



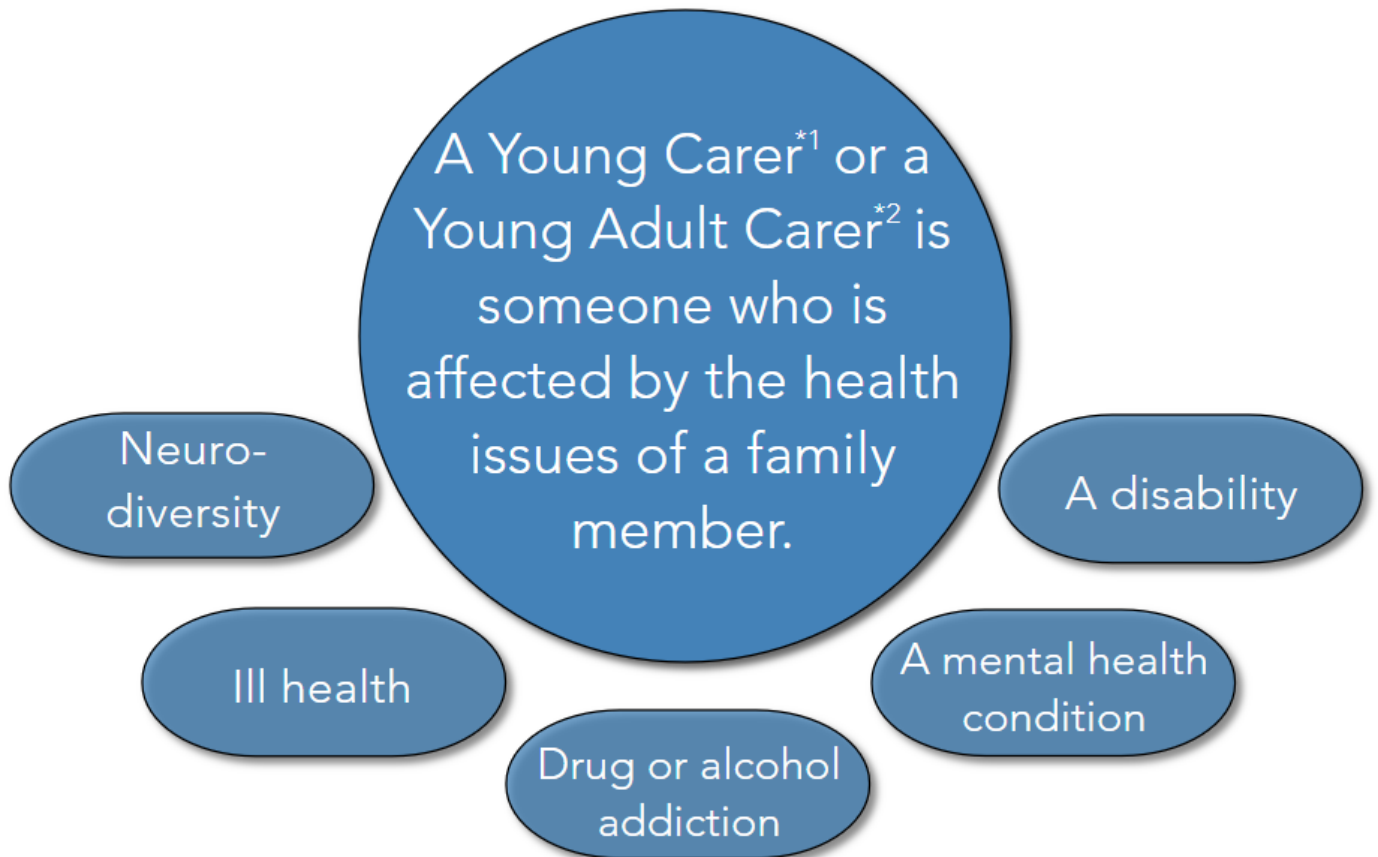
Telephone: 01408 633017



Supporting Young Carers
in Sutherland
Charity Number: SC036398

E-mail: nhsh.tykes@nhs.scot
www.tykesyc.co.uk

What is a Young Carer?



Every Young Carer's situation is unique to them. TYKES recognises this and works with the young person to ensure that their individual needs are met. Some of our Young Carers are only 5 years old. Some Youngs Carers have always had a caring role and others become carers due to a change in their circumstances. No matter what the scenario, TYKES is there to offer support.

*1 aged 5-18yrs with a caring role.

*2 aged 18-25 with an unpaid caring role.

The term 'Young Carer' will be used on this site to cover both of the above descriptions.

TYKES Young Carers: A company limited by guarantee registered in Scotland. No: SC278918

Registered Office: Unit 9, Golspie Industrial Estate, Golspie. KW10 6RN.

Charity Number: SC036098

TYKES is supported by:





About Young Carers

What does a Young Carer do

It is often necessary for Young Carers to take on extra tasks within the household. These can include:

- Caring for siblings.
- Household chores.
- Managing medication.
- Paying bills.
- Emotional support, and
- Physical care.

These may appear to be 'normal', every-day activities but the extra responsibilities can have profound effects on the lives of Young Carers.

The effects of being a Young Carer

The added responsibility of being a Young Carer can affect a young person in a number of different ways.

A Young Carer can often feel:

- Stigmatised.
- Withdrawn.
- Anxious.
- Angry.
- Tired.
- Stressed.
- Isolated.
- Invisible.

These feelings can often have significant, negative effects on a Young Carer's life, such as being late or absent from school or work, resulting in poor focus and progress.

What do Young Carers have to say...

When doctors and the specialists make plans for my mum, I wish they'd include me. I get resentful that they don't consider that I might have a life, and if they explained things to me I wouldn't get so scared.

At first I was embarrassed taking my mum to the bathroom, cleaning her up, and bathing her. Now she's the one who gets upset because I have to do it.

Young Carers are forgotten children. We are the ones who are not able to join clubs, who can't make friends, who are constantly told off for incomplete homework or being late for school.





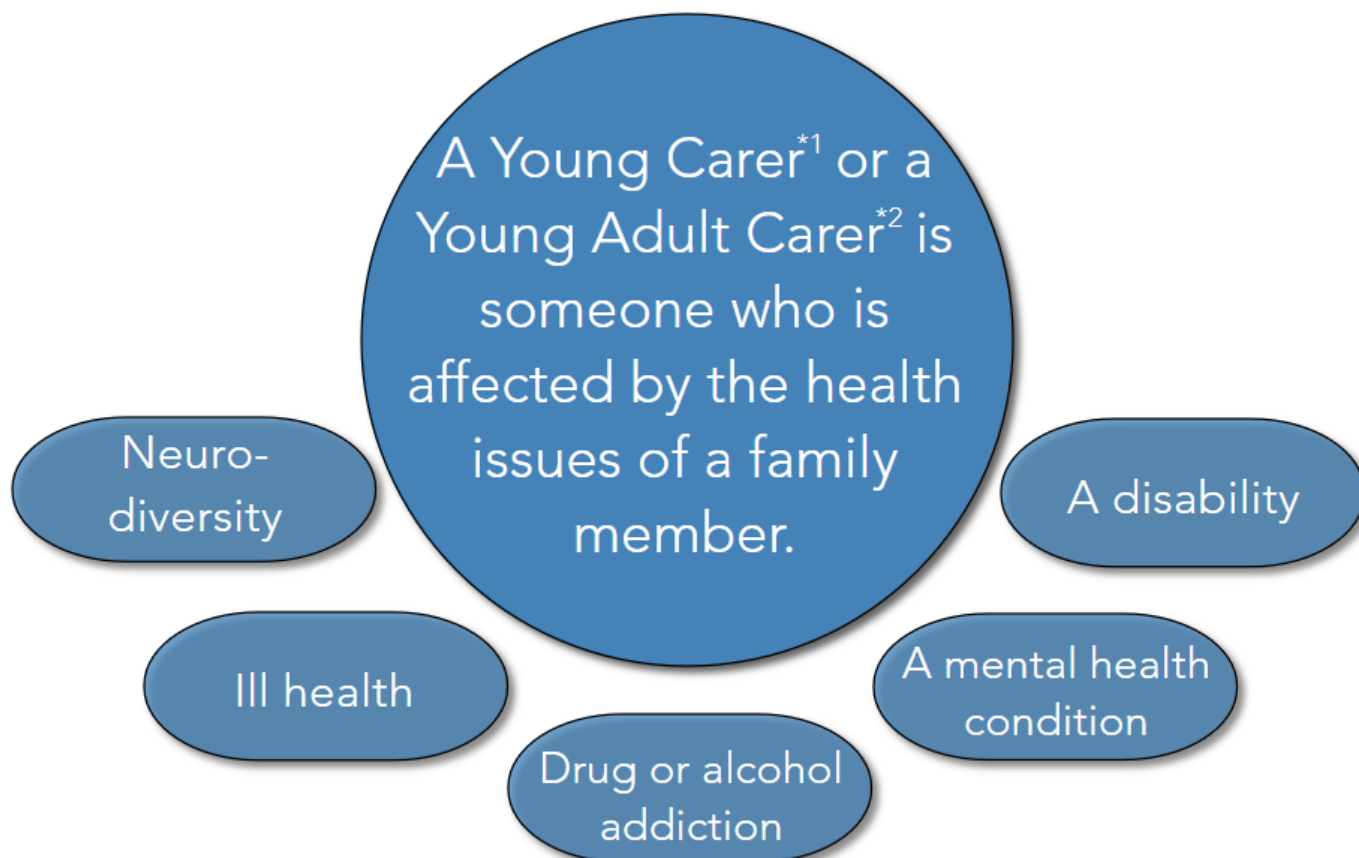
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