

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

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@PKAVScharity



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

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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

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



“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”

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