

Richmond Carers Centre

Tom Humphreys – Young Carers Support Team Leader

Who are young carers?

- A young carer is someone under the age of 18 who helps look after someone in their family who is ill, has a disability, has a mental health condition or misuses drugs or alcohol.
- 505 registered young carers in Richmond Upon Thames (222 young carers, 283 sibling young carers)
- 811 registered young carers in Kingston Upon Thames

- **Mental health** conditions e.g. Depression, Bi-polar, Anorexia, Anxiety, Psychosis.
- **Physical health** problems e.g.; Arthritis, Cancer, Osteoporosis, MS.
- **Substance misuse** e.g. Alcohol, illegal or prescribed drugs.
- **Sensory impairment** e.g. Blind, Deaf.
- **Learning difficulties** e.g. A.S.D, Autism, ADHD.

Recent research suggests that as many as 1 in 5 secondary school age children may be a young carer...

Caring Responsibilities

- Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

These can include:

- **Practical tasks;** cooking, housework or shopping...
- **Physical care;** lifting or helping someone use the stairs
- **Personal care;** dressing, washing, helping with toileting needs

- **Emotional support;** listening, calming, entertaining or cheering up
- **Managing the family budget, collecting benefits and prescriptions;** mainly older young carers
- **Medication management**
- **Sibling care;** helping look after younger siblings due to parental illness
- **Helping someone communicate;** speech and language, interpretation etc.

Young Carers and Mental Health in LBRUT

- Of the 505 registered young carers in LBRUT, 114 are caring for someone with a mental health disorder (22%)
- 92 (18%) are young carers, 22 (4%) are sibling young carers
- Age Groups:
 - 6-10 years old = 30 (26%)
 - 11-14 years old = 46 (40%)
 - 15-18 years old = 38 (33%)

Impact of Caring

- **Psychological and Physical**

- Self esteem, Anxiety, Worry, Tiredness
- Behavioural difficulties
- Future mental health problems

- **School**

- Missing school
- Poor grades/attainment
- Reduced concentration

- **Social**

- Isolation
- Feel stigmatised, Feeling different
- Limited 'life experience' to draw from

- **Home**

- Instability
- Unpredictable
- Little space and time to themselves

Contact Us

Email: youngcarers@richmondcarers.org

Phone: 020 8867 2383

You can access our young carers referral form at www.richmondcarerscentre.org

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THE CHILD VOICE