



# All young carers are entitled to a Young Carer Statement

A Young Carer Statement will help us to understand about the caring tasks you do, how often you do these and what effect this has on your school work, job and overall wellbeing.

You will also be able to tell us about about the things you like or would like to do, for example clubs/sports. Completing a statement will help us give you the right support, if you need it.

## YOU ARE A YOUNG CARER IF YOU:

- Are 18 years or younger.
- Carry out extra tasks such as cleaning, cooking or helping someone get dressed
- Look after someone who has a condition such as a disability, illness, mental health issue or drug/alcohol problem.
- Live in East Renfrewshire.



If you would like a Young Carer Statement or you would like to know more, please scan the QR code above for addition information. You can speak to someone you know well in your school or contact the [East Renfrewshire Carers' Centre](#).

**East Renfrewshire Carers' Centre**  
Barrhead Resource Centre  
8 Carlibar Road, Barrhead, G78 1AA  
**Phone: 0141 638 4888**  
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