

aspirations transition solihull
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Are you looking after someone?

Do you look after a relative, child, partner or friend
 due to age, physical or mental illness,
 learning disability or addiction?

Who do we help?

As more information and support becomes available for older and younger carers, a very 'hidden' group of carers in society is emerging - **carers aged between 18 and 24.**

These are known as Young Adult Carers, however **Solihull Carers Centre extends this service up to the age of 30.**

In the transition from children's to adult services, many carers can be lost at this often confusing time, when there are changes all around. Decisions are being made about future directions -whether to carry onto further/higher education, to work full time or part time or to leave home and gain independence.

On top of all of these decisions, a Young Adult Carer will be thinking about how to manage their caring tasks and responsibilities that may well have increased.

The Facts

It is estimated that there are over **229,000** young adult carers aged between 18 and 24 living in the UK*

There are over 500 people aged between 18 and 24 living in Solihull who are caring for someone and over a fifth of those are providing 20 hours or more care per week

What Young Adult Carers say

"When I turned 18, I felt scared and unsure about where I would get help and support with thinking about my future"

Becky, aged 18

"Solihull Carers Centre help me make sense of my life, and could help you as well"

Luke, aged 25

* Taken from Young Adult Carers in the UK. Experiences, Needs and Services for Carers aged 16-24 (2008) Becker and Becker

How can we help?

This is a **NEW** service in Solihull created to acknowledge and support Young Adult Carers

We offer free and confidential information and advice helping and supporting young adult carers make a successful transition into adult life.

1:1 support

Emotional support and someone to talk to

Peer Support

Meet as a group and help to support each other

Education, Training and Employment

Support in identifying and accessing your future goals and aspirations

Advocacy and Empowerment

Helping to get your voice heard and take control of your life

Finances

Information and signposting for relevant assessments

Information, Advice and Guidance

Social Activities

Information about your rights as a carer

Active involvement

Support for future planning

Training, such as first aid and confidence building

Self Help

Signposting to relevant services

How to contact us

If you think you may be a Young Adult Carer,
or know someone who is,
or if you would like to find out more about services
in Solihull available for Young Adult Carers,
please contact;

Cathy Cook
Solihull Carers Centre
TS One Pinewood Business Park
Coleshill Road
Solihull
B37 7HG

Call 0121 788 1143
Email cathycook@solihullcarers.org
Website www.solihullcarers.org

Solihull Carers Centre is an independent charity, part of the Princess Royal Trust for Carers national network of Carers Centres.
We provide support for Young Carers (aged between 5-18)
and adult carers aged 18+

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