

# How to recognise a Young Carer

A young Carer  
might do some  
of these things

Helping with  
things like  
washing, dressing  
or cooking

Talking to  
professionals  
on behalf of  
the person they  
care for

Caring for  
siblings  
frequently

Supporting a  
family member  
at medical  
appointments

Offering  
emotional  
support

Taking care  
of budgets  
or household  
bills

Responsible for  
medication for a  
family member  
or friend



We aim to help and support Young Carers and their families across Leicestershire



To find out what support is available Email: [Youngcarers@leics.gov.uk](mailto:Youngcarers@leics.gov.uk)  
Web: [www.leicestershire.gov.uk](http://www.leicestershire.gov.uk) and search 'Young Carers'.

Request for support can come via self-referral or referral from professionals (with consent).

For Referrals visit [www.leicestershire.gov.uk/cfws](http://www.leicestershire.gov.uk/cfws) and click the link for the Multi Agency Referral Form