

INFO FOR YOUNG ADULT CARERS

If you're aged 16 to 25 and help care for someone in your family who has a disability, illness, addiction, or struggles with their mental health — you're a young adult carer.

We think you're amazing. Balancing caring with school, college, work, and still finding time for yourself and your mates isn't easy. We get that the move from school to whatever's next can feel stressful, and we want to make sure you've got the support you need.



HERE'S HOW IT WORKS:

WHEN YOU TURN 16:

We'll get in touch to chat about what support you might want — if any. You might be smashing your GCSEs and have a plan, or you might not feel like talking right now. That's totally okay.

AT 17:

We'll check in again. Maybe things have changed and you're ready to talk.

AFTER YOU TURN 18:

We'll reach out one last time. If you still don't want support that's fine — we'll send you a letter at 19 with info on where to get help in the future if you ever need it. After that, we'll take you off our young carers list.

YOU CAN TALK TO US ABOUT ANYTHING:

Like whether you want to keep caring, what help you or the person you care for might need, or if you're thinking about uni, moving out, getting a job, or starting training.

IF THINGS CHANGE:

If you're no longer a carer, just let us know and give us your best contact details. youngcarers@lincolnshire.gov.uk

