



Young Carers – Children as Caregivers Young Carers Edition

Stroke is a sudden loss of brain function caused when blood flow to the brain is disrupted. The effects of the stroke depend upon where the brain is damaged. A stroke can affect the ability to communicate, move, remember, problem-solve and interpret what you see. It can affect a person's personality and behaviour. You can find out more about stroke at www.heartandstroke.ca

If your parent or grandparent has had a stroke, you might find that you are doing more to help with housework or looking after brothers or sisters. You might even help your parent with washing, dressing or going to the toilet. Children and young people who help look after someone with an illness or a disability are often called 'young carers'.

It can feel good to help but there might be things that worry or stress you out as well. If the caring that you do affects your school work or causes problems, your family might be able to get help so that you don't have to do as much. You could ask a social worker, doctor, stroke rehabilitation team, teacher, minister or child services to help you decide what help you need.

Looking after your parent shouldn't be left for you to do. If you have to do things to help you are not okay with, your social worker, doctor, stroke rehabilitation team, teacher or child services needs to know. They might be able to find a helper who can do these things instead.

Check out these websites:

Young Carers UK
www.youngcarers.net

Young Carers of Canada
www.youngcarers.ca

Young Carers of Australia
www.carersaustralia.com.au

Thanks to Young Carers UK and Young Carers Niagara for allowing use of their materials.

Young Carers Charter

We are children and young people who are also carers. We believe we should have the same rights as other children and young people, including the rights to:

- Be children as well as carers.
- Schools and colleges that give us the help we need to get an education.
- Fun, friends and time off from caring.
- Family life with well-supported parents.
- Practical help and support so that we don't have to do all of the caring in our homes.
- A safe environment and protection from harm, including any harm that caring activities could cause us.
- Services that value our different backgrounds, cultures, religions, races and sexualities.
- Be listened to and supported by the people who support our parents and siblings.
- An assessment of what we need as individuals, without any assumptions being made about us.
- Be listened to and involved when people make decisions which affect our lives.
- Information about the health problems that we see our family members experiencing.
- Advocacy and complaints procedures which we can understand and which work.
- Stop taking on caring roles when we wish to.
- Move on and become independent adults.