

# YORK YOUNG CARER'S CARD

## WHO IS A YOUNG CARER?

A young carer is a person who helps to look after someone in the family at home because they are disabled, have been ill for a long time, have a mental health problem or a problem with alcohol or drugs.

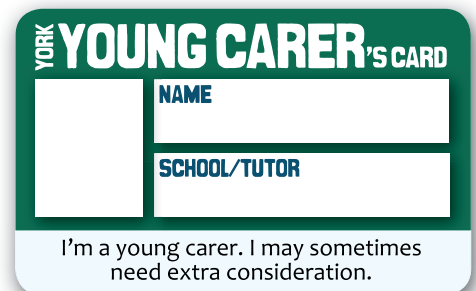
## WHAT DOES A YOUNG CARER DO?

A young carer may spend time doing things like cooking, cleaning and shopping. They may also give medicines and tablets to the person they look after or help them to wash or get dressed and take them to school. Some young carers may not do any of these things but they may worry about the person with the illness or disability.

Because of doing these things, young carers can sometimes feel tired and not always be able to concentrate on their school work or homework, or they can be worried or feel stressed.

## WHAT IS THE YOUNG CARER'S CARD?

The young carer's card is for young carers in secondary schools / colleges who have difficulty balancing their education with the responsibility of caring for someone at home. The card provides a form of carer identification that young carers can carry with them at school / college and use to discreetly signal to the teacher / tutor that they need support.



**The card is for young carers who are unable to, or find it difficult to:**

- 🔊 arrive at school on time
- 🔊 stay after school without earlier warning
- 🔊 finish homework on time

**or need to:**

- 🔊 carry a mobile phone (on silent) so they can keep in contact with the person they care for
- 🔊 leave early on occasions
- 🔊 talk to someone.

# HOW DO I GET A YOUNG CARER'S CARD?

If you're a young carer and would like a card, please see your Head of Year / tutor.

## WHAT WILL THE CARD LOOK LIKE?

The card is the size of a credit card and will have your name, your school / college and a photo of you on the front. On the back of the card there is a description of some of the needs of young carers, your teacher's / tutor's name, and some contact details in case of emergencies.



## OTHER HELP FOR YOUNG CARERS

As well as supporting the Young Carer's Card, York Young Carers helps many young carers through:

- 🌀 **LAFFS** (laughs, advice, fun, friendship and support): Monthly groups where you can chat, play games and chill out with other young carers.
- 🌀 **Events**: Trips and activities that give you a break and time to try new things.
- 🌀 **1:1s**: A chance to get to know your key worker and talk to them about any issues you have because you are a young carer. Usually involves a cup of tea.
- 🌀 **Young Carers Revolution**: A group of young carers who speak out about the issues that affect them and let those in power know what needs to be changed to make a real difference.