

WHAT HELP IS AVAILABLE IN ABERDEENSHIRE?

VSA Aberdeenshire Carer Support Service
provides support for young carers in
Aberdeenshire.

VSA can:

- Help you to complete a Young Carer Statement
- Work with you to reduce your caring role if this is what you want
- Look at how to reduce the impact of your caring role
- Listen to you if you have a problem and help you understand what is going on
- Give you support, information and answer your questions
- Speak to other professionals on your behalf if you want them to
- Help you to meet up with your friends and take part in activities you enjoy
- Help you meet other young people in caring situations if you think that would be helpful
- Provide training to help you feel more confident in your caring role
- Help you explain how you feel to other family members

WHERE TO GET HELP



If you think you are a young carer you can talk to a **teacher, school nurse or GP (Doctor)**.

They can help you identify sources of support like **VSA Aberdeenshire Carer Support Service**.

You can also contact VSA directly:

-  **Telephone: 01224 727670**
-  **Email: carers.shire@vsa.org.uk**
-  **www.vsa.org.uk/carers**
-  **VSA Aberdeenshire Carers**



HELP AVAILABLE TO YOUNG CARERS IN ABERDEENSHIRE



WHO ARE YOUNG CARERS?

A young carer is anyone under the age of 18 (or 18 if still at school) who cares for a family member or friend due to illness, disability, a mental health problem or an addiction.

You may look after your mum, dad, brother, sister, grandparent or someone else close to your family. You may look after them all by yourself, or you may be helped by others in your family.

Caring takes many forms and may include:

- practical things like cooking and cleaning
- helping out with younger brothers or sisters
- listening and reassuring the person when they worry
- paying bills
- giving medicine
- helping with dressing and washing
- keeping them company

You might have been caring for a long time, for as long as you can remember, or something may have happened recently and you have just become a young carer. Whatever the situation, help is available for you.

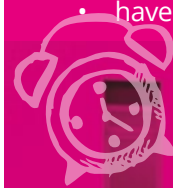
WHY MIGHT YOUNG CARERS NEED HELP?

Every young carer's situation is different. We know there may be times when you are proud to be a carer, but we know that at times it can be difficult.

It's not the amount of time you spend caring that may matter, it's the impact it has on your life.

A young carer might:

- find it difficult to concentrate and focus on things, particularly in school
- feel stressed or anxious
- suffer from lack of sleep because they are up during the night
- not be eating properly
- have restricted social opportunities
- have a bad back from lifting and carrying



CARERS' RIGHTS – YOUNG CARER STATEMENT

Did you know that the **Carers (Scotland) Act 2016** came into effect in April 2018 and introduced new rights for all carers across Scotland?

This includes a **Young Carer Statement** to help young carers look at their caring role, how it affects them and what support might be needed to allow the young carer to do things they want to do and still carry on caring, if they want to.



YOUNG SCOT - YOUNG CARERS PACKAGE

All young carers aged 11-18 in Scotland are entitled to access the **Young Scot Young Carers Package**, which includes **rewards** and **discounts** as well as additional opportunities. The package is to recognise the valuable role young carers play and to support young carers to make the most of their leisure time.

Visit www.young.scot/ and search for Young Carers for more information on the latest discounts and offers with the Young Carers Package. The website also contains young carer videos and carer support information such as Young Carer Grants (for eligible 16-18 year olds), and more details on the Carers (Scotland) Act 2016.

