

# Time to be Heard

## Young adult carers' experiences of school

### Barriers

- A quarter of young adult carers are bullied at school because of their caring role.
- Young adult carers lose more than one school day a month through lateness or absence.

### Opportunities

- Schools must develop strategies to prevent young adult carers from being bullied.
- Schools must identify and support young adult carers so that they don't fall behind at school.

## Young adult carers at college and university

### Barriers

- Over half of young adult carers find college or university difficult because of their caring role.
- The more hours they care, the more likely they will have challenges at college or university.

### Opportunities

- Colleges and universities should identify young adult carers and provide support.
- The right support should be in place for the whole family so that young adult carers aren't inappropriately relied upon.

## Young adult carers and mental wellbeing

### Barriers

- 44% of young adult carers reported a mental health problem – twice the national average.

### Opportunities

- Health and social care professionals should be fully aware of the impact of caring on mental health and support young adult carers to access services.

## Young adult carers and employment

### Barriers

- Over a third of young adult carers choose jobs that are flexible or close to home.
- Nearly 90% of young adult carers felt that they had not received good career advice at school.

### Opportunities

- Employers need to understand the challenges faced by young adult carers and be flexible.
- Career advice for young adult carers should recognise the skills they have developed as carers and support them to consider all options.

Show your support for young adult carers and find out more at [www.carers.org/timetobeheard](http://www.carers.org/timetobeheard)

**“I want my friends and school to understand what I do.”**