

Support for young carers

We have a great team of friendly people who can support you in lots of ways:

Assessment:

we can have a chat with you about how caring might be affecting your life, then we can help you come up with a plan to reach your goals

Trips and activities:

we run occasional trips and activities for you to spend some time with other young carers, make friends and have a break

School visits:

we provide information for assemblies. We can meet you in school to chat to someone who understands your life. We can support school to run a group for young carers

Information and advice:

we have a lot of knowledge and experience, so we can give you the individual advice

One-to-one support:

after an assessment you may get support on a regular basis to make sure you reach the goals you set for yourself



Devon Young Carers recognises and embraces diversity and supports young carers including LGBTQ+, ethnically diverse, neurodiverse and those with a disability.

For more information about **Devon Young Carers** please contact:
www.westbank.org.uk/pages/category/young-carers
t: 03456 434 435*
e: youngcarers@devoncarers.org.uk

*Call charges: Calls to 0345 cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way by your service provider.

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Devon Young Carers



A young carer is someone aged 18 or under who helps look after a family or friend because they are ill, disabled, frail or have a mental health, drug or alcohol problem

Am I a young carer?

If you help look after someone because of a disability, mental or physical illness or drug or alcohol problem, you are a young carer. This might look like:

Sibling care:

looking after brothers and sisters

Communication:

helping someone communicate with others

Practical tasks:

this can be helping with cooking, cleaning and other tasks such as shopping

Physical care:

you may help someone move around or get out of bed

Helping someone with their medication:

you may also help someone collect their prescriptions

Emotional support:

helping or talking to someone who may be feeling distressed or down

Personal care:

this can be helping someone get dressed or washed

Admin support:

this can be booking medical appointments or sorting bills.

Impact of caring

Being a carer can have an impact on your life in many ways but we can help

Mental health:

you may experience poor mental health such as depression, anxiety or find your caring role can make you feel stressed. We can help to get you the right support

Education / Development:

you may find it difficult to manage your school work while caring for someone. Or school might be where you can be you. We can help you find the right person to talk to in school

Social Isolation:

you might find it harder to spend time with friends or they may not understand your life. We can help you meet other carers in similar situations



You are not alone!

You might sometimes feel like no one else will understand the challenges you are facing as a young carer but you are not alone! At Devon Young Carers we support over 2,000 young carers to make sure they're getting the support they deserve.



“You have helped me so much in the last year and I can’t ever explain how much you have done for me. I think I would be a very different person without your help.”