

HANDS UP WHO CARES?

LINCOLNSHIRE
YOUNG CARERS SERVICE



WHAT DO WE MEAN BY 'YOUNG CARER'?



A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has a mental health difficulty or misuses drugs or alcohol.

Often conditions are invisible

Some examples are:

- **Anxiety**
- **Depression**
- **Misusing drugs or alcohol**
- **Addiction**
- **OCD**
- **Fibromyalgia**

Can you think of any more hidden conditions?

WHAT MIGHT A YOUNG CARER DO?



PRACTICAL CARE

Washing - Laundry

Cooking

Shopping

Tidying

Washing Dishes

Vacuuming



MEDICAL CARE

Bandaging

Medication – Managing/Reminding

Changing Dressings

Helping with Ointments

Supporting with Physiotherapy

Dealing with Injections



PERSONAL CARE

Helping someone get dressed/undressed

Helping someone use toilet/commode

Help someone get bathed/showered



EMOTIONAL CARE

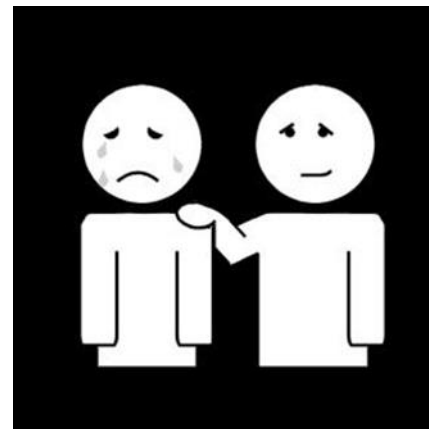
Provide Reassurance, Compassion
and Empathy

Trying to calm someone who is
distressed

Spending time with

Keeping an eye on

Listening to



PHYSICAL CARE

Helping someone move

- into or out of bed
- up or down the stairs
- from the floor (maybe following fall/seizure)
- from wheelchair



OTHER

Managing Budgets

Reading letters for

Helping communicate – BSL/Makaton
and English as Second Language

Childcare – looking after siblings if parent
incapacitated.



“ I care for my Mum who has Fibromyalgia and can't do things. She has to take painkillers to cope. It really gets her down. I have 2 younger brothers. It's quite hard – you are looking after your parent instead of the opposite way round. Instead of going out with your friends, you're looking after your Mum and brothers. ”

Young Carers 😊

We are setting up a brand new young carers group in school called Bright Horizons

We have got lots of fun activities planned as well as supporting you with your caring role

Mrs Davies and Mrs Jarvis will be running the group with some help from the young carer leads from the Early Help Team

Young Carers

If anybody

- Cares for a family member at home
- Is interested in being a part of the group
- Is interested in helping us run the group
- Or would just like a chat about caring

Please come and see us 😊

