

## What is a young carer?

A young carer is anyone aged 5-18 years, who has practical and emotional caring responsibilities because someone in their family is disabled, elderly, has a long term illness, a mental health condition, developmental disorder or issues with substance misuse.

## Where can I get support?

There are three young carer services in Edinburgh. They work together across the whole of Edinburgh and each service covers a different geographic area.

Capital Carers is responsible for North West Edinburgh including Almond, Forth, Inverleith and Western.



Edinburgh Young Carers is responsible for North East and South East Edinburgh Localities including Leith, City Centre, Craigentenny, Duddingston, Portobello, Craigmillar, South Central, Liberton and Gilmerton.

Space is responsible for South West Edinburgh including Pentlands and South West.

## How do I contact my local young carer service?

Space for Young Carers  
Covering South West Edinburgh

Space & Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH  
0131 455 7731  
youngcarers@spacescot.org  
www.spacescot.org

Capital Carers Young Carers Project  
Covering North West Edinburgh

Prentice Centre  
1 Granton Mains Avenue  
Edinburgh EH4 4GA  
0131 315 3130  
ycinfo@nwcarers.org.uk  
www.capitalcarers.org.uk

Edinburgh Young Carers  
Covering North East and South East Edinburgh

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY  
0131 475 2322  
info@youngcarers.org.uk  
www.youngcarers.org.uk

# What is a Young Carer Statement?



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A young carer statement is available to all young carers. You can write it with someone that supports you in school or a support worker from your local young carer service. It can help you to think about your caring role and discuss how caring affects your life. It is useful because it helps others to understand what you do as a young carer and helps you to find out what support can be put in place to help make things easier for you.



## What will be included in my statement?

Your statement will include information about why you are a young carer and the caring jobs you do. It gives you space to say if there are things you like and don't like about your caring role and to think about what skills you have gained. It will also ask you about your life outside of caring, ideas you have for the future and if you think you could do with some more support at school or at home. It will help you to think about what you would do in an emergency or if something unexpected happened to you or the person you care for.



## What happens after I have completed my statement?

Your statement will include an action plan. This will allow you to create goals that will help you to have a life alongside caring, and to improve your own health and wellbeing. You will complete this together with a support worker and you will come back together at a later date to discuss if the plan helped you and any changes you would like to make moving forward.

## How do I get a Young Carer Statement?

Someone that supports you in school or a support worker from your local young carer service will provide you with everything you need so you can complete the statement together.



## What are my rights?

All young carers have the right to a Young Carer Statement but it is your choice and you don't have to have one. It can be helpful for you to share your statement with the people who support you in school, your doctor, or a social worker, so they can understand what it is like for you being a young carer, but it is your choice who you share it with.

