

Carer Definitions

NHS definition: “A carer is anyone, including children and adults who look after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid”.

You're a **young carer** if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

A **young adult carer** is 16-25 and will have particular considerations as they transition to adulthood, like going to university or moving out of home, and the implications for care at home.

A **parent carer** is aged over 18 and provides care to a child with a special educational need or disability (SEND) for whom they have parental responsibility.