

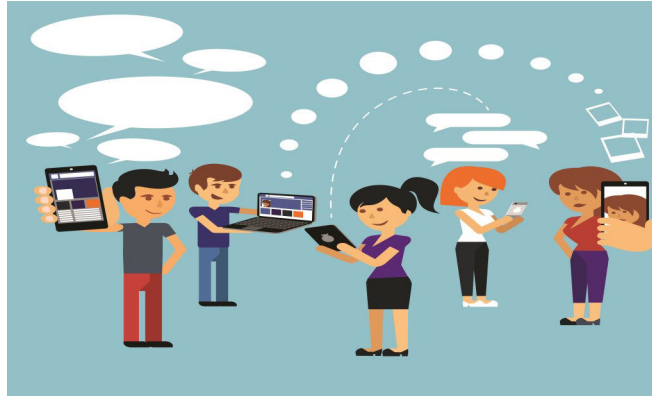
DO YOU LOOK AFTER A FAMILY MEMBER OR FRIEND?



Help & Support For Young carers

West Cork Young Carers Chatroom

Where you can chat with other Young Carers who understand what caring is all about. The chatroom is completely confidential.



www.westcorkyoungcarers.ie

West Cork Young Carers
West Cork Carers Support Group
Bridge Street
Bantry Co.Cork

087-150-7374 / 027-53848

YoungCarers@westcorkcarers.com

Find us on Facebook



West Cork Carers Support Group is a registered Charity:20066710



West Cork Young Carers

Please tell us a bit more about yourself. Don't worry if you can't answer all of these questions, but it would be helpful to us if you could tell us as much or as little as you feel comfortable with.

All information is treated in the strictest confidence.

What is your age group? : (tick as appropriate)

5-11 12-15 16-18

Add Me to Mailing List

Yes No

Who do you care for? Son/daughter brother/sister mother/father

grandmother/grandfather neighbour friend

What is their name _____.

Why do you care for this person? (For example, because they are ill, elderly, disabled or have a problem with drugs/alcohol.) _____.

You may not see yourself as a Carer as you are just "getting on with it" and doing what the person you care for needs. In fact you may be better described as a **Young Person with Caring Responsibilities**.



If you are in this situation then you may not know that you have certain rights and there is support to make your caring role easier and make you feel more able to carry on caring.

West Cork Young Carers are here to help.

What can we offer:-

Advice on :-

- ◇ Looking after **YOU**.
- ◇ More time for fun, outings & events.
- ◇ One to one or group support
- ◇ Help with money.
- ◇ Services & Supports you are entitled to.
- ◇ How your caring skills, may help you in applying for jobs.
- ◇ Help with I.T.



Are you 18 or under and :-

Do you care for a grandparent, parent, brother, sister or other family member?

Do you help someone to dress or undress because they are unable to?

Do you help someone to walk, get up the stairs, get in and out bed?

Do you help someone to use the toilet or have a bath?

Do you help someone to eat and drink?

Do you give medicines to someone, give injections or change dressings?

Do you prepare special food or diet because of the medical needs of the person?

Do you do housework because another adult is unable to?

Do you keep someone company, read and talk to them?

Do you look after brothers & sisters because an adult is unable to?

Do you help the main Carer carry out any of the tasks above?

If you answer **YES** to any of these questions then you are carrying out caring duties and can access lots of information and help through our website.

You will also be able to find out about events and chat to other Young Carers in confidence via our secure chatroom.



If you would like more information about West Cork Young Carers , please complete & return this form .

Name _____

Address _____

Email _____ Tel. No. _____

How would you like us to contact you , please tick boxes Tel. Email Post