

Young Carers

Young Carers are children and young people who look after someone in their family who has an illness, a disability, or is affected by mental health issues or substance misuse. They can be aged between 5 and 18 years of age.

Young Carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

This can be long or short term.

The impact of caring

Young Carers like all young people have hopes and dreams, stresses and worries. However, not only do they have the pressures experienced by all those of their age, they also have the added responsibilities of caring for a family member, responsibilities that would normally be expected of an adult.

School can be a haven where they can forget their responsibilities or it could compound their already difficult life. As a result Young Carers may encounter barriers to their learning. Finham aims to counter such impacts with support in school through training of staff and support from a Young Carers support group. We also have close links with the Young Carers centre worker Mark Graham who visits regularly and will often support pupils who need support at home and respite from their roles where school is unable to support such as Weekends and afterschool hours.

Links

- www.youngcarers.net
- <http://www.nhs.uk/CarersDirect/young/Pages/Youngcarershome.aspx>
- The Princess trust for Carers www.carers.org