Young Carers in Ireland
Who are they? Where are they? How can we support them?

How do I know if a Young Carer is in our group?
- Checking in with phone or home
- Withdrawn? Tired? Frustrated? Isolated?
- Unusual pains and aches
- Actively involved? Or late? Missing sessions?

What can I do to support a Young Carer?
- Wait to be told, but give opportunities to engage
- Remember caring can be positive too
- Try to build coping skills and resilience
- Guide towards useful supports and resources

Where can I find resources?
- www.youngcarers.ie
- www.carealliance.ie
- www.ep-yc.org
- Look Again, Think Again
  www.crosscare.ie
- GP, HSE or local community health team
- "Access All Areas—a Diversity Toolkit for the Youth Work Sector" (chapter 12)
  www.youth.ie

Find out more about EPYC and young carers
epyc@diakonie-stadmitte.de / www.ep-yc.org / #epycproject
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