

# ABERDEENSHIRE YOUNG ♥ CARERS

INFORMATION, ADVICE & HELP IS AVAILABLE

ARE YOU A YOUNG CARER? YOU CAN TALK TO US



A **young carer** is anyone under the age of 18 (or 18 if still at school) who cares for a family member or friend due to illness, disability, a mental health problem or an addiction.



## WHO IS A YOUNG CARER?



## KEEPING WELL?

A CARING ROLE, IF UNSUPPORTED, CAN HAVE A HUGE IMPACT ON A CARER'S HEALTH, BOTH PHYSICALLY AND MENTALLY.



A caring role can be:  
**Physical, practical and emotional support.**

**Practical tasks** such as

- cooking, cleaning, shopping
- giving medication
- personal care
- looking after brothers or sisters



It can be **emotional support** such as talking to someone who is distressed or listening to their worries.

### Some Young Carers may experience...

**difficulty in concentrating** and **focusing** on things, particularly in school.

They might feel **stressed or anxious**, and suffer from **lack of sleep** because they are up during the night.



**They may not have the opportunity to...**

- eat well
- spend time with their friends
- take part in activities



They may **hurt themselves** helping the person they care for.



### POSITIVES

Young carers have told us there are **lots of positive things** about **their caring role**, like helping them grow in confidence, developing important life skills and building a closer relationship with the people they care for.





# WHERE CAN YOU GET HELP?



If you think you are a young carer you can **talk to a teacher, school nurse, or GP (Doctor)**.

They can help you identify sources of support like **Quarriers Aberdeenshire Carer Support Service**.

You can also contact Quarriers directly:



Tel: **01467 538700**



@Aberdeenshire Carer Support Service



Email: [aberdeenshircarers@quarriers.org.uk](mailto:aberdeenshircarers@quarriers.org.uk)



## Carers' Rights – Young Carer Statement

Did you know that the **Carers (Scotland) Act 2016** came into effect in April 2018 and introduced new rights for all carers?

This includes a **Young Carer Statement** to help young carers look at their caring role, how it affects them and what support might be needed to allow the young carer to do things they want to do and still carry on caring, if they want to.



## Quarriers can:

- help you to complete a Young Carer Statement
- look at your caring role
- give you information
- put you in touch with other young carers
- give one to one support
- help you to meet up with friends
- find activities that you enjoy

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**Did you know... A Young Scot Card** is free of charge to everyone aged 11-26 living in Scotland.



If you have a Young Scot Card - Young Carers can access a '**Young Carers Package**' which allows you **rewards** and **discounts** as well as additional opportunities.

Visit [www.young.scot/](http://www.young.scot/) and search for Young Carers Package for more information.

**Aberdeenshire**  
COUNCIL

