongoing signposting and support



0800 368 8349



admin@carersupportdorset.co.uk



www.carersupportdorset.co.uk/young-carers/

## What can you do to help?

Learn more about young carers and how you can help them to access support

Take a look at these websites



childline

ONLINE, ON THE PHONE, ANYTIME



shout  
85258

here for you 24/7

The Children's Society



## How can you recognise a young carer?

Does the young person:

- Often arrive late for school?
- Hand in their homework late?
- Seem like they are falling behind?
- Seem secretive about their home life?
- Appear tired, worried or distracted?
- Sometimes display disruptive behaviour?
- Struggle to join in extra-curricular clubs?
- Seem isolated from peers?
- Struggle to look after themselves?



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## YOUNG CARERS

### Information Leaflet for School Staff

What can you find in here?

- Information about young carers
- How to recognise a young carer
- Places to go for support and resources



Carer Support Dorset

Young Carers

Registered charity no 1092762

Private company limited by guarantee 4415685

# Did you know?

- 62% of young carers experience bullying
- 1 in 5 students at secondary school are young carers
- Young carers are more likely to be NEET (not in education, employment or training) in their adult life
- Young carers on average miss or cut short 48 days of a school year due to their caring role
- 70% of young carers care 'behind closed doors' and don't share it with anyone

\* EduCare & The Children's Society - How can you support your young carers? Webinar (2020)

Self-harm

Feeling isolated from peers

Struggling to make friends

Difficulty focusing

Anxiety about the person they care for

How can being a young carer affect everyday life?

Physical injuries

Mental health issues

Being late for school

Being bullied

Behaviour problems in school

# So what is a young carer?



A young carer is someone aged 18 or under who looks after or helps to look after someone. It could be a parent or grandparent, sibling or a close relative.

This often means doing things like cooking, cleaning, shopping, giving medication or just talking and helping when the person being cared for is feeling down.

