



# Supporting Young Carers

A guide for Education staff



Ariennir gan  
**Lywodraeth Cymru**  
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**CARERS  
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## Introduction

This booklet is for teachers and school staff to support growing understanding of the challenges children and young people who have caring responsibilities face and how they can best be supported in an education environment. It will also introduce the national Young Carers ID card model and what this may mean for your school and your learners.

## Who are Young Carers?

Young carers are children and young people up to the age of 18 who provide unpaid care to a family member or friend who has a physical or mental health condition, disability, or addiction.

Young carers undertake a range of activities which might include:

- Cooking, cleaning and other domestic tasks
- Emotional, physical and practical support
- Collecting, storing and giving medicines
- Managing family finances
- Looking after siblings



There are thousands of young people across Wales who provide care for family members or friends. According to the 2021 census there are 8,230 young carers (aged under 16) and 14,320 young adult carers (aged 16-24) in Wales. The School Health Research Network survey in 2021/22 found that almost 1 in 6 pupils in Wales' secondary schools have caring responsibilities. There are also a number of young carers who are still in primary school, with some being as young as five years old.



## The national Young Carer ID Card model

Young carers have voiced many reasons for wanting an ID card, including:

- To raise awareness of their responsibilities and to give formal recognition to their role
- To discreetly let people know about their caring responsibilities without having to share personal details repeatedly
- To give confidence to ask for help or understanding from professionals

The YCID Card has now been launched across all 22 local authorities in Wales, and may look different depending on which area the young carer lives in. However, all cards will have the national ID card logo which was designed by two young carers.

It will also include:

- A photo of the young carer
- Their full name
- Their date of birth
- Details about the issuing local authority



You can find up to date information about the ID card and a variety of supporting resources by visiting [carers.org/YCID](https://carers.org/YCID)



## Recognising and supporting Young Carers within an education context

Teachers and school staff are in a unique position to recognise children and young people who may be young carers. School can sometimes be one of the few times a young carer is away from their caring responsibility, and teachers can develop supportive relationships with learners.

Alongside their usual educating and pastoral responsibilities, teachers and other school staff can also play a role in:

- Identifying children who are young carers
- Supporting their educational needs around their care responsibilities
- Referring young carers to their local authority or carers services for additional support



## Top Tips For Recognising and Supporting Young Carers

- Read through some of the effective education practices highlighted in Estyn's thematic view into young carers
- [Download our suite of resources for primary and secondary schools. These include lesson resources, worksheets and other activities to make your school carer aware](#)
- Read about young carers' rights and how to support their mental health and well-being
- Appoint a 'Carers Lead' or 'Carers Champion' to take responsibility for making sure your school is carer aware and that your policies and procedures recognise and support the unique challenges facing young carers
- Promote carer awareness in your school by displaying posters and relevant information
- Get in touch with your local authority and education consortia which will have tools, tips and advice on how to make your school more carer aware. Many local carers services will provide training, resources, or outreach support to work with your school and directly with young carers
- Watch our [short animation on supporting the YCID in an education environment](#)





## Carers Trust works to transform the lives of unpaid carers.

It partners with its network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes and raise awareness and influence policy. Carers Trust's vision is that unpaid carers are heard and valued, with access to support, advice and resources to enable them to live fulfilled lives.

We work with Network Partners - local services that deliver direct support to carers - making the most of our collective experience, expertise and innovations.

### Contact us

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