



### Who is a young carer?

A young carer is someone who is under the age of 18 and takes responsibility for looking after someone, usually their mother, father, brother or sister, who is:

- ill;
- disabled;
- elderly;
- suffering mental distress;
- misusing drugs and/or alcohol.

A young carer would have to carry out a number of tasks, including:

- general care - such as giving medication, changing dressings, helping with mobility;
- domestic tasks - such as cooking, cleaning, washing, ironing, shopping;
- emotional support - such as listening to and supporting people;
- intimate care - such as dressing, washing and helping with toilet requirements;
- child care - such as helping with younger siblings;
- other care - such as helping with household and other administration tasks, bill paying, accompanying to the doctor's or hospital.

### What to do if you are a young carer...

If you think that you, or someone you know, may be a young carer, it is important that you tell us about your situation so that you - and the person you care for - can get the help and support you need.

For further information and advice on Young Carers or to make a Young Carers referral you can contact the Cardiff Family Gateway on 03000 133 133 or email [contactFAS@cardiff.gov.uk](mailto:contactFAS@cardiff.gov.uk)

### What kind of help will I get?

We work closely with YMCA Young Cares and other agencies to help you enjoy your childhood by giving you:

- emotional support and advice;
- support to get help at home;
- advice on taking break from caring;
- the opportunity to take part in fun activities;
- the chance to meet other young people and share experiences;
- help with your concerns or difficulties;
- help to access education.

## What is caring like for a young person?

Young carers often take on grown-up responsibilities. This means that they often miss out on the things that other children may take for granted, such as opportunities to learn, play and have fun.

### Further Information

If you would like any further information or advice on Young Carers you can contact the Cardiff's dedicated Young Carers co-ordinator:

- Office number – 02920872046
- Mobile – 07772 439767

### Alternatively, you can contact:

- [Cardiff Family Gateway External link opens in a new window](#) on 03000 133 133 Freephone number or email [contactFAS@cardiff.gov.uk](mailto:contactFAS@cardiff.gov.uk)
- Cardiff YMCA Young Carers Project on 02920 465250 Ext 211 or email [cardiffyoungcarers@ymcacardiff.wales](mailto:cardiffyoungcarers@ymcacardiff.wales)