

WHAT IS A YOUNG CARER STATEMENT?



IT IS CREATED WITH YOU AND FOR YOU!

A Young Carer statement is a plan available to all young carers under 18 years of age, and 18 years if still at school. It is created through conversations with the young carer and will give you time and space to think about how caring affects your life, and whether there are any supports that might help make things easier for you.

WHAT WILL BE IN MY STATEMENT?

Your Young Carer Statement will include information you want to tell us about your caring role, how you feel about being a young carer, the things you enjoy about caring and the things you find difficult. Importantly, it will record the things you want to improve or work on (your outcomes), and the statement will include a plan of support to make this happen.



HOW TO GET A YOUNG CARER STATEMENT

Your support worker will be in touch with you or your family to offer you a statement and plan a time for this to happen. If you are under 12 years old, we'll need to ask an adult at home if this is ok. Your worker might help you complete a statement over the phone, over video call or in person. It's not an interview so there will be activities and fun - just like a normal 1-1 session!



MY RIGHTS!

You have a right to a Young Carer Statement, but it's your choice and you don't have to have one. If you do have one, you should make sure you understand the information it includes.

We will ask your permission to share your statement with other people who may be able to help you - you can say no if you don't want it shared.

