

The Young Adult Carers team are going to continue on all the important work which has been carried out by the Young Carers team.

Here is a personal statement from one of our young carers:

*“Getting to meet other people with similar everyday problems is very reassuring and motivating for me. Before I was very confused, and wanted to know “Why me? Why do I have these types of problems and none of my friends do”. But going out and realising there are quite a lot of people with similar problems and being able to meet and talk to them helped me a lot and made me more confident”.*

**Matthew, Young Carer**



### Find out more

We accept referrals from family members, social workers, health professionals, teachers, tutors, voluntary sector professionals and young adult carers themselves.

For more information about the practical and emotional support we offer young adult carers, or to make a referral, please contact:

**Action for Children  
Young Adult Carers Service  
10 Heron Road  
Belfast  
BT3 9LE**

T. [028 9046 0500](tel:02890460500) (ask to speak to a member of the young adult carers team)  
E. [youngadultcarers@actionforchildren.org.uk](mailto:youngadultcarers@actionforchildren.org.uk)

### Are you a young adult carer?

Get in touch with us. We know that every person's situation is different, and we will always offer support that is right for you, when you need it.



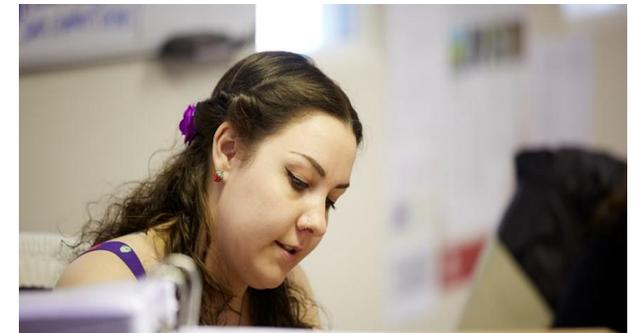
## Young Adult Carers

### Service - aged 18-25

#### Northern Ireland

### Do you care?

- have additional responsibilities compared to that of your peers
- provide practical, physical or emotional support to someone
- perform all sorts of tasks around the home



## What is a young adult carer?

A young adult carer is someone aged between 18 and 25 who looks after a member of their family or a friend.

The Action for Children Young Adult Carers Service works with young people in Northern Ireland. Our job is to provide the practical and emotional support young adult carers need, when they need it most.

## What do young adult carers do?

Being a young adult carer can be hard, and each person's responsibilities are different. A young adult carer may:

- Help with personal care and medication
- Do domestic chores, like shopping, cooking and housework
- Respond to challenging or unusual behaviour
- Keep the person they care for safe
- Care for siblings
- Listen to and keep the person they are caring for company
- Translate or use sign language

## The impact on a young adult carer's life

The responsibility of caring for a loved one can affect a young adult's preparation for further education and work, friendships, physical health and emotional wellbeing. They may:

- Feel stressed and worried
- Struggle to concentrate at further education or work
- Feel tired or low and their health may suffer
- Miss out on time with friends
- Feel lonely and isolated

## Practical support for young adult carers in Northern Ireland

We work with educational establishments, health services and local authorities to identify young adult carers, develop the right support, and raise awareness of their situation.

Our service gives young adult carers a break while having fun and meeting other people. Also, we help them to understand their statutory rights to assessment and ongoing support.

## What we offer:

- ★ Fun activities that give young adults a breather
- ★ The chance to share experiences with people in a similar situation
- ★ One-to-one support and advice tailored to individual needs
- ★ Group activities to enable socialising with peers
- ★ Group programmes that provide informative/educational advice
- ★ Groups that promote positive health and wellbeing, friendships, relationships, self-esteem and confidence
- ★ Mentoring for younger carers and other young adult carers
- ★ A participation group that listens to the voices of young adult carers and influences change
- ★ Signposting to other services