

# Do you look after someone in your family?

If someone in your family has a disability, illness, mental health difficulty or misuses drugs or alcohol and you help to look after them, then you are a young carer.

## Being a young carer might involve:

- Helping with the shopping
- Cooking
- Cleaning
- Looking after brothers and sisters
- Giving medication
- Helping someone to go to the toilet or have a shower
- Keeping someone company when they are feeling down



There is help and support available for young carers. You are not alone! If you think you might be a young carer, you can find out more by speaking to:

**Zoe Mason, Young Carers' Champion or email  
[youngcarers@johnspence.org.uk](mailto:youngcarers@johnspence.org.uk)**