

YOUNG CARERS & SEND

IS YOUR CHILD A YOUNG CARER?

Many people don't realise that siblings of those with SEND may be Young Carers.

If you have more than one child, and one of them has SEND, your other child/children may be Young Carers. This is usually the case if they:

- provide support to their sibling (physical or emotional)
- care for themselves more than a typical child of their age due to their sibling needing extra support
- or simply just due to the impact it may be having, e.g. it may be difficult to go on family trips out

Can my child have SEND and be a Young Carer?

Yes! Absolutely! Some young people may have SEND themselves AND be caring for someone within their family, whether it be another sibling with SEND, or somebody else with a different condition.

'My child doesn't have to care for their sibling with SEND, I do all the caring'

Even if you don't feel your other child/children are doing any caring, it may still be having an impact that means identifying as Young Carer may be beneficial.

What are the benefits of identifying my child as a Young Carer?

Young Carers can access:

- Free trips across Norfolk during school holidays
- Access to free Young Carers youth groups (giving them time for themselves)
- Extra support and flexibility in school (e.g. if the caring role causes absences or not being able to complete homework on time), subsequently improving their attendance and attainment
- Access to grants specifically for Young Carers

Next steps:

Contact any of the services below for more information and advice:

- Young Carers Matter Norfolk
- The Benjamin Foundation
- Caring Together

Speak to your child's school! They should be able to provide more advice and guidance. They might even have in-school support for Young Carers.

