

# Young Carers



No one should have to care alone

The term 'young carers' refers to children and young people under the age of 18 whose lives are affected in some significant way by the care needs of another family or household member due to their illness, disability, mental health difficulties or problems with drugs or alcohol misuse, and who provide care, or help to provide care, to that person.

Young adult carers are recognised as a separate group and are aged between 18 and 24 years.



The person they care for can be a parent, sibling, grandparent or other relative who needs care, support or supervision because of disability, chronic illness, mental health difficulties or problems with drugs or alcohol misuse.

Young carers may undertake practical tasks e.g:

- Cooking
- Housework
- Shopping
- Caring for siblings.

Many people who care for a loved one do not see themselves as being young carers. They think of themselves as a family member, a brother, a sister, a son, or a daughter and can presume that all families provide this sort of support. As a result, they often don't realise that there is help available to them.

Many young carers enjoy caring, they are proud of who they are and what they do, and the range of useful skills they have built up.



Sometimes though, young carers say that caring can affect how they feel, how much time they get to spend with friends, or their school work, and that often they need some help.



Our Young Carer Service, provided by Family Carers Ireland is here to support young carers.

We offer a range of free services, including online and in-person groups, one-to-one support, counselling, workshops & training, events and activities, respite activity breaks, and programmes - all to help young carers succeed in school and beyond.

No one should have to care alone.



## WE'RE HERE FOR YOU!

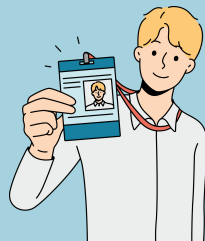
Freephone Careline  
1800 24 07 24  
youngcarers@familycarers.ie  
www.youngcarers.ie

## FREE Young Carer Card

Our FREE Young Carers Card gives young people with caring responsibilities aged 10-24 years access to a variety of great deals and discounts including offers from SkyPark, Zipit Forest Adventure, Grafton Barbers, Omniplex Cinemas, Gym Plus and many more.

In order to be eligible, you must:

- Be aged 10 - 24 years
- Care for or help to care for a family member or friend
- Have consent from a parent/ guardian to apply if you are under 18



## Programmes

We offer a range of programmes to support young carers in their education and future careers. Our programmes include Young Carers in School, which provides support to young carers in second level education, Going Further Going Higher, which offers information and guidance to young adult carers on further education, and Care2Work, which provides support and training to help young adult carers enter the workforce.

If you are a young carer looking for support and assistance, please get in touch with Family Carers Ireland's Young Carer Service. We are here to help you every step of the way.



## Young Carer Groups

Offer a supportive and welcoming environment for young carers to meet and share their caring experiences. We have both in-person and online groups available, so you can choose the option that best suits you. Our groups provide opportunities for young carers to connect with others who understand their experiences and offer a space for having fun and building friendships.



## Events & Activities

We organise regular events and activities for young carers, such as fun days out, arts and crafts workshops, and sports activities. Our events provide opportunities for young carers to socialise and have fun in a supportive and welcoming environment. Our national events for young carers include an annual Young Carer Respite Weekend, Young Carers Action Day and Young Carer of the Year Awards.

## Sibshops

Sibshops are fun workshops for siblings of children with additional needs. As well as having lots of fun, they provide a great opportunity for siblings to get together and chat about some of the difficulties and the positives of having a brother or sister with additional needs.



## Respite Activity Breaks

We offer respite activity breaks to give young carers a break from their caring responsibilities and an opportunity to relax and have fun. Our activity breaks include a range of activities, such as creative workshops and outdoor activities.



## Young Carer Counselling Service

We offer a one to one counselling service to young carers who are aged 10 and over.

Our free counselling service offers you the opportunity to discuss your feelings and experiences with a professional counsellor who can provide you with guidance and support.

Each counselling session is 50 minutes long and you can have up to 6 sessions.

After this, you review with the counsellor and you may decide to continue with a further 6 sessions.

**Our Counselling Service is provided following an assessment.**

## Young Carer Wellbeing Service

One to one support is provided to those aged 10-24 years whose caring responsibilities are having a significant impact on them.

The young carer works with a Support Manager and discusses any issues about their caring role that is worrying them, or looking at other areas of life that it might be impacting i.e. school, family/friend issues, time for yourself, etc.

We work together towards achieving a particular goal, or a number of different outcomes/goals.

In some cases, the Support Manager will work with parents and families to identify and connect with other services that may be able to provide support.

