

THE IMPACT OF COVID ON YOUNG CARERS



AN INCREASE IN CARING HOURS

59% of young carers and 67% of young adult carers now care for more hours per week



AN INCREASE IN RESPONSIBILITY

24% of young carers and 34% of young adult carers care for more people than they did before the pandemic



LITTLE EMOTIONAL SUPPORT

Just 4% of young carers and 15% of young adult carers currently access remote counselling or therapies



LACK OF BASIC PROVISIONS

14% of young carers and 18% of young adult carers find it difficult to access basic things like food and medicine



NO RESPITE

25% of young carers and 42% of young adult carers are currently unable to take any break from their caring roles



NO EXTERNAL HELP

Just 1% of young and young adult carers receive help in the home from a paid care worker or personal assistant