

CARDIFF AND VALE UNPAID CARERS CHARTER

Young carers are really important to us, to the communities where they live and to the people they care for. We want to know if you care for someone, so that we can help you and the person you care for, and make sure you have time to do things for yourself.

AM I A YOUNG CARER?

You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you're a young carer, you probably look after one of your parents or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around. You may also give a lot of physical help to a parent, brother or sister who's disabled or ill.

Along with doing things to help your brother or sister, you may be giving them and your parents emotional support, too.

We realise that this can feel like a lot of responsibility, and we want to make sure you are supported and able to still have as normal a life as possible, that's why we have created a list of commitments or promises to you.



OUR COMMITMENTS TO YOU:

- We will ensure you as a young carer are recognised from as early as possible, so that we can help you
- We will help you understand what it means to be an unpaid carer and how we can support you
- We will work hard to make sure we do our very best to help you
- We will make sure that adults who might support you, such as teachers, can do the best job they can
- We will help you to still do the things you want to do, this might mean seeing friends, or doing activities
- We will work together to help you in school so that you can still learn and reach your full potential

WE THINK YOU ARE BEST PLACED TO TELL US HOW TO MAKE THINGS BETTER, SO WE WILL ALSO:

- We will ask you to tell us what you think about the support we give you
- We will listen and work hard to improve what we do based on what you say

Contact us for more information

Tel:

Email:

