



YOUNG CARERS PROJECT

Help & Support For Young Carers

Many Young Carers do not consider themselves to be a carer; they are just looking after someone in their family who needs help and getting on with what needs to be done. In fact they may be better described as a **Young Person with Caring Responsibilities**.

Please do not assume that only adults provide care, quite often the main carer will be an adult but supported by the young person to look after the family member, neighbour or friend.

Many Young Carers continue to go unrecognised and we'd like to change that by recognising the Young Carer and respecting their valuable contribution in supporting someone to remain at home.



- **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 the following questions then you are carrying out caring duties and would be eligible to access the information, supports and events for Young Carers

For more information

Call: 087-150-7374

Email: Youngcarers@westcorkcarers.com

Website: westcorkyoungcarers.ie