

Young Carers' Rights

Edinburgh Young Carers is committed to the promotion of rights for young people.

“Every young carer is a unique individual.”



All young carers have the right to:

- ◆ Make their own decisions and choices (to be a child, a carer or both).
- ◆ Be heard, listened to and believed.
- ◆ A Young Carer Statement.
- ◆ Protection from physical and psychological harm.
- ◆ Information and choice.
- ◆ Stop physically caring.

Young Carers in Edinburgh

Recent studies estimated that there are around 5,000 young carers under the age of 18 years old in Edinburgh, many of whom remain hidden

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**YOUNG
CARERS**

100% of parents felt that Edinburgh Young Carers improved their child's confidence and social skills

Referral and Contact Details

A young person can refer themselves or ask another person or agency to make a referral on their behalf.

Find referral forms on our website:
www.youngcarers.org.uk

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Our service makes a positive difference in the lives and futures of young carers through providing support, information, respite and personal development



“What we’ve gained from EYC is immeasurable and I couldn’t ask for more. I’m just so grateful for everything they’ve done for us.”

**A leaflet for young people,
their families and
professional agencies**

What is a Young Carer?



A young person who provides practical or emotional support for another person, due to mental or physical ill-health or disability, long term illness or drug or alcohol misuse

What is the impact of being a Young Carer?

Emotional

Putting other people's needs first, being worried, anxious or stressed. Feelings of guilt, anger, being trapped, isolated and being misunderstood.

Physical

Suffering from pains or strains from heavy lifting or helping someone to wash or dress.

Social

Unable to meet up with friends regularly. Feeling isolated and lacking in confidence. A possible target for being bullied.

Educational

Difficulties concentrating in class, feeling tired, worried, with no time to do homework. Regularly absent from, or late for, school

Financial

Low family income. Not having enough money for basic needs.

Edinburgh Young Carers

- ◆ Aims to improve the lives of young carers aged 5-25.
- ◆ Promotes and raises awareness of young carers, their needs and rights.
- ◆ Works with other organisations to help identify 'hidden' young carers.
- ◆ Provides emotional and practical support to help young carers to participate and express their own views.
- ◆ Provides opportunities for young carers to have a break from their caring situation and have fun.

Statistics

In the past year, EYC has:

Provided support to 330 young carers (target 200)

Delivered awareness-raising assemblies to 2,690 pupils and 325 staff in schools, and also to 230 health professionals

Given specialised support to 71 young people caring for a parent/guardian with an alcohol addiction

Successfully piloted a Counselling service to 18 young carers with 144 hours of therapy provided

How do we help Young Carers and their families?

Young Carer Individual Support

One to one time with a key worker.

Young Carer Groups

Organised activities, discussions and a chance to meet other young carers and have fun.

Residentials and Day Trips

Time out from home for respite and a chance to try new things and enjoy themselves.

Education

Working with young people and professionals in schools to raise awareness of, and support, young carers.

Information and Support

Enabling young carers and their families to access other support services.

Young Carers Forum

An opportunity for young carers to have their say and take action on what matters to them.

Awareness Raising

Campaigning on behalf of young carers locally and nationally.

