

Young People Who Care



Building
stronger
families

Does someone in your family need your help
because they have an illness or disability?
Are you between the age of 5 – 18 years old?

Do you regularly provide **personal help**, such as getting dressed,
washed, taking medication or moving around?

Do you regularly help your family with **household tasks** such as
cleaning, shopping or preparing meals?

Do you provide **emotional support** for someone, or worry about them
when you are not together?

"I need someone to help my mum
and me when my mum has a real
bad day and can't walk"

"I feel like I'm juggling schoolwork,
friends and my caring role"

SCAN ME



www.family-action.org.uk

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Young Carers Windsor and Maidenhead

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Family Action can help you if you
think you might be a young carer

Personalised offer of support:

- Advice and guidance
- Young Carers Assessment
- One to one support
- Wellbeing group
- Ambassadors Programme