

There is no minimum time requirement or age restriction that "qualifies" someone as being a carer.

Carers can request an assessment of their own needs (including your outside interests such as work, study, leisure), even if the person receiving care does not wish to have an assessment.

If the person you care for has a social worker, they can support you to complete the Carers Supported Self Assessment. If they do not have a social worker, we can provide you with support to complete this assessment.

"this gave me  
a sense of  
community"



**Barnardo's Action With Young Carers is commissioned to ensure that young carers and young adult carers up to the age of 25 are identified and can receive a carers assessment under statutory duty of Liverpool City Council**

How to contact us:

If you think you are a Young Adult Carer and would like more information, contact us on:  
0151 228 4455

If there is an answer phone, do not be put off. Please leave your message with your phone number and we will call you back

Barnardo's Action with Young Carers  
109 Eaton Road  
West Derby  
Liverpool  
L12 1LU  
Tel: 0151 228 4455  
Email: [youngcarers.liverpool@barnardos.org.uk](mailto:youngcarers.liverpool@barnardos.org.uk)



Scan QR Code or visit  
<https://www.barnardos.org.uk/get-support/services/liverpool-young-adult-carers>  
for more information

Barnardo's is a registered charity in England and Wales 216250 and in Scotland SC037065, and a company limited by guarantee [61625 England].

"I was so stressed,  
scared and  
nervous, but joining  
Barnardo's made  
me feel like me"



"It can offer  
you a space  
to laugh"



"I didn't  
realise I  
didn't have  
to do it  
alone"



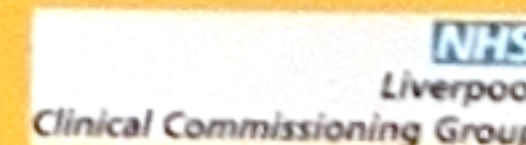
**BARNARDOS**  
Changing childhoods.  
Changing lives.

## Barnardo's Action with Young Carers Liverpool

### Providing a Community for Young Adult Carers 18-25



In partnership with:





## Who is a Young Adult Carer?

Someone aged 18-25 who provides or intends to provide care, assistance or support to an adult on an unpaid basis. They may live at a different address and there may be other adults supporting the person that they care for.

A young adult Carer could care for an adult with:

- A physical disability
- Physical illness
- Mental ill health
- A long term health condition
- Drug or alcohol misuse

You don't have to live at the same address as the person you're caring for. You also don't have to be the only one caring for the individual.



## What are caring responsibilities?

Your role as a carer will depend on the person you care for but could include:

- Emotional care - listening, offering advice or friendship
- Practical household tasks - cooking, cleaning, laundry, ironing, dealing with correspondence and financial management
- Personal care - bathing, dressing, lifting, administering medication, collecting prescriptions, support to attend medical appointments

If you are a student and a carer you may be able to access support from Student Support at your college or university, get in touch with them to find out what support they offer.



## How can Barnardo's Young Adult Carer's Service support you?

We provide information and guidance about:

- Money/benefits/grants/services available for carers
- Medical conditions and health needs of the person you are supporting
- Developing plans for emergency situations

## How is this support provided?

- We offer one to one support and also provide opportunities for peer support including short breaks with other young adult carers.
- We also provide information and guidance about opportunities in further or higher education and flexible training courses and how to get relevant financial assistance
- The service can also help and support you to balance education, employment and training with caring

