

Get in touch

Family Carers Ireland invites professionals who encounter young carers in their work to contact us.

It is helpful for us to have some information on the care being undertaken and the impact of this on the **young carers** and their family.

If you are a professional making a referral on behalf of a young carer and their family, please ensure you have consent to do so and you have talked to them about how they hope to benefit from the involvement of the **Family Carers Ireland** Young Carers programme.

"I thought I was alone but now I know that there is help for us, and there are thousands of us, so we're not alone."

"Family Carers Ireland has helped me and my family so much, we wouldn't be coping as well as we are without all the support they have given us."

"The work Family Carers Ireland has done with this family has greatly improved their situation."

CONTACT Family Carers Ireland

For general information, advice and support about caring please contact:

National Freephone Careline:

1800 24 07 24

Email:

careline@familycarers.ie

Web:

www.familycarers.ie

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For information on young carers please contact the Young Carers Programme:

Phone:

057 93 70208

Email:

info@youngcarers.ie

Web:

www.youngcarers.ie

Young Carers
Family Carers Ireland
Market Square
Tullamore
Co Offaly
R35 PW50

YOUNG CARERS



**Information for
Professionals**


**Family
Carers
Ireland**
Fairness for Carers

WHO ARE *Young Carers?*

Young carers are children and young people under the age of 18 whose lives are in some way affected because they provide care, assistance or support to another family member.

Young adult carers are recognised as a separate group, and are aged between 19 and 25.

The person they care for is often a parent, but can be a sibling, grandparent or other relative who needs care, support or supervision because of disability, chronic illness, mental health difficulties or problems with drugs or alcohol misuse.

How Can You Help Young Carers?

- Be aware that you may encounter young carers in your work.
- Acknowledge the young carers that you encounter and let them know that you are aware of their caring role.
- If you can, provide the necessary supports required by the person in need of care, so that children and young people do not have to undertake excessive caring.
- Inform other professionals who work with the family of the young person's situation.
- Refer the young person to Family Carers Ireland for support and information.



How we work

Family Carers Ireland meets with the young carer together with their family to discuss the needs of the young person and those of the whole family.

We may meet the family in person at their home, or can contact them by phone if this is preferred. Once we have made an assessment, we develop a plan of support to meet the needs of the young carer and their family.

Our priorities are to:

- Reduce the amount of caring a young person has to do if it is too much for them.
- Increase young carers' awareness and confidence to manage their situation.
- Help the young carer to get more support at school or college.
- Make sure that the young carer gets a regular break and time for friends and fun.
- Improve the life opportunities of the young carer.
- Ensure that the young carer is supported by other adults and professionals in their lives.
- Make sure that the young carer has someone to talk to when things are difficult.
- Check that the family are receiving all the support or financial benefits available to them.
- Make sure young carers are supported at times of significant life changes and in the transition to adulthood.

WHAT WE CAN *offer*

Family Carers Ireland delivers direct support to families and young carers and works closely with other organisations to provide a range of services including:

- Specialist assessments, advice and information.
- Advocacy and co-ordinating support.
- Counselling for young carers.
- Local young carers groups.
- Regular activity days and time out with groups of young carers.
- Help to access activities and clubs in local areas.
- Support for Parents.
- One-to-one support for young carers.

Raising Awareness

Family Carers Ireland wants to make sure that children and young people with caring responsibilities get the support they need from all the professionals in their lives.

We therefore offer information sessions and training workshops to a wide range of professionals so they can gain a better understanding about what children and young people do in providing care and how it affects them.

