

## Young Adult Carer

A Young Adult Carer is someone aged 18-25 who cares for a family member, partner or child who is affected by long term illness, mental health problem, drug or alcohol misuse, physical or learning disability.

What we offer.

Dumfries and Galloway Carers Centre is there to support Young Adult Carers in their Caring Role. We can offer:

- 1 to 1 sessions with an allocated Support Worker.
- The option of attending groups where Young Adult Carers will get to meet with others giving them time out from their caring role.
- The access to an Adult Carers Support Plan.
- A Carers Emergency Card
- Short Breaks funding and other funding options
- Training Opportunities
- Benefits Information and Guidance

## How can we help?

Access to information, advice and support can make a huge difference to a Carer and the person they care for. Young Adult Carers will be able to use our service throughout their caring journey.

Carers can experience a wide range of feelings; frustration, isolation and guilt which can affect their own health and well-being. We hope the service will help Young Adult Carers take time out for themselves, relieve stress, relax, meet with staff and other Young Adult Carers and interact with other people who understand.

Privacy Statement: Dumfries and Galloway Carers Centre promises to respect your personal data and will not share the information you provide with any other agencies unless we have your permission. If you would like a copy of our Privacy Policy we can provide you with this.

## 1 to 1 Sessions

1:1 sessions provide the opportunity for Young Adult Carers to talk to their allocated support worker about their caring role and how it is affecting them. Support workers will offer information, advice and support on services that Young Adult Carers may be able to access.

## Young Adult Carers Groups

Our groups give Young Adult Carers the chance to meet others who understand and relate to one another's caring role. Various activities are offered and the project strives to meet for everyone's interests and needs as a Young Adult Carer. It is also an excellent opportunity for Young Adult Carers to relax and take a break from their caring role.

## Carers Emergency Card

Young Adult Carers can register for our Carers Emergency Card. This gives peace of mind when going out and help make Young Adult Carers less anxious when leaving the person that they care for. It will identify them as a Carer in the event of an emergency and means the person finding the card will contact the named responders who have been identified.

## Adult Carer Support Plan

An Adult Carer Support Plan gives Young Adult Carers the opportunity to express their feelings and needs as a Carer. The aim is to find out what impact their caring responsibilities have on their life and help identify ways to achieve goals and aspiration. Young Adult Carers will be supported to make an outcome plan that is tailored to individual needs. If local eligibility criteria is met then support is provided to access an identified service - there are other sources of support that can be provided if the local eligibility criteria is not met.

## Short Breaks Project

The Short Breaks Project awards grants to Carers and their families to enable breaks from their caring role. Evaluations have shown that the benefits Carers have received from their break or activity have been invaluable. The fund is open to any Carer living in Dumfries and Galloway who meet the funding criteria. Guidance notes and application forms can be obtained for the Carers Centre - just phone or email.

### How to get in touch:

**Facebook: Dumfries and Galloway Carers Centre**  
**Website: [www.dgalcarers.co.uk](http://www.dgalcarers.co.uk) Email: [info@dgalcarers.org](mailto:info@dgalcarers.org)**  
**Call: Dumfries: 01387 248 600 or Wigtown: 01671 401 152**