

Young Carers 'We Matter Too'

A 7 Minute Briefing co-created with young carers



1. What is a young carer?

A child or young person under 18 years old who provides regular and ongoing care to a family member who is physically or mentally ill, disabled or misuses substances.

2. Why it matters

800,000 young carers in the UK. Many not identified, unsupported. Saving the NHS billions annually but more likely to have physical and mental health issues.

3. The Identity Card



Avoidable costs to the NHS if we look out for young carers and support them.

Enables young carers to be recognised in their role. Rights of the Child feature on the card, empowering them to assert their rights as young carers.

“Someone under the age of 18, who cares for someone they love.”



7. Referral

Refer young carers needing support to Family Action Islington and Camden Young Carers Service or Haringey Young Carers Project. Emphasise that this is to help them, not take their role away.

4. Ask, Listen

When shown the Identity Card, ask the young carer:

- ★ “Do you have any worries or concerns?”
- ★ “What do you need help with?”
- ★ “How’s your own health?”

6. Helping young carers

★ Break down information

Avoid using technical terms ★

★ Check understanding

Time for questions ★

★ Summarise key points

Follow-up appointments outside school times ★

Commit to the Young Carers Charter

★ Carers Charter

5. Including young carers

Include young carers in discussions about the person they care for and let them stay in the room during consultations. Do not dismiss a young carer because of their age.

“We need to know important information that helps us be better carers.”

“We should be able to choose if we want someone to talk to when we show the ID card.”