

Young Carers

There are **175,000** young carers in the **UK** and **4000** young carers in **Fife!**

Am I a young carer?

Sometimes it can be difficult to decide if whether what you do is being a young carer or just helping out. If you are under the age of 18 and look after a family member or friend who cannot manage on their own then you are a young carer. You don't need to be providing personal care or physical support to be a young carer. It may be that someone depends on you emotionally as a result of mental illness, drugs or alcohol. You are likely to be a young carer if you find yourself carrying out any of the tasks below on a regular basis-

- Taking care of household chores such as shopping and cleaning
- Managing the household such as sorting bills
- Keeping track of and administering medication
- Looking after your brothers or sisters
- Providing emotional support such as helping the person you care for manage their moods
- Helping to wash and dress the person you care for

What Support is Available?

Fife Young Carers is an organisation in Fife aimed at providing support, help, advice and relief to young carers who are between 8 and 18 years of age. They run regular support groups for young carers in Fife and have support workers which are on hand to offer one to one help and advice.

Visit- www.fifeyoungcarers.co.uk Email- admin@fifeyoungcarers.co.uk

YNet is the online website for young carers from the Princess Royal Trust. It contains a variety of information for young carers, their parents and professionals. It also contains an interactive sections where young carers can chat with other young carers and youth workers, gain advice from agony aunts, talk on the online forum and play games.

Visit- www.youngcarers.net