



# Hertfordshire Young Carers



**Young** carers are children and young people under 18 who help to look after a family member who is disabled, physically or mentally ill or has a substance misuse problem. Helping out around the house is a normal part of growing up, but young carers do more than would be expected of someone their age.

**Caring** can involve physical or emotional care, or looking after someone's safety or well being. Many young carers spend a lot of time doing housework or looking after younger brothers/sisters as well as helping a sick or disabled parent with tasks such as giving medicines, helping someone to get up and get dressed or helping someone use the bathroom. Some young carers help parents to look after a disabled brother or sister.



Look on the website for young people  
[www.koolcarers.org.uk](http://www.koolcarers.org.uk)

