

# Young adult carers – Who are they? What do they do?

## Who are young adult carers?

Young adult carers are young people aged **16–25** who care, **unpaid**, for a friend or family member who could not cope without their support.



## How many young adult carers are there?

- There are at least 350,000 young adult carers in the UK.
- They are likely to be in every school, college, university and workplace.

Young adult carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.



## What might a young adult carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as listening.
- Personal care, such as helping someone dress or go to the toilet.
- Managing the family budget and collecting prescriptions.
- Helping to give someone their medication.
- Helping someone communicate.
- Looking after brothers and sisters.



**“I want college to understand I’m a carer.”**

## Being a young adult carer can have a big impact on the things that are important to growing up

- It can affect a young person’s health, social life and self confidence – over 45% reported a mental health problem.
- Many struggle to manage their education, working life and caring role which can cause pressure and stress.
- Recent research on young adult carers who were no longer in education showed their highest qualifications were GCSEs grade D–G.
- 29% had dropped out of college/university because of their caring role. This is four times greater than the national average for degree courses.



## Young adult carers should have:

- Support that gives them the same opportunities as their friends such as being able to:
  - Go to school, college or university.
  - Enjoy good health.
  - Get a job.
  - Have a social life and be independent.
  - Have support for the person they care for.



**“I lost over half of my hours at work because I care for my dad. Is that fair?”**

## Information and support

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

