

Our survey – young carers and young adult carers

We have been running a survey for carers throughout the Coronavirus pandemic. This is to help us understand as much as possible about their current situation and needs, so we offer the best support we can. We will also advise partners and other organisations so they can help carers as effectively as possible.

This is a summary of the feedback from young, and young adult carers:

How they feel coronavirus is affecting them and their families

Statement	Agree / strongly agree
I feel more lonely/isolated	80%
My mental health is being negatively affected	78%
I feel more stressed	77%
My caring role has increased	67%
I am not able to take a break from caring	59%
I don't feel able to cope with the current situation	56%
My/my child's education is being negatively affected	50%

Please indicate the extent to which some of these support services may help to address some of the issues you feel are being faced

Statement	Agree / strongly agree
Help to access practical support (e.g. shopping, prescriptions, food parcels)	50%
Information/practical advice or tips	79%
Telephone 'someone to talk to' support	58%
Virtual peer support (online hubs, groups)	65%
Video one-to-one support	45%
Mental health support	62%
Ideas about things to do whilst at home	79%
Support to help with planning for emergencies	69%

Comments

The type of things they are saying:

- It's tough. With one parent (my cared for) self isolating at home and one parent working for the NHS I am struggling to keep on top of things and my mental health is deteriorating.

- I'm having to feed and look after my 2 brothers with needs everyday . I feel my caring role has increased because I feel like a teacher along with feeling like a carer . I have to do everything for my brothers and I'm not able to get a break now and not able to get time away at college. I also am struggling to find time to do coursework and I have been staying up all night some nights to complete coursework .
- I'm having to do the shopping for two households and look after both mum and in some aspects my Nan.
- It's hard being locked in the house just me and family. The supermarket won't let me in the shop with my mum and we can't do anything fun outside. I normally use football as a timeout but I can't do that now.
- My family are all struggling with the current situation of covid 19 and I myself am not doing well, I feel like I am not doing well with my mental health and even had panic attacks about itI am extremely worried about when we are going to leave lockdown and if there will be a second spike.