

Young Adult Carers Commitment

In Essex, a significant number of young people take on the role of carers, facing unique challenges in their everyday lives. Statistics reveal that there are over 10,000 young individuals in Essex who are currently fulfilling the responsibilities of a carer.

This means that within classrooms across Essex, approximately one in five students may be young carers facing additional burdens beyond their academic pursuits.

What is a young adult carer?

A young adult carer typically refers to a young person, usually under the age of 25, who provides significant care and support to a family member or friend who has a physical or mental illness, disability, or substance misuse issue.

What might a young adult carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking or listening to someone who is distressed.
- Personal care, such as helping someone dress or go to the toilet.
- Managing the family budget and collecting prescriptions.
- Helping to give someone their medication.
- Helping someone communicate.
- Looking after brothers and sisters.

What Challenges do young adult carers face?

At USP College, we understand that our young adult carers encounter various barriers that can affect their academic, social, and personal development

- **Increased Responsibilities:** Juggling caregiving duties alongside college work and extracurricular activities can be overwhelming for young adult carers, often leaving them with limited time and energy to focus on their own needs and aspirations.
- **Emotional Strain:** Coping with the emotional demands of caregiving, such as witnessing a loved one's illness or disability, can take a toll on a young person's mental well-being, leading to feelings of stress, anxiety, or isolation.
- **Educational Disruption:** The demands of caregiving may result in irregular attendance, incomplete assignments, or difficulty concentrating in class, affecting young carers' academic performance and hindering their prospects.
- **Social Isolation:** Balancing caregiving responsibilities may limit young adult carers' opportunities to socialize with peers, participate in social activities, or build supportive friendships, contributing to feelings of loneliness or alienation.
- **Financial Strain:** Some young adult carers may face financial challenges due to their caregiving responsibilities.

What support is available?

At USP College, we work closely with the Essex Young Carers Service to provide our students with targeted interventions to address the barriers they encounter. We also aim to provide our students with the help and support they need, empowering our young adult carers to thrive academically, emotionally, and socially, ensuring they receive the assistance they deserve.

If you are a young adult carer and feel you need support, please contact the Wellbeing Team. They will talk to you about the support available both at the college and externally. If you would like support externally, we will complete a referral on your behalf to Essex Young Carers, who will meet with you and assess your support needs.

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External Resources and Support Agencies

Young Minds:

<https://www.youngminds.org.uk/young-person/coping-with-life/young-carers/>

Carers Choice:

<https://carerschoices.org/young-carers/>

Action for Family Carers:

<https://affc.org.uk/services/young-carers/>

Essex Youth Services:

<https://youth.essex.gov.uk/young-people/young-carers/>

Childline

<https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/>

Carers Trust

<https://carers.org/about-caring/about-young-carers>

Young Adult Carers Southend:

<https://www.southendcarers.co.uk/services-for-carers/young-adult-carers/>

Young Adult Carer Champions



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Our young adult carer champions are dedicated members of the wellbeing team who are here to support learners at USP College who are dealing with the day-to-day struggles that they may face.

It is important learners who take up caring responsibilities outside of college are supported by the team, and know they have staff members who dedicate their time to make their journey with us at USP College as smooth as possible despite their own personal circumstances.