

USEFUL LINKS AND NUMBERS

WEBSITES

www.carersupportdorset.co.uk

www.kooth.com

www.themix.org.uk

www.carersuk.org

www.sibs.org.uk

www.dorsetmindyourhead.co.uk/

www.camhsdorset.org/

www.youngminds.org.uk

NUMBERS

Adult Social Care

01305 221016

Samaritans

116 123

HOPELineUK

0800 068 4141

or text 07786203697

NHS Helpline

111*

*Remember to always call 999 if there is an immediate risk to life



CONTACT US

FREEPHONE 0800 368 8349

carersupportdorset.co.uk

FIND OUT MORE

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Carer Support Dorset

In partnership with



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A YOUNG ADULT CARERS GUIDE FOR 16-25 YEAR OLDS

IN THIS GUIDE:

- What Carer Support Dorset can offer you
- What is transition support?
- Useful links and resources

WHO ARE YOUNG ADULT CARERS?

A young adult carer is someone 16 to 25 who looks after (or helps to look after) someone else. It might be your mum or dad, grandparent, brother or sister, a close relative friend or partner.

It often means doing things like cooking, cleaning, shopping, giving medication, giving personal care or just talking. Looking after someone takes up a lot of time and it can sometimes be very difficult to cope.

The good news is that there is lots of help out there to make things a bit easier for you.

WHAT ARE YOUR RIGHTS?

In order to support you as a young adult carer, Dorset Council have a responsibility to make steps to identify and carry out Young Carer Assessments for carers under 18 and Carer Assessments for carers over 18. If you have not had an assessment you can ask for one. At 16 you are also entitled to transition support. Sarah, our Young Carer Coordinator, can have a chat with you about this process and the support that's available to you.

WHAT DOES TRANSITION MEAN?

Transition simply means changing from one process or period to another. For you as a young adult carer aged 16 - 25, we are focusing on you stepping into adulthood and how your caring role might change.

WHAT DOES TRANSITION SUPPORT INVOLVE?

At Carer Support Dorset transition support is about you, your hopes and wishes for the future and the support you may need to achieve those goals. The support will also look at whether you will have ongoing support needs and how you can be supported at that time.

The support will look at:

- Your caring role
- How your choices may impact the person you care for and other members of the household
- Education, employment and/or training
- Your health and wellbeing
- Your independence
- Your social life

HOW CAN WE HELP YOU?

As part of our conversations, we will work with you to create an action plan to help you make steps towards your future.

We can offer you:

- Further 1:1 support to discuss the options available to you
- A chance to meet other young adult carers and share experiences
- Help with applications and grants
- Volunteering and/or mentoring opportunities
- Information about peer support groups
- Advice, information and signposting
- Carers ID and discount card scheme

**WE ARE
HERE
FOR YOU**