#### What happens next?

If you think you are a Young Carer, know someone who is, or if you are a professional and would like to make a referral please contact:

Helen Munro Young Adult Carers Development Officer Tel: 01738 567076 / 07902 310 631

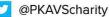
Email: Helen.Munro@pkavs.org.uk

PKAVS Carers Hub offers support to:

Young Carers Young Adult Carers Adult Carers

Follow us:









PKAVS is a charity with a big heart and a long history of giving, helping individuals and families across Perth & Kinross since 1972.

Through its 'one-stop-shop' hubs for Carers, Mental Health & Wellbeing, Minority Communities, Third Sector and Volunteering, PKAVS bring support and connections to those who need it most, whilst strengthening Perth & Kinross's voluntary sector.

It achieves this through:

- One-to-one and group support
- · Information, advice, advocacy and training
- · Dedicated and professional staff and volunteers

To find out more about PKAVS visit: www.pkavs.org.uk

The Gateway, North Methven Street, Perth, PH1 5PP Tel: 01738 567076 Email: admin@pkavs.org.uk

Perth & Kinross Association of Voluntary Service Ltd (PKAVS) is a registered Scottish charity (SC 005561) and a Scottish company limited by guarantee (SC086065)



### Carers Hub **Young Adult Carers**



PKAVS is the leading charity enhancing lives and connecting communities throughout Perth & Kinross

www.pkavs.org.uk

#### Who are Young Adult Carers?

Young Adult Carers are aged between 16-25 years and care for a family member of any age, due to disability, mental illness, chronic/terminal illness or problems relating to substance misuse.

# What do Young Adult Carers do?

Young Adult Carers can be responsible for a wide range of tasks in the home including:

- Assisting with personal care, e.g. washing, bathing, dressing and administering medication
- Domestic activities,
  e.g. cleaning, cooking and laundry
- Looking after siblings
- Providing emotional support

I enjoy the residentials because I get to meet new people and take a break from my caring role. I now know that I am not alone

## What issues do Young Adult Carers face?

Young Adult Carers often struggle to balance time between their caring role and their personal life. This can often result in:

- Limited opportunities to socialise and visit friends
- Problems meeting educational demands at school, college and university
- Difficulties accessing work opportunities
- Feelings of anxiety, guilt, stress and worry
- Concerns about moving into their own home and leaving the person they care for



## What can PKAVS Carers Hub offer?

PKAVS Carers Hub aims to support carers through the transition from childhood to adulthood by:

- Supporting social, emotional and education needs
- Relieving stress and isolation
- Raising awareness
- Enabling Young Adult Carers of a similar age to meet on a regular basis
- Providing a voice for Young Adult Carers

The team works closely with other local services to offer the best possible support to carers and provides:

- One-to-one and group support sessions
- · Advice and information
- Respite and activity breaks
- Signposting



The Young Adult Carers support group gives me breathing space and the staff are very trustworthy and non-judgmental