

Can We Help?

East Renfrewshire
Young Adult Carers

East Renfrewshire Carers' Centre
The Gatehouse, Eastwood Park
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Telephone: 0141 638 4888
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Are you between
the ages of 15 and 25
and caring for someone?

...then this service can help you



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Company No. 232125 Scottish Charity No. SC033142

Who is a Young Adult Carer?

A young adult carer is a young person aged between 15 and 25 who looks after a family member who is ill, frail, disabled or has mental ill health or substance misuse problems.

You may or may not live with the person you care for but take the responsibility for their well-being, care and support.

You may even be juggling your studies or paid work with your unpaid caring responsibilities at home.

1. DO YOU SUPPORT A FAMILY MEMBER?

2. DO YOU HELP THEM WITH THE RUNNING OF THE HOUSE, PERSONAL CARE, EMOTIONAL OR PRACTICAL SUPPORT?

3. ARE THEY AFFECTED BY ILL HEALTH, DISABILITY, DISEASE, MENTAL ILL HEALTH, A LEARNING DISABILITY, ALCOHOL / DRUGS MISUSE OR ARE FRAIL / ELDERLY?

The term carer should not be confused with a care worker or care assistant who receive payment for looking after someone.

Our Support for Young Adult Carers

The service aims to:

- Support young adults who are making the transition from young carer to young adult carer
- Improve life opportunities for young adult carers by offering emotional and practical support as well as advice on financial matters
- Raise awareness about young adult carers and the issues they face
- Increase the support available for young adult carers to make informed choices about their own lives, whether it is employment issues, education, training opportunities or benefits
- Offer one to one support and group support nights
- Offer a completely confidential service

