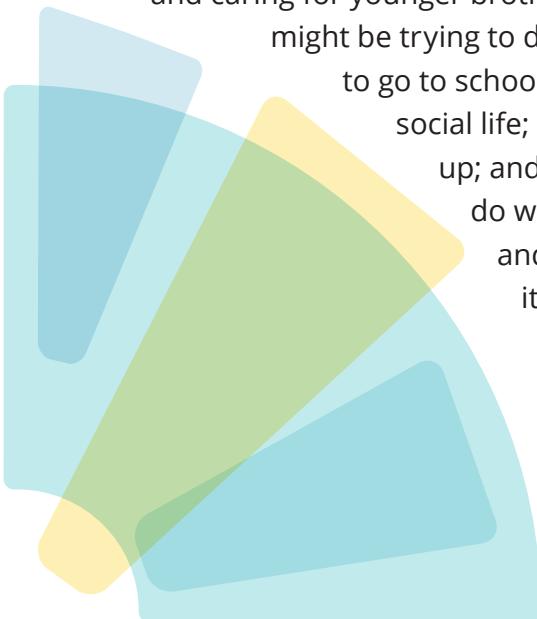




## INFORMATION FOR YOUNG ADULT CARERS

**Being a carer isn't always easy** no matter how old you are. In fact, although it can be one of the most rewarding, it can also be one of the most difficult, tiring and stressful times in anyone's life.

You may have started caring for someone aged as young as six or seven and you may be caring for a parent, grandparent, or sibling, or you may be caring for both parents because they have a physical disability, a mental health problem or perhaps an addiction. Caring for someone may mean that you are running the family home, sorting out medicines and hospital appointments and caring for younger brothers or sisters. You



might be trying to do all of this while trying to go to school or college; having a social life; thinking about growing up; and wondering what to do with your life as an adult and you might be finding it difficult to cope.

The Borders Carers Centre is here to help; our service is free and

confidential. We understand what it is like to take on caring responsibilities and the impact this can have on you. We have developed a wide range of services to help ease the process and support you. We hope these help you to find a way through the maze of benefits, NHS and Local Authority services available and provide you with the necessary support to maintain your own health and well-being.

*"The problem was I didn't know there were any services out there. Nobody asked me why I was struggling at school or found it difficult to keep a job"*

Detailed below you will find information about the support you can access through the Carers Centre and online.

## **Young Adult Carers Co-ordinator**

The Young Adult Carers Co-ordinator can work with you on a one-to-one basis and can offer you information on services, money matters or training that can help to ease the pressure of caring for someone and can also help you to identify the support you may need in your caring role. We look at your personal situation and offer help based on your current needs and commitments. We provide advice and advocacy to point you in the right direction so that you can build the future you want and have a chance to meet other young adult carers.

## **Facebook**

Check out our Facebook page for up-to-date information on what is



happening for young adult carers –  
[facebook.com/BordersYoungAdultCarers](https://www.facebook.com/BordersYoungAdultCarers)

We also have a news and information page online here:  
[www.borderscarerscentre.co.uk/young-adult-carers.html](http://www.borderscarerscentre.co.uk/young-adult-carers.html)

## Matter

Matter is an on-line social community specifically for young adult carers.

Just like other social websites, Matter provides an up-to-the-minute display of who's posting what, and what's going on. But there's another side too: the Info and Advice pages, full of tips and articles on all sorts of subjects, are divided into four themes: My Future, My Health, My Rights and My Life. Well worth a visit!

[www.matter.carers.org](http://www.matter.carers.org)

Here are some quotes from Young Adult Carers who have already used our service:

*“Having someone to contact with your worries or just to have someone to talk to. You never feel alone.”*

*“Being able to allow young adult carers have a life of their own and to take the stress and worries away from them”*

*“They are there for you if you need them”*

*“They make you feel comfortable”*



# Borders Carers Centre (SCIO)

*Supporting carers throughout the Borders*

Brewerybrig Low Buckholmside, Galashiels TD1 1RT

phone: 01896 752431

[www.borderscarerscentre.co.uk](http://www.borderscarerscentre.co.uk)

email: [info@borderscarers.co.uk](mailto:info@borderscarers.co.uk)

Scottish Charity No. SC028087