

**Carers Information Service**  
**0300 0200 002**  
[www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.uk)

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## Young Adult Carer (YAC)

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## Young Adult Carer

Do you look after a family member (such as a parent, grandparent, sister or brother) or your partner, a friend or a child with an illness, disability, mental health or substance misuse issue? If the answer is YES, then Carmarthenshire's Carers Information Service can help support you in your caring role.

Because the person you look after is someone you love you may not have thought as yourself as a carer. In Carmarthenshire alone, there are thousands of people who provide unpaid care like you do so you are certainly not alone. Being best able to cope with your caring role is important not only for the person you look after but for yourself too, because if you stay healthy then you will be better able to continue helping the person you care for.

Unfortunately, many carers experience physical health problems and emotional issues such as anxiety and stress and balancing your caring role with other commitments can be a struggle. For this reason, it can be difficult to stay in education or employment and the emotional demands can take their toll too – just because you are not with the person you look after 24/7 you may still be thinking about them.

Worrying can have a negative impact on health, such as poor sleep and not being able to concentrate, so it is little wonder that all too often YACs are more likely to drop out of school, college, university and employment. This does not have to be the case though as there is help available.

There is now a dedicated YAC project in Carmarthenshire providing support for 16-25 year olds regardless of where they live in the county. You may not have previously asked for any help as all too often those who care for loved ones tend to put the others wellbeing first and do not look after themselves. Asking for help is the first step towards making the positive changes you may need to make in your life so you are better equipped to cope with your caring role and better able to balance it with other things in life, like education, employment and a social life.

Through the YAC project you can get support in all these areas as well as have the opportunity to meet others of a similar age with shared experiences so you do not have to feel alone or isolated as many young adult carers do.

## How we can help...

Your YAC keyworker will meet with you wherever you feel most comfortable to talk in confidence about whatever issues are concerning you most and then decide together how best to address these. Some common themes that carers ask for support with are:

## **Health**

Managing and improving their physical and mental health to lead a healthier lifestyle and have the support they need to minimise any risk to themselves and the person cared for.

## **The Caring Role**

Support to improve their skills and understanding around practical issues to better manage their caring role and information needed now and when things change.

## **Managing at Home**

Increasing the abilities of YACs to manage day-to-day tasks and the suitability of their homes or that of the person they care for if they do not live with them.

## **Time for Yourself**

Improving the proportion of time for breaks from caring to have more time for themselves and an improved social life according to individual needs and wishes.

## **How you feel**

Improving their emotional well-being and ability to manage any stress or anxiety arising from their caring role so they can better manage any key relationships.

## **Finances**

Being better able to manage their financial situation such as debts, budgeting, benefits and legal issues.

## **Work and Education**

Feeling more supported by employers and education providers and having greater awareness of opportunities to access education and employment.

## **Support Services we can offer...**

- A dedicated keyworker providing 1-2-1 support in your home or community.
- An individual action plan to help you to achieve positive changes in your life.
- Partnership working with other services who can help.
- Helping to liaise with education providers and employers to address any problems.
- Access to a peer support network of others your age facing similar issues.
- Activities, trips and events.
- Signposting and information services including online resources.
- Life skills groups such as confidence building and health and well-being.

## For further information

### **Carmarthenshire Young Carers Service**

01554 742630

07585 561660

[youngcarersservice@carmarthenshire.gov.uk](mailto:youngcarersservice@carmarthenshire.gov.uk)

### **Carers Information Service – Melanie Rees**

0300 333 2222

07535 449 686

The Palms, Unit 3, 96 Queen Victoria Road, Llanelli. SA15 2TH

[melanie@carmarthenshirecarers.org.uk](mailto:melanie@carmarthenshirecarers.org.uk)

[www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.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

Carmarthenshire Carers Information Service  
The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, Carmarthenshire. SA15 2TH

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