

Young Carers Rights



To be children as well as carers

To schools and colleges that give us the help we need to get an education

To fun, friends, and time off from caring

To family life with well supported parents

To practical help and support so that we don't have to do all of the caring in our own homes

To a safe environment and protection from harm, including any harm that caring activities could cause us

To services that value our different backgrounds, cultures, religions, races and sexualities

To be listened to and supported by the people who support our parents and siblings

To an assessment of what we need as individuals, without any assumptions being made about us

To be listened to and involved when people make decisions which affect our lives

To information about the health problems that we see our family members experiencing

To advocacy and complaints procedures which we can understand and which work



To stop taking on caring roles when we wish to

To move on and become independent adults

