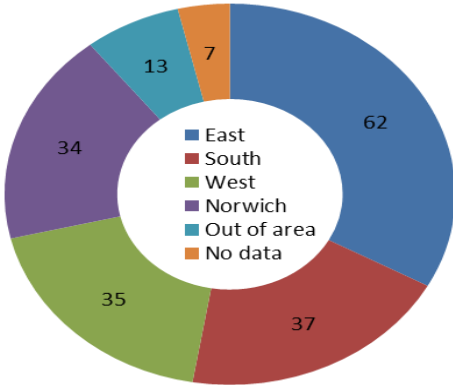


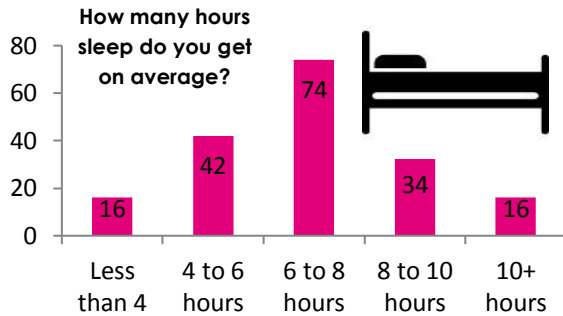


## 2018

Which areas were the Young Carers who answered the survey from?



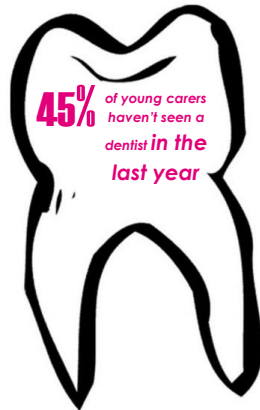
**17%**  
of young carers worry  
"all the time" about the  
person they care for.



**61%**  
of young carers had to either  
get up in the night, wake up  
earlier or go to bed later or a  
combination of these.



**56%**  
of young carers didn't know  
they could either register as  
a carer at their GP or get a  
free flu jab



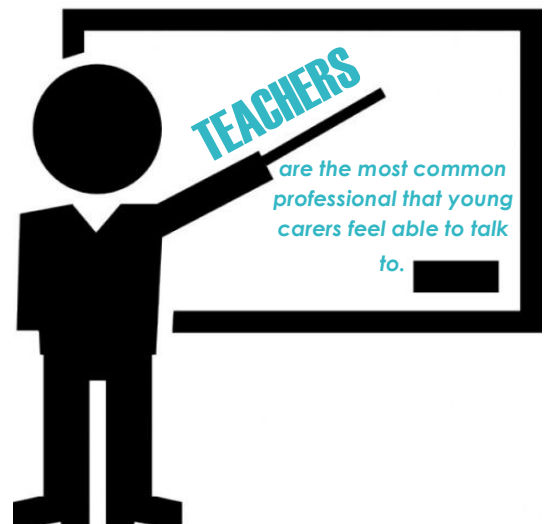
**81%**  
of young carers  
carry out  
physically  
demanding  
tasks.



The average  
**MENTAL**  
**HEALTH**  
score is  
**5.4/10**

The average  
**PHYSICAL**  
**HEALTH**  
score is  
**5.9/10**

GRAPHICS  
from  
www.free  
pix.com



**59%** of young carers felt  
that they could talk  
to parents/family

Thanks to all the young carers who took part in this survey and thanks to our partner organisations for your invaluable support with this project!