

# Young Carers and Isolation

## How We Can All Help

### What is a Young Carer?

Young carers are children and young people under 18 years old who provide unpaid care to a family member who is disabled, physically or mentally ill, or misuses substances.  
- Carers Trust, 2020

In England and Scotland, a young carer is under the age of 18 years old. However, they also define a 'young adult carer' as up to age 25.

Similarly in Wales, the code of practice recognises young adult carers as aged 16-25.

UP TO  
**25**

under  
**18**

16- 25

**800,000**

young carers are between the ages of 5 and 17 in the UK

### Isolation and Being a Young Carer

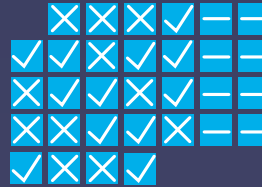


Being a young carer can be socially isolating. Due to the extra time constraints associated with providing care, there could be limitations on how much socialising they are able to participate in. Even if the young person has free time, they may be too physically or emotionally tired.

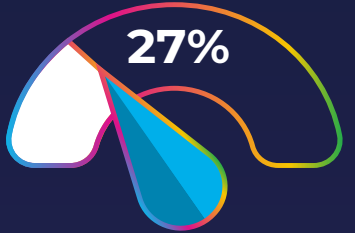
The isolation is not just about being unable to take part in activities with peers. Missing school, getting behind in schoolwork and/or getting 'in trouble' at school can all lead to feeling different.

2022  
**MARCH**

School Attendance



**27%**



of young carers between the ages of 11-15, miss an average of 48 school days a year.

### How We Can All Help



#### Talk

Begin a conversation when you've plenty of time and won't be interrupted.



#### Listen

Allow lots of time for them to answer and avoid prompting or finishing their sentences.



#### Ask

Ask open questions, such as 'how is everything at home?', rather than, 'is everything at home okay?'



**23%**

of young carers say that their caring role has made it harder for them to make friends

### What Services are available for young carers?

Many organisations offer support for young carers. There may be specific services in your own area if you search the web!



ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111