

Young Carers and COVID-19 Lockdown

A Young Carer is someone under 18 who helps to provide care for someone in their household who has a physical long term illness or disability, a mental health problem or problems with drugs and alcohol.

Ordinarily, many young carers balance a caring role with school, and have support and help in their home looking after their relative. Due to lockdown, this can be more difficult. Many young carers are hidden and don't share their caring role with others or ask for any help. When they have support in school, from other relatives, or can turn to hobbies, past times and friends for a break, they can manage really well. Lockdown means that a lot of this support and respite, has stopped.

There could be a young carer living on your street. They could be more worried about their relative as their illness could mean that they are high risk. They could be more isolated than ever, as their usual network of relatives and friends can't come round to help them. They could be taking on more and more tasks in their home as they are the person who is there all the time to help and care. We can still offer help.

Young Carers can get support from school. Teachers and support staff can make sure that they are being looked after and have everything that they need. They can even go in to school if that would help them.

Young Carers can get support from Derbyshire Young Carers. We are still taking new referrals, and are supporting families by giving regular telephone calls, video calls and online forums and groups to reduce isolation. We can also make sure that the Young Carers and their families are getting all the help and support that they need, accessing medical support and getting shopping delivered where needed. We have resource packs that are going out to every family, supporting them and giving lots of useful information. Links can be made with other services and organisations, ensuring support is available to everyone who needs it.

If you know a Young Carer or you are a Young Carer and you want to have some support, have a look at our website: www.derbyshirecarers.co.uk or Facebook page Derbyshire Carers Association Young Carers, or email at youngcarers@derbyshirecarers.co.uk. We're here to help.