



Young Adult Carers Support Darlington



A young person aged 16-25 with caring responsibilities can be known as a *Young Adult Carer*. Young Adult Carers care for a family member, relative or friend who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

Young Carers Darlington supports Young Carers and Young Adult Carers from the age of 5 up to 25. Darlington Carers Support supports Adult Carers from the age of 18 upwards. A Young Adult Carer can work with both services simultaneously.

Both Services Offer:

- Signposting, information and advice
- Carers Discount Card
- Advocacy and support at meetings
- NHS Carer's Breaks applications



Darlington Carers Support

Call: 0300 0301215 Text service: 07800 005830
email: admin@dccarers.org

- Carers Support Coordinator for 1:1 support
- Support groups
- Counselling
- Specialist Parent Carer support
- Support at TAF Meetings
- Grants and bursaries
- Support with benefit applications
- Connecting Carers IT support
- Training
- Hospital discharge project
- Carers Emergency Discount Card
- Carer Friendly Employer Portal
- Long term support, as and when needed

**Professionals
Make a referral**



Young Adult Carers can register by calling, texting or scan the QR code

Young Carers Darlington

Call: 01325 794 888
email: youngcarersdarlington@family-action.org.uk



- Young Carer Needs Assessment (for YACs under 18)
- Support plan
- 1:1 targeted support & targeted peer support sessions
- Information, signposting and referrals
- Support with school, college or university
- Time limited support

Darlington Adult Social Care Services complete the statutory Carers Assessment for adults and Young Adult Carers over the age of 18

**Professionals
Make a referral**

Young Adult Carers, their family members or friends can refer by calling or emailing the service (we can support you to complete a referral form)

