

# ARE YOU A YOUNG CARER?

## DO YOU CARE FOR SOMEONE AT HOME? DOES IT INVOLVE THE FOLLOWING?

- 👋 Listening, talking or comforting that person
- 👋 Providing emotional support
- 👋 Help with paperwork of any kind, paying bills etc
- 👋 Washing, cleaning, cooking/preparing meals
- 👋 Help them to shower/bath, shave or dress
- 👋 Look after and care for siblings, maybe taking them to school
- 👋 Give medicine or support someone to the doctors/hospital

## HOW DO YOU FEEL THIS IMPACT'S ON YOUR EVERYDAY LIFE?

- 👋 Interrupted sleep/ feeling of tiredness
- 👋 Continually worry about that person/friendships/school work
- 👋 Stay in the house and never go out in case they need you
- 👋 Poor attendance and punctuality
- 👋 Lack of homework/school work affected

*If you have answered yes to any of the following questions then please contact SWA by email [SWA-YoungCarers@bestacademies.org.uk](mailto:SWA-YoungCarers@bestacademies.org.uk) or phone and ask to speak to Alison Eaton or your Head of Year for support.*

