

Are you aged 16-25 and looking after someone at home?

If YES - Complete the Young Carer's Survey!



What is a Young Adult Carer?

A Young Adult Carer is someone who helps to look after a family member or friend who has a disability, long-term illness, mental health condition or who has an addiction.



Young Adult Carers often do extra helping at home such as cooking, cleaning and food shopping. They may help someone take medication, get dressed and move around - or give cuddles and reassurance if the person is worried or sad.



Not sure if you are a Young Adult Carer?

Some young people may not realise they are a young adult carer.

Take the Sidekick quiz to see if you could be a young adult carer:



Have your say!

We want to make things better for all Young Carers in Wakefield.

Complete our Young Carer's Survey - we want to hear what Young Carers think!

Scan me to be taken to the survey



Online Young Carer's Survey

- It will take no more than 10 minutes.
- Ask an adult you trust if you need help.
- Your answers are private—no one will know they are yours.
- We will share findings on wf-i-can.co.uk



The survey closes on Sunday 11th May 2025 at 11:59pm.

If you are a young adult carer looking to make friends, gain support or get involved in social activities, contact Carers Wakefield.
www.carerswakefield.org.uk/our-support/support-for-carers
01924 305544.

