Young Carer's Assessments

What is a young carer's assessment?



This is a talk with a professional about how being a carer affects your life and what help you need to carry on caring for someone.

Am I a young carer?



A young carer is someone under 18 who helps a family member who cannot manage alone. This could be because of age, illness, or other problems.

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How is a young carer's assessment done?



We talk to your parent or guardian at home, school, or another place you are happy with.

We might also talk to you on your own.



We can also speak to other people who know you like teachers to find out a bit more.



The professional wants to understand what you do as a carer and how it affects your life, including school and free time.

We will ask personal questions to understand your feelings and help us to decide if you need support. Our privacy notice says how we will use your information and keep it safe.

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What happens after a carer's assessment?



If we decide you are a young carer and need help, a plan is made with you and your family. The plan shows what help you need and who will provide it.



If we decide you don't need support as part of your caring role, we will still give you information about other help available.



You can talk to us again at any time if things change.

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