

Are you A Young Adult Carer?

A Young Adult Carer is young person aged 16-24 who is helping to look after a family member who could not cope without their support. Most are caring for a parent, but some may be taking responsibility for a sibling, grandparent or other relative. In some instances, a Young Adult Carer may care for more than one family member.

The person they look after will have one or more of the following:

- **Physical disability (including sensory disability)**
- **Learning disability**
- **Mental health problem**
- **Chronic illness**
- **Substance misuse problem**



Young Adult Carer Lead

Carol Price is the Young Adult Carer Lead for The Heart of Yorkshire Education Group. You can contact Carol at cprice@heartofyorkshire.ac.uk if you need any help whilst in College. Carol and staff within the student experience will be making contact with you to discuss any support required with you, and your curriculum team will also look to make any reasonable adjustments on programme to help you achieve your learning outcomes whilst you are supporting your family member.

