

Who are Young Carers?

Young Carers are aged between 5-18 years old and care for a family member of any age, due to disability, mental illness, chronic/terminal illness or problems relating to substance misuse.

What Do Young Carers Do?

Young Carers are often responsible for many tasks in the home including:

- Domestic activities, e.g. *cleaning, laundry and ironing*
- Household management, e.g. *food shopping, cooking, lifting and carrying*
- Financial & practical management, e.g. *withdrawing cash and paying bills*
- Personal care, e.g. *washing, bathing and administering medication*
- Emotional care
- Sibling care



What issues do Young Carers face?

Young Carers often do not have the opportunity to be children because of their caring role.

This can result in:

- Low levels of confidence and self-esteem
- Poor educational attainment
- Social isolation and difficulty making and maintaining friendships
- High levels of guilt, stress and anxiety
- Mental and physical health issues



What can PKAVS Young Carers do for you?

PKAVS Carers Hub looks to provide increased opportunities for Young Carers to ensure their caring role is manageable and there is access to respite and support.

Where there is a social, emotional or educational need identified through the Young Carers Assessment/Statement, Young Carers may be able to access one or some of the following:

Residentials and day trips

Respite groups and activities

Respite funding

Time limited 1-1 support

Counselling

Tuition

In addition we can signpost all registered young carers and their families to other support services in the community.

“I love coming to Young Carers. I get a chance to relax and make new friends.”

What happens next?

If you think you are a Young Carer, know someone who is, or if you are a professional and would like to make a referral please contact:

PKAVS Carers Hub
Tel: 01738 567076
Email: ycadmin@pkavs.org.uk

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Young Carers
Young Adult Carers
Adult Carers

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Carers Hub Young Carers

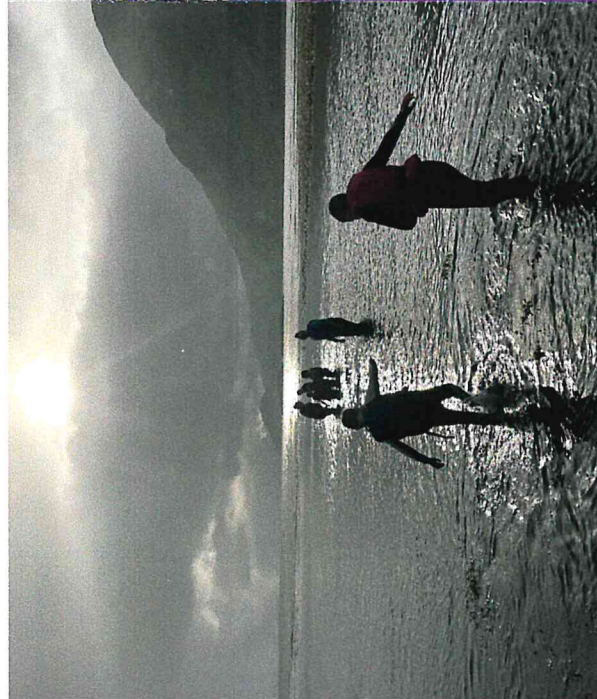


PKAVS is a charity with a big heart and a long history of giving, helping individuals and families across Perth & Kinross since 1972.

Through its 'one-stop-shop' hubs for Carers, Mental Health & Wellbeing, Minority Communities, Third Sector and Volunteering, PKAVS bring support and connections to those who need it most, whilst strengthening Perth & Kinross's voluntary sector.

It achieves this through:

- One-to-one and group support
- Information, advice, advocacy and training
- Dedicated and professional staff and volunteers



To find out more about PKAVS visit:
www.pkavs.org.uk

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PKAVS is the leading charity enhancing lives and connecting communities throughout Perth & Kinross

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