



Your rights

It is important that you understand all the information in your statement and it is the job of the person who made it with you to explain it to you.

You have the right to see the information in your statement.

Just because you are a Young Carer does not mean that you have to have a Young Carers Statement. If you don't want one, it is your choice.

If you decide that you would like a Young Carers Statement and then change your mind, you have the right to ask for it to be removed.

Contact details

If you are a Young Carer or think you might be a Young Carer and would like a Young Carers Statement you can make contact by emailing youngcarers@aberdeencity.gov.uk

The Family Information Service can also offer advice and be accessed on Aberdeen City Council's website.



WHAT IS A YOUNG CARERS STATEMENT?

Information for Young Carers



What is a Young Carers Statement?

A Young Carers Statement is a plan to help any child or young person who cares for someone else. It helps Young Carers to work out how caring responsibilities affect their life.

Some children and young people will have a short Young Carer's Statement and others who have large caring roles, will have a bigger plan.

The Young Carers Statement is for anyone aged under 18, or over 18 but still at school who has a caring role. The caring role might be small or big.



What are the benefits of having a Young Carers Statement?

The Young Carers Statement will help you to voice your feelings and needs about what it is like for you to be a Young Carer. Having one will make sure that you are listened to, especially about decisions that affect you.

It will help you work out what help you need and then plan to get you the right help from the right people.

The Young Carer's Statement will help you to recognise your

- strengths,
- skills
- qualities
- personal goals



Who will make my Young Carers Statement?

If you decide that you want a Young Carers Statement the person who will help is likely to be your;

- Head Teacher or School Nurse if you are in Primary school,
- Guidance teacher or School Nurse if you are in Secondary school,
- Education Officer if you have left school or are home educated,
- Social worker if you are supported by one.

It may be that another professional will help you to complete your Statement because you would prefer this. It is important that you have a say about who you feel comfortable with completing it.

Sometimes other people from different services, such as a charity, will also help to complete your Young Carers Statement because they can give you the help you need.

