**Do you know about Carers!**

**Who is a Young Carer?**

A young carer is someone who looks after a person who has physical and/or mental health challenges.

See link below for further information on who is a young carer, supports etc.–

[**https://www.eastayrshirecarers.org.uk/youngcarers**](https://www.eastayrshirecarers.org.uk/youngcarers)

**Young Carer Grant**

This is a payment for Young Carers in Scotland aged 16, 17, or 18, who care for people who are in receipt of a qualifying disability benefit. Young Carer Grant is a yearly payment, currently **£359.65.** For further information and how to apply go to –

[**https://www.mygov.scot/young-carer-grant**](https://www.mygov.scot/young-carer-grant)

**Young Scot -Young Carer Package aged 11-18 years of age**

These are treats including vouchers for Netflix, Amazon, Spotify and lots more, the change each week and this means that there is always something new to claim.

See link below for further information –

[**https://young.scot/get-informed/national/young-carers-package**](https://young.scot/get-informed/national/young-carers-package)

**Carers Allowance and Carers Allowance Supplement**

If you care for someone at least 35 hours a week, who gets a qualifying disability benefit, you could get £76.75 a week. For those who are receiving Carer’s Allowance, there is an automatic extra payment from Social Security Scotland in June and December of £270.50

See links below for further information –

<https://www.gov.uk/carers-allowance/eligibility>

[Carer's Allowance Supplement - mygov.scot](https://www.mygov.scot/carers-allowance-supplement?utm_source=redirect&utm_medium=shorturl&utm_campaign=carersupplement)