

Early Help Young Carers Service in Herefordshire

What is a Young Carer?

A Young Carer is a child or young person under the age of 18 who looks after someone in their family who has a disability, an illness, mental health difficulties or drug or alcohol issues.

Usually a Young Carer will provide support to parents, brothers, sisters or grandparents and they will be living within the same household.

Young Carers can regularly provide personal, emotional and household support to those they are caring for, including; helping to give medication, cleaning, shopping and helping them get dressed or move around.

If you think you are a Young Carer or you know a young person who has a caring role, get in touch with us for advice and information.

EarlyHelpAdvancedPractitioners@herefordshire.gov.uk

What sort of things can Early Help support with?

We can offer support to Young Carers and their families, we complete Young Carers Assessments to help us understand their role as a Young Carer.

We personalise support for the Young Carer and their family, we do this through:

- *One to one targeted support for the whole family to improve the lives of the young carer and their family.*
- *Signposting, advice and guidance*
- *Team around the Family meetings to coordinate the package of support.*
- *Promoting engagement with activities or clubs.*

**Children's Help
Advice Team
(CHAT)**
01432 260261



www.herefordshire.gov.uk/youngcarers