



Preparing for your Young Carer's Needs Assessment

A Young Carer's Needs Assessment looks at how your caring responsibilities affect your life and what kind of support would help.

In Ceredigion, Young Carer's Needs Assessments are carried out by Gofalwyr Ceredigion Carers, on behalf of the local authority.



It is not a judgement about how well you look after the person you are caring for, **it's about you and your wellbeing.**

What is a Young Carer's Needs Assessment?

You will talk to a member of the Gofalwyr Ceredigion Carers team about things like:

- What tasks you do for the person you care for
- What parts of caring are hard for you
- If you need help with school, hobbies or work
- What would make caring easier for you



Getting ready for your assessment

Here are some things to think about beforehand:

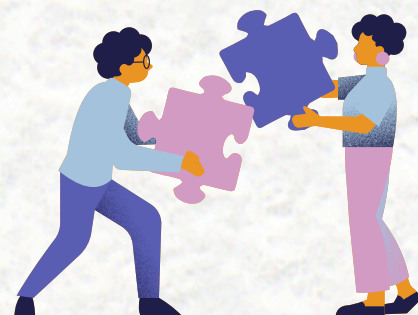
- Are you able or willing to continue to care?
- Do you need help to continue working or to get into work, education or leisure opportunities?
- What kind of support do you need to continue caring?
- Which parts of caring do you find difficult or stressful?
- How would you like things to be different in the future?



What happens after the assessment?

Gofalwyr Ceredigion Carers will help you get support, this might include:

- A break and support to take part in hobbies or activities
- Opportunities to meet up with other young carers
- Someone to talk to if you feel upset or stressed



Your assessment will be shared with the local authority and, where appropriate, Hywel Dda health authority in order to provide you with the right help and support.



Cysylltu Ceredigion
Gofalwyr a Chymorth Cymunedol
Connecting Ceredigion
Carers and Community Support

For more information contact the Carers Information Service:



connecting@ceredigion.gov.uk



01545 574200

Your rights as a young carer

The United Nations Convention on the Rights of the Child states that all children and young people have the right to:

- Learn and have an education
- Spend time with friends and join clubs or groups
- Relax, play and privacy
- Have a say in decisions that affect them

Remember that help is available, and you deserve support too!

Why should you get an assessment?

You don't have to, but it's a good idea if:

- Caring is making you feel tired, sad or stressed
- You need extra help or time to rest
- School, work, or family life is becoming too much
- You want to plan ahead for the future



How do I ask for an assessment?

If you would like to have an assessment, **contact Gofalwyr Ceredigion Carers.**

You can do this online or by phone.

 **03330 14 33 77**

 **ceredigion@credu.cymru**


Gofalwyr
Ceredigion Carers

If you need help, ask a friend, family member or someone you trust to help you.