

Knowsley Young Carers

# Supporting Young Carers

aged 6-18



Knowsley Council



## Who is a Young Carer?

A Young Carer is someone who is aged 6-18 and provides, or intends to provide, care, assistance or support to a family member on an unpaid basis.

A Young Carer could care for a family member with:

- A physical disability
- Mental ill health
- A long term health condition
- A drug or alcohol problem
- A learning disability



## What are Caring Responsibilities?

Your role as a carer will depend on the person you care for but could include:

- Practical household tasks (cooking, cleaning, washing up, ironing, dealing with correspondence and financial management)
- Personal care (bathing, dressing, lifting, administering medication, collecting prescriptions, support to attend medical appointments)
- Emotional Support (listening, offering advice and friendship, keeping an eye on the person you care for to ensure their personal safety)

## How do I get the Right Support?

1. Get permission from your parent/carer and get them to call the 'Contact Us' telephone number and we will take some details.
2. The Assessment Worker will arrange to meet with you and your family to consider your needs as a carer and a young person, whilst also meeting the needs of the family.
3. The service can provide you with continued support if you need it.



## **How Can Knowsley Young Carers Service Support You?**


The Service can provide you with information and guidance about:

- Services available for carers including respite activities
- Information about the medical conditions and health needs of the person that you are supporting including information about services available for the person that you care for and information and courses that may be of benefit to you as a carer
- Developing plans for emergency situations

## **How can this support be provided?**

The service can offer support so that you can meet with the Assessment Worker at the family home. The service can also refer you to opportunities for peer support including taking short breaks from the person you care for giving you the chance to meet other Young Carers. This is provided by the youth service KYM (Knowsley Youth Mutual).

## **Education, Employment and Training**

- The service can help and support you to balance education, with caring and transition to an adult carer once you turn 18
  - The service can also signpost information, advice and guidance about opportunities in further or higher education with financial assistance
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## How to contact us

If you think you are a Young Carer and would like more information, ask your parent/carer contact us on:

**0151 443 2670**

Ask to speak to Mike Kehoe or Chris Wong

Knowsley Young Carers  
Nutgrove Villa,  
Ground Floor Westmorland Road  
Huyton  
L36 6GA

For more information on Knowsley Young Carers, you can visit Knowsley Information Website: **[www.knowsleyinfo.co.uk/content/knowsley-young-carers-service](http://www.knowsleyinfo.co.uk/content/knowsley-young-carers-service)**