

# Caring Responsibilities (parents and carers)

Being the parent or guardian of a carer can sometimes be as hard as being the carer themselves. If a young person in your life is a carer for you, then you may have feelings of:

- Guilt about the amount of responsibility they have
- Embarrassment
- Stress or depression
- Helplessness
- Being 'a burden' to them
- Sadness or despondency

## How can I help the young person?

- **Encourage them** to make time for hobbies and interests that they enjoy
- Show appreciation for what they do: encourage their strengths and **empower** them
- Encourage them to talk to a school/community counsellor to **unload** their stresses
- Let the school/workplace know the family situation- they may be able to **help** or make adjustments
- **Lighten the load**- can family members or friends help the family out in some way?
- Encourage the young person to maintain a **healthy sleep routine**
- Consider a Young Carers Needs Assessment to support their wellbeing
- Seek extra support via the resources aside

## How can I look after my own wellbeing?

- Look after your own **physical health** and try to keep as active as possible in your spare time
- Try to maintain as much **independence** as you possibly can
- Be **gentle on yourself** and look after your own mental health
- Plan **fun activities** that you can do together
- Make time for your own **hobbies and interests**
- Establish a **good support network** of people that you can talk to



"Sometimes we all need someone to talk to"



### Helpful Resources

[RCTCBC: Young adult carers](#)

[Barnardos: Young Carers](#)

[Carers Wales: Help and Advice](#)

[Carers Wales: Me time sessions](#)

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**Sidekick**

Text: 07888 868 059

Email: [sidekick@actionforchildren.org](mailto:sidekick@actionforchildren.org)

[www.sidekick.actionforchildren.org.uk](http://www.sidekick.actionforchildren.org.uk)

**Childline**

0800 1111

[www.childline.org.uk](http://www.childline.org.uk) (online chat available)

**Kooth**

[www.kooth.com](http://www.kooth.com) (online chat available)

