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YOUNG CARERS SEMINAR

**Tuesday 11th November 2014 in the Regional Cultural Centre
from 9.30 am to 12.30 pm.**

We are keen to invite those working with Young Carers throughout Donegal to this event to hear from those working with young carers and from young carers themselves regarding how best to support them in their caring role.

Please forward this information to any staff who you feel this may be relevant to or any others who may be working to support Young Carers in your setting.

Name:

Address:

Contact Details:

e.g. Email & Telephone etc

**Names and Organisation (if any) of those attending the information seminar
from 9.30 am – 12.30 pm:**

**Please outline if any of those attending have any specific requirements:
(e.g. Dietary, mobility)**

Please return form before Friday 24th October 2014 to:

**Tony Mc Daid
DCSC Working Group
C/O Raphoe FRC
Raphoe, County Donegal**



**ag obair le chéile
DO LEANAÍ**

**working together
FOR CHILDREN**

Coiste Seirbhísí Leanaí Dhún na nGall

Donegal Children's Services Committee



**YOUNG CARERS SEMINAR
TUESDAY 11TH NOVEMBER 2014**

WHAT IS A YOUNG CARER?

“A Young Carer is a child or young person under the age of 23, whose life is affected by providing significant care, assistance, or support to a sick, or disabled relative at home.”

We recognise that some Children and Young People throughout Donegal are playing a vital role as carers on a daily basis. This ‘care’ can be provided for another member of their family who may be ill, disabled, have mental health problems or an addiction to alcohol or drugs. These children and young people should enjoy the same life chances as all other children. Their work as young carers deserves to be recognised, as does their commitment and dedication to their family. Often these children and young people have surrendered much of their childhood to their family responsibilities.

Whilst many children and young people will do jobs around the home, appropriate to their age and ability, Young Carers do things and take on a level of responsibility that can be inappropriate for their age.

Many Young Carers who are caring for a family member who has a terminal, progressive or degenerative illness may live in fear and uncertainty about the future. Young Carers need recognition, understanding and support. All carers need support but because of the potential adverse impact in the longer term on their educational, social and emotional development, children undertaking caring responsibilities have particular needs.

Young carers are trying to juggle these responsibilities along with school work, exams, trying to have a social life and, for older young carers, experiencing the emotional roller-coaster of adolescence.

IDENTIFYING YOUNG CARERS IN YOUR COMMUNITY OR CENTRE

Young carers are often difficult to identify because they hide their caring roles due to fear of becoming marginalised from their peers, the institutionalisation of the care receiver, or child protection proceedings. However the impact of caring responsibilities may be manifested in a number of ways and a combination of factors may indicate that a child or young person is caring. These include:

- **The presence of illness or disability in the family**
- **Difficulties in attendance**
- **The young person is sometimes unwell, stressed or depressed**
- **Tiredness**
- **Poor concentration**
- **Academic performance is below potential**
- **Difficulty joining in extracurricular activities**
- **Inability to complete homework**
- **Isolation from peers or problems interacting with peers**
- **Physical problems such as back pain from lifting an adult**