



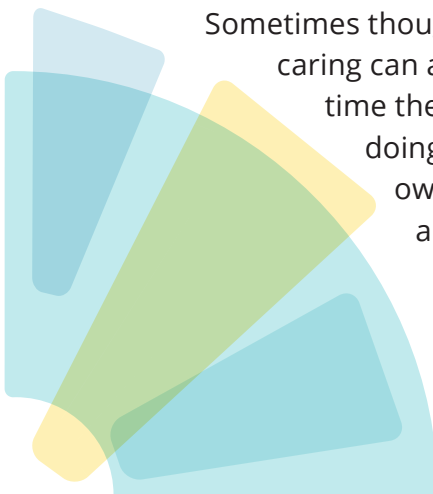
## YOUNG CARERS

**If you are a young carer** you will be under the age of 18 and may be looking after your mum or dad, brother or sister, your grandparent or another relative. You may be the only person looking after your relative or you may be sharing the care with another family member.

To be a young carer your relative must have an illness or a disability. This can be a physical or learning disability, a mental health problem, drug or alcohol problem or any condition requiring a level of care and support.

### **What's it like to be a young carer?**

Many young carers tell us that caring can be a great thing to do - that they're proud of who they are and what they do and that they have built up a whole range of useful skills.



Sometimes though young carers say that caring can affect how they feel, how much time they get to spend with friends, doing school work or having their own free time out of the house, and that often they need some help.

Caring for someone is challenging, but also rewarding. It can make you

laugh and it can make you cry. It can be heaps of fun, or really hard work.

### **As a young carer, you might feel:**

- ▶ **Shock** - when you first find out your relative is unwell
- ▶ **Confused** - when you're not given the information you need
- ▶ **Guilty** - when you need a break and ask for help
- ▶ **Sadness** - when you think about the things your relative might miss out on
- ▶ **Frustration or Anger** - when you think others aren't doing their share or when you miss out on doing things you want to do
- ▶ **Fear** - when you don't know what's happening
- ▶ **Excitement** - when things are going well
- ▶ **Love** - for your relative and other people who help you
- ▶ **Happiness** - when times are good or your relative has a good day
- ▶ **Pride** - about all the great things you have achieved
- ▶ **Loss and Grief** - when you feel like you can't do important things because you are caring for a relative

### **What support is available locally?**

There is an Action for Children Service which supports young carers in the Scottish Borders.

Action for Children can help you feel less alone and give you a break from caring so you can learn and have fun, helping you to balance your caring responsibilities with being a child/young person.

The Young Carers Service can help with things like:

- ▶ advice and information
- ▶ someone for you to talk to about how you feel
- ▶ opportunities for you to meet other young carers
- ▶ opportunities for you to join in planned groups and activities
- ▶ getting in touch with other services that can help you and your family
- ▶ opportunities to help you get a break from caring
- ▶ help for you to access adult services on turning 18
- ▶ providing you with a health card so you can get appropriate information about the person you care for with their consent and allow you to collect prescriptions for them
- ▶ first aid training

*“It’s just what I do but it really helps having someone to talk to”*

### Contact us:

Action for Children  
Scottish Borders Young Carers Service  
Unit 10a (Ground Floor) Galabank Mill  
Galabank Business Park, Galashiels TD1 1PR  
Phone: 01896 750173  
Email: AFCBorders.Cluster@actionforchildren.org.uk

**Resources:** <https://www.youngcarers.net/>  
<https://www.actionforchildren.org.uk/>



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# Borders Carers Centre (SCIO)

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