

Are you a young carer?

Are you under 18?

Do you spend a lot of your time looking after someone in your family who has a physical disability, ill health, or who might use drugs and/or alcohol?

If the answer to the above is YES, then you are a young carer and this guide is just for you.



What do I do to help?

- Domestic duties, e.g. shopping, cleaning, washing, changing beds, cooking
- Household management e.g. paying bills
- Nursing tasks e.g. giving medication
- Personal care e.g. bathing, dressing, toileting, feeding
- Providing emotional support
- Responding to demanding behaviour
- Communication e.g. translation, sign language

Who can help me?

- Sandwell Young Carers on 0121 525 7667
- A trusted adult, teacher, G.P., youth worker
- A family member or friend

Use this guide to help you find who else could help if you need it.

Download your survival guide
at www.sandwellyc.org.uk
or call our support hotline
on 0121 525 8002

