



# AM I A YOUNG CARER?

**If some of these statements sound like you, you may be a young carer**

I help with practical tasks, like cooking, housework and shopping.

I help to physically care for someone, such as helping someone out of bed.

I help to emotionally support someone, including talking to someone who is distressed.

I help with Personal care, such as helping someone in your house get dressed.

I help to manage the family budget or collect prescriptions.

I help to give someone medicine often at home or help with physiotherapy.

I help someone at home to communicate because they are deaf or English isn't their first language.

I help to look after my siblings when my parent can't do so i.e. I pick my sibling up from school.