

Carers Information Service
0300 0200 002
www.carmarthenshirecarers.org.uk

Young Carers (under 18yrs)

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Young Carers

A young carer is a child or young person under the age of 18yrs who helps look after a family member who is sick, disabled, has mental health problems or is affected by substance misuse.

What things do Young Carers do?

Many young carers have to take on an “adult role” at an early age, sometimes from as young as four. This can include:

- Household chores – cooking, cleaning, ironing, gardening etc.
- Personal care – washing, dressing, toileting, giving medication.
- Significant levels of supervision.
- Offering emotional support.

Support for Young Carers

Carmarthenshire Young Carers Service provides information and support for Young Carers deemed to be in priority need by virtue of their caring role. If they are not able to help directly, they will put you in contact with someone who can. The Young Carers Service is able to provide:

- Information about the illness or disability of the person you care for.
- Someone to talk to who will listen and give practical relevant advice.
- Peer support.
- Advocacy.
- A break from caring.
- Relevant courses.
- Focused 1-1 work.
- Referral on to other agencies.
- Work in partnership with schools to provide continued and consistent support.

Anyone can make a referral to the service provided that they have the consent of the parent and young person.

For further information

Carmarthenshire Young Carers Service

01554 742630

Text: 07970 827773

youngcarersservice@carmarthenshire.gov.uk

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Carmarthenshire Carers Information Service

The Carers Information Service provides free and confidential information, advice and support to Carers.

We produce and distribute information for carers and organise regular events in partnership with other organisations.

The service is joint funded by Carmarthenshire County Council and Hywel Dda University Health Board.

Contact details

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