



Family Action Young Carers  
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Dear Young Carer,

Family Action Young Carers supports 5 - 18 year olds who take on a caring role for a member of the family at home who suffers from an illness, physical or mental disability, or an addiction.

Our aim is to support young carers by providing respite activities, group work and one to one support, when necessary.

It is important for young carers to look after their own physical and emotional health, and inside this pack you will find the following information:

- Registering with your GP as a young carer
- Manual Handling in the home

Please feel free to phone us at any time for help or advice, or if you just need someone to talk to. If your family circumstances change, especially anything concerning the person you care for, it is very important to let us know as so we can ensure we can provide you with the most appropriate support.

Yours sincerely,

**The Young Carers Team**

## Register with your GP as a Young Carer

There are lots of benefits to being registered as an young carer on your GP record. Ensuring your GP knows you are a young carer gets you other help too so that you can be advised of local support services and prioritised for certain vaccines, including the flu vaccine.

Young people receive the flu vaccine at school until they finish year 11. If you are a young carer aged 16 – 18 years old, you are eligible for a flu vaccine. You should automatically be notified about vaccines if one or more of the following applies to you:

- your GP record already records that you are eligible as a young carer
- you have been receiving Carer's Allowance
- you are receiving support following a young carer's assessment

If your GP knows you care for someone, they can help you look after your own health needs better. Your health could be affected by your caring responsibilities.

## Manual Handling in the home

The NHS website has practical tips for if you care for someone. It's essential to know about safe moving and handling so you don't hurt yourself or the person you look after.

The most common injuries carers get are back injuries. Injuring your back will limit your movement and your ability to care for someone. It could take a long time for you to recover.

Lifting someone incorrectly can also damage fragile skin, cause shoulder and neck injuries, increase existing breathing difficulties, or cause bruising or cuts.

### Lifting Checklist

If you regularly lift or move someone, it's best to get training or have someone demonstrate the correct techniques.

*Before attempting to move someone, ask yourself:*

- Do they need help to move?
- Do they require help or supervision?
- Have you told them you're moving them?
- How heavy are they?
- Are you healthy and strong enough to move them?
- Is there anyone who could help you?
- How long will it take?
- Is there enough space around you?
- Are there any obstacles in the way?
- Are you wearing suitable clothing and shoes – for example, if you're on a slippery or damp surface?

*If you've assessed the situation and have decided to move the person, make sure you:*

- Never lift above shoulder height
- Keep your feet stable
- Have a firm hold
- Keep any weight close to your body
- Keep your back straight and bend your knees
- Lift as smoothly as possible

## How the council can help

Your local council has an obligation to help carers avoid health and safety risks.

Contact your local council and ask for a **Needs Assessment** for the person you look after, as well as a **Carer's Assessment** to help you.

For advice and guidance on moving and handling, ask for an **Occupational Therapy Assessment**.

## Useful equipment for the home

Available through most large online shops



**Swivel Cushion** – for getting in and out of car seats and other chairs.



**Transfer belt** – clip this around the cared for's waist to give you something sturdy to hold on to rather than clothing or limbs.



**Transfer board** – to help your cared for move from chair to bed etc

Available in the community



**Message in a bottle** - Widely recognised to hold care plans, meds and emergency contacts. Health centres, doctor's surgery and chemists will all have free supplies of the bottles and forms



**Telecare**, via Optalis – range of assistive technology and equipment to enable people to continue to live independently in their own homes.