

# SUPPORT FOR LINCOLNSHIRE YOUNG CARERS

There is support available for children up to the age of 18 who help to care for someone at home. That person may be a parent, sibling, grandparent, or any other relative who has a:

- Physical disability
- Mental health condition
- Learning disability
- Misuses alcohol or drugs
- Sensory impairment (hearing or sight loss)
- Life limiting condition
- Any other long term illness or condition

The role undertaken by young carers can include:

- Helping the person they care for to get dressed or washed
- Extra housework, shopping, or cooking
- Helping with medication
- Emotional support
- Helping a sibling with a disability

Young carers often take on responsibilities which affect their friendships and relationships, learning and development, health and wellbeing, or future career choices. They can experience increased levels of stress or anxiety, feelings of isolation and loneliness, lack of time to take part in social activities, and difficulties in keeping up with their education or homework.

We all share a responsibility to identify and support young carers. In Lincolnshire we offer a range of support to help our young carers, including:

- Young Carer needs assessments
- Young Carer Groups
- Young Carer Card
- Emergency planning
- Agency support from specific services
- Online support groups

Free training is also available for all professionals in Lincolnshire. For more information or if there is a child you know that you think may be a young carer in need of support please contact:

Lincolnshire Young Carers  
Tel: 01522 553275 or email  
[youngcarers@lincolnshire.gov.uk](mailto:youngcarers@lincolnshire.gov.uk)



## HANDS UP WHO CARES? WE DO!

