

AGE 18 OR UNDER & CARING FOR SOMEONE?



East Lothian
Council

We want to hear from you...



Scan the QR code and let us know you are a Young Carer
by completing the **questionnaire**.

It matters to us that you have the same opportunities as others your age, and that caring for someone who needs your support shouldn't be limiting.

Being a Young Carer can make you feel proud, bring your family closer together and help you develop life skills.

It can also make you tired, make it hard to find time to be with friends, or to concentrate at school or college.

Support you provide might include:

Physical care

Helping someone to wash and dress.

Emotional support

Spending time with them. Listening.

Sibling support

Getting them up and out to school.

Practical care

Helping with household chores.

You have a right to a *Young Carers Statement* – a document based on a conversation with you about your caring role and personal goals.

It will ensure that you are listened to, especially about decisions that affect you. It will help you work out any help you might need to achieve your goals.

Find out more about creating a ***Young Carers Statement*** at:

www.eastlothian.gov.uk/youngcarer

or email: **youngcarers@eastlothian.gov.uk**