







A Young Carers Story

"Growing up being a young carer for my Mum obviously had its challenges but there are many positives to having grown up with a caring role too."





My mum was a single parent and has multiple health conditions. Being the eldest sibling I took on a lot of the caring responsibilities both practical and emotional. My Mum and I still have an extremely close bond even though I have grown up and moved out of the home.



Knowing that I dedicated a lot of time in my childhood to my Mums care gives me a sense of pride and achievement as an adult. Having to take on a lot of practical caring tasks as a child has enabled me to be an independent adult from a young age. I was able to move out and be self-sufficient as a teenager. I had many of the skills that it took to run my own flat such as being able to cook, budget and clean etc.

Growing up with my caring role encouraged me to be mature and responsible from a young age. I was lucky enough to be first aid trained as a child because of my Mums health conditions, these are skills that I have taken with me into adulthood and into my working life. Having been a young carer myself gives me an advantage in my role at work. I feel like this makes me more compassionate and understanding with the young people I work with.



Being a young carer gave me a sense of identity growing up. I had many friends that were also young carers. Having friends that were in similar situations meant that they were very understanding and many of these friendships I have taken into adulthood and are some of the most meaningful and long lasting friendships that I have.