Do you live with someone with a mental or physical health illness, condition or disability?

SHEFFIELD YOUNG CARERS

Speak to a healthcare professional, who can give you more information on how to get support.

Which might make you feel...

Like you need a break
Exhausted
Worried
Mature
Responsible
Overly independent

Do you help with any of these tasks?

Practical:

- ☐ Cooking
- ☐ Cleaning / laundry
- ☐ Shopping
- ☐ Looking after siblings
- ☐ Paying bills

Personal:

- ☐ Changing their clothes
- ☐ Helping to give medicine
- ☐ Washing them
- ☐ Moving them
- ☐ Using the toilet

Emotional:

- ☐ Keeping them company
- ☐ Reassuring them
- ☐ Regulating emotions
- ☐ Calming them down
- ☐ Understanding their feelings

If so...

You might be a young carer!

(Even if you just ticked one box!)