

YOUNG & YOUNG ADULT CARER FACTSHEET

Are you helping to look after a family member, such as your mum, dad, grandparent, sister, or brother, who needs assistance due to illness, disability, mental health, or substance misuse issues?

If the answer is yes, then you are a carer. Carmarthenshire has thousands of people just like you, providing unpaid care for their loved ones. While it can be a challenging responsibility, remember, you're not alone.

Support for Young Carers (5-25 years old):

Being a carer doesn't mean spending every moment with the person you care for. Many carers, like yourself, juggle their caring duties with school, work, and personal life. It's common to face challenges like fatigue, difficulty concentrating, and balancing time with friends. That's where the dedicated Carmarthenshire Crossroads Young Carers project (CCYC) come in.

The **CCYC** project in Carmarthenshire provides vital support for young carers aged **5yrs -16yrs** and the young adult carers aged **16yrs - 25yrs**, regardless of their residence in the county. The project assists in managing the challenges of caring roles and helps young and young adult carers achieve positive changes in their lives. The project offers:

- 1:2:1 support from dedicated keyworkers in your home or community.
- Individual action plans for positive life changes.
- Partnership with local services for comprehensive assistance.
- Assistance in liaising with education providers and employers.
- Access to a peer support network for shared experiences.
- Engaging activities, trips, and events for well-being.
- Signposting, information services, and online resources.
- Collaboration with schools to address challenges.

How Can We Help You?

Your keyworker will meet with you wherever you feel most comfortable to talk in confidence about whatever issues are concerning you most and then decide together how best to address these. Some common themes that carers ask for support with are:

Health - Managing and improving their physical and mental health to lead a healthier lifestyle and have the support they need to minimise any risk to themselves, and the person cared for.

The Caring Role - Support to improve their skills and understanding around practical issues to better manage their caring role and information needed now and when things change.

Managing at Home – Increasing the abilities of YACs to manage day-to-day tasks and the suitability of their homes or that of the person they care for if they don't live with them.

Time for Yourself - Improving the proportion of time for breaks from caring to have more time for themselves and an improved social life according to individual needs and wishes.

How you feel - Improving their emotional well-being and ability to manage any stress or anxiety arising from their caring role so they can better manage any key relationships.

Finances -Being better able to manage their financial situation such as debts, budgeting, benefits and legal issues.

Work and Education - Feeling more supported by employers and education providers and having greater awareness of opportunities to access education and employment.

Whether you are a young carer or a young adult carer our projects aim to provide comprehensive and personalized support. From managing health and caring roles to addressing emotional well-being, finances, and school-related challenges, we are here for you.

Remember, asking for help is the first step towards positive changes in your life. The support services offered by the CCYC project are tailored to meet your unique needs. Don't hesitate to reach out—your well-being is important!

FOR FURTHER INFORMATION PLEASE CONTACT...

Carmarthenshire Crossroads Young Carers Project (aged 5-25)

Office: 0300 0200 002

General Email: youngcarers@ctcww.org.uk

**Address: Carmarthenshire Carers Information Service, Carers Trust
Crossroads West Wales, The Palms, Unit 3, 96 Queen Victoria Road, Llanelli,
Carmarthenshire SA15 2TH**

Carmarthenshire Young Carers (under 18 years)

**Telephone: 01554 742630 / 07585 561660
youngcarersservice@carmarthenshire.gov.uk**

Carers UK Advice Line – Financial & Practical Advice

Telephone: 0808 808 7777 Mon-Fri 10am-4pm