A young carer is a person under 18 years of age, who cares for someone in their family with a long-term illness or disability including mental health issues and substance misuse.

**Awareness** in schools and colleges should include:
- Flexibility, extra tuition, time out
- Consistency of approach
- Access to personal phone at all times
- Someone to talk to who really understands
- Young Carers Awareness training

**Support** for Young Carers should include:
- Consideration of individual circumstances
- Timely intervention by professionals
- Appropriate actions
- Not making assumptions
- Access to relevant training for people working with young people
- More visits by Young Carers staff

**Help** for young carers should mean:
- Acknowledgement of achievement
- Breaks from the role
- People to talk to (staff and peers)
- People to listen
- Respect and honesty
- No false promises

**Information** for young carers should mean:
- Involvement in assessments of the person they care for
- Not being overlooked
- Inclusion in decision making
- Consultation
- Acknowledgement of the Young Carer’s level of understanding

**Lancashire Young Carers Service**
Barnardo’s
1 Dorothy Avenue
Leyland
Lancs PR25 2YA
01772 641002