

# Young Carers Support in School

Many young people have someone in their home who is disabled, living with a physical or mental illness or have a difficulty with alcohol or drugs, and may need extra support and additional care from their family.

A Young Carer is someone under the age of 18 who may be supporting someone with personal care, physical tasks around the home, or provide emotional support to someone they love.

Talk to someone you trust at school if you think you might be a Young Carer. It is important to tell your new school about your caring responsibilities.

You can complete this resource with the assistance of a trusted adult. This will help your new school understand your caregiving role and work with you and your family to make sure you get the right support.

## SHARE

about your caring  
role using this  
resource

## CONNECT

with young carers  
support at your new  
school

## MOVE UP

to your new school  
with confidence



For more information contact  
**Windsor & Maidenhead Young  
Carers Support Service**

[rbwm.yc@family-action.org.uk](mailto:rbwm.yc@family-action.org.uk)

**SCAN HERE  
FOR MORE**



# About Me



My Name is:

I am

years old

New School:

Draw or write about your likes and dislikes:

A large, white, rounded rectangular area intended for drawing or writing about likes and dislikes.

# About My Caring Role

Draw or write about your family here:

## About the person I care about

Name:

Relationship to you:

## I provide the following support (tick)

Personal Care

Physical Tasks

Emotional Support

Why do they need someone to help look after them?

Examples:

**Personal care;** helping the person you care for wash, dress, eat, move around, use medication, communicate.

**Physical tasks;** preparing meals, cleaning family rooms, food shopping.

**Emotional support;** keeping the person you care for company, keeping an eye on them, checking in with how they are feeling, providing comfort.



# Support in school

What support has helped me at my current school?

What support would I find helpful at my new school?

Consider; use of phones, homework support, support groups, staff Young Carer Champions

What worries or questions do I have for my new school?

