

Who is a Young Adult Carer?

A young adult carer is an individual aged between 18 and 25 who provides unpaid care for a family member dealing with a long-term illness, disability, mental health condition, or substance misuse.

Do you relate to any of the below?:

- Are you providing personal care, such as washing/dressing or helping a family member out of bed?
- Are you providing emotional support, such as talking/listening and keeping the person you care for company?
- Do you support someone with their medication?
- Do you help to manage the family budget?
- Are you stressed, tired, or feeling isolated?
- Do you struggle to get free time, unable to go to college or work?

Are you a young carer who is approaching 18+ and would like some support to transition into Adult Carer Services?

We can help.

Contact Us



The Lancashire Carers Service is delivered in partnership by n-compass and Carers Link Lancashire.

NORTH AND CENTRAL LANCASHIRE

Telephone: **0345 688 7113 option 2**
General Email: enquiries@lancscarers.co.uk
Website: n-compass.org.uk/what-we-do/carers-support
Online Chat: n-compass.org.uk/what-we-do/carers-support
Address: **Freepost LANCASHIRE CARERS SERVICE**

n-compass is registered in England & Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210

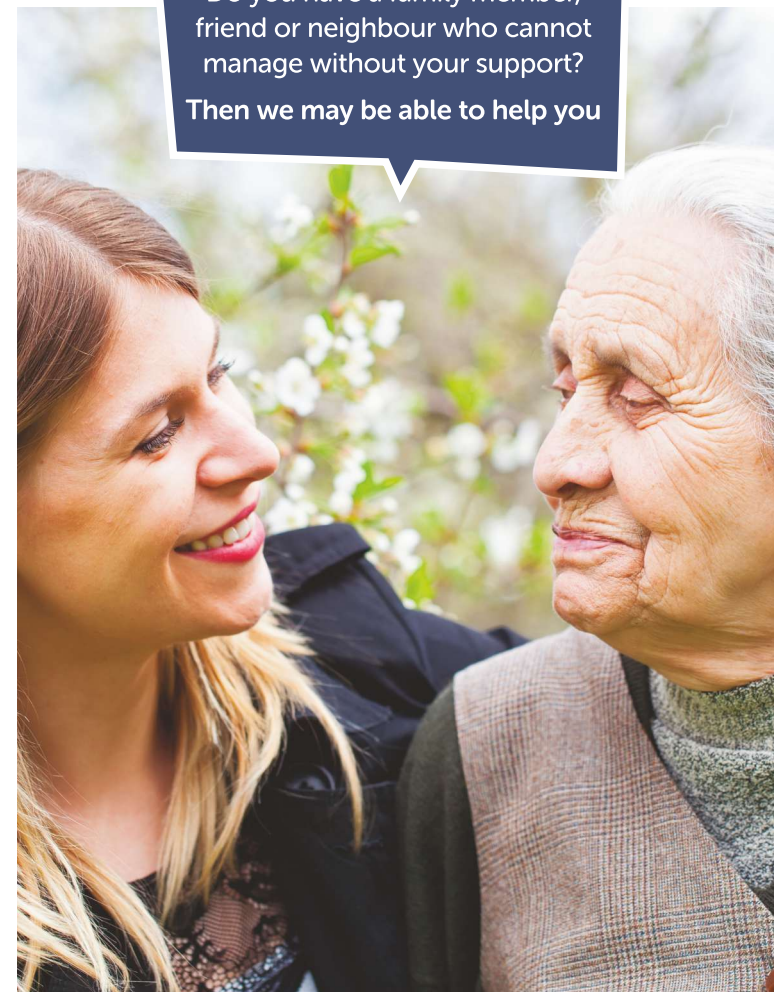
EAST LANCASHIRE

Telephone: **0345 688 7113 option 1**
General Email: info@carerslinklancashire.co.uk
Website: carerslinklancashire.co.uk
Online Chat: carerslinklancashire.co.uk

Carers Link Lancashire is registered in England & Wales as a Registered Charity No. 1156275



Do you have a family member, friend or neighbour who cannot manage without your support?
Then we may be able to help you



Who is a Carer?

A Carer is someone who cares for a family member, friend or neighbour who could not manage without their support.

Whether they require care because of mental illness, disability, health, age, or substance misuse problems.

Caring for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments, or offering emotional support.



Caring for someone who relies on you can sometimes bring practical and emotional impacts which may affect your health and wellbeing.

Do you relate to any of the below? If so, we may be able to help you:

- Do you get enough sleep?
- Is your health affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you worry about what would happen to the person you care for if something should happen to you?

The Lancashire Carers Service works across the county providing support and information to adult Carers (18+).



What support is available?

- Specialist 1-2-1 and group support
- Magazines twice a year detailing local groups, activities and courses
- Carers' Assessments
- Support with planning for contingency or an emergency
- Support to access community and Health and Wellbeing services
- Carers Help and Talk (CHAT) Line and Pen Pal services
- Volunteer Befriending and Sitting-In services
- Support for former Carers
- Volunteering opportunities for Carers, including volunteering for the CHAT Line, Befriending and Sitting-In services
- Carers Awareness Briefings for professionals

Enquiry Form



The Lancashire Carers Services are free and confidential. To be contacted by a member of our team for more information or to register, please complete and return the enquiry form below to:

Freepost LANCASHIRE CARERS SERVICE

YOUR DETAILS:

Name

Postcode

Email

Organisation (if applicable)

Telephone

Please tick to confirm: -

- Consent has been given to contact the Carer/myself.
A message can be left on their/my answer phone.

Fill in and return this section to us

