YOUNG CARERS

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- Who are Young Carers
- Things Young Carers Do
- How Family Carers Ireland Can Help
- Annual Young Carer of the Year Award

**Useful Contacts**

One of the supports provided by Family Carers Ireland is our Young Carer programme which works with young people up to age 25 who have caring responsibilities.

**Who are Young Carers?**

It is estimated that there are more than 57,000 young carers in Ireland looking after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse. Young Carers often take on practical and emotional caring responsibilities that would normally be expected of an adult.

**Things Young Carers do:**

- Household chores like cooking, washing, and cleaning.
- Minding brothers and sisters.
- Personal care – helping to dress, wash and feed someone
- Giving medication
- Giving emotional support and listening to someone's problems,
- Getting up to assist someone in the night
- Interpreting because of language or communication issues

**How Family Carers Ireland Can Help:**

The caring role may have a negative effect on the emotional, mental and physical well-being of a young carer. It may also negatively impact on their education and their ability to participate in extra-curricular activities.

Family Carers Ireland aims to help create a network of support for young carers across the country and ensure service providers and schools understand their needs and respond appropriately.

**What we do for Young Carers:**

- Activity Groups with other young Carers
- Supply helpful information
- Provide information and support through **www.youngcarers.ie**
- Provide one-to-one support
- Help to work on an emergency plan
- Liaise with other services that can help
- Work with schools on support programmes
- Training to help to stay safe and well
Young Carer of the Year Awards

Every year we hold our annual Young Carer of the Year Award to recognise the work Young Carers carry out daily in the home for family members. Young Carers often go unrecognised along with their own social, health and educational needs. The awards strive to raise awareness for all of Ireland's young Carers and the improvement of services nationwide.

USEFUL CONTACTS

Young Carer Development Officer
057 93 70 208

Family Carers Ireland
057 93 70 200

National Freefone Careline
1800 24 07 24