



Young Adult Carers

Top tips in education: Identifying Young Adult Carers

Signs to look out for:

- **Often late** or miss days for no apparent reason?
- **Tired, withdrawn** or finding it difficult to concentrate?
- **Few or no friendship circles?**
- **Isolated and bullied?**
- In contrast, they may be **over confident with adults?**
- **Under-achieving or disorganised?** Coursework late or not handed in
- **Behavioural problems?**
- **Low mood** or seem **depressed?**
- **Secretive** about home?

Carers' Resource
Bradford, Harrogate, Selby and Craven
info@carersresource.org
<https://www.carersresource.org>

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Top tips in education: Supporting Young Adult Carers

Ways in which tutors can help:

- Learn to **understand the caring role** and the barriers it creates
- **Raise awareness** of young adult carers amongst other students
- Provide a **trusted staff member** who can be spoken to in confidence
- **Understand** lateness or needing to leave early
- Respect **privacy**; too many questions can be upsetting
- But - don't shy away from asking '**are you okay?**' giving the chance to talk
- Provide access to careers advice tailored to **take into account caring roles**
- Provide information on **financial grants** to help with transport, equipment or food
- **Fundraising** for young adult carers would help raise awareness
- Allow carers to keep a **phone on** in lessons if that would reduce anxiety
- Know that Carers' Resource can offer support to tutors as well as carers

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Ways in which schools & colleges can help:

- Provide **appropriate training** to staff including the barriers faced by young adult carers and how to identify them
- Identify a '**Young Carer champion**' a member of staff accessible by staff, students and families as a key point of contact
- During the **enrolment process**, ask 'do you provide unpaid care?' This is a discreet method of encouraging early identification
- Provide other appropriate opportunities for carers to **self-identify**
- **Publicise information** about available support internally & externally
- **Ensure policies** prevent bullying and stigma for young adult carers
- **Educate other students** on the roles of young adult carers and where they can be signposted for support

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