

# THE COMMONWEALTH CHARTER FOR YOUNG CARERS



*Young carers from across the Commonwealth have developed this Charter, grounded in the United Nations Convention on the Rights of the Child.*

Young carers in every country look after someone in their family who has an illness or a disability or other condition. Sometimes they look after the whole family. Young carers are children and young people first and should be free to develop emotionally and physically and to take full advantage of opportunities for educational achievement and life success.

*“It is important to involve young carers in all aspects of policy making and decision making. We have a voice - listen to us!”*

## AS YOUNG CARERS FROM AROUND THE COMMONWEALTH WE ASK THAT WE:

**Are listened to and our views and culture are respected.**

*Understand how we feel and what we need.*

**Do not face discrimination as a carer or for our family situation.**

*Young carers should be treated equally... no one should be judged because of their family situations.*

**Have our physical health and emotional needs acknowledged and assessed.**

**Have a right to an assessment of our needs separate from the needs of the person we care for.**

*It's hard ... trying to find a balance in life – juggling everything we have to do.*

*Being a young carer can be challenging and sometimes we all need a little support and time out, just to be ourselves and relax.*

**Have the right support given to the person we care for, so we don't have to provide excessive care which impacts on our own health and wellbeing.**

**Have practical support and help offered including respite care.**

**Are protected from psychological and physical harm.**

**Have the right to education, time to focus on our studies and be offered real choices in accessing further education and future aspirations.**

*Adults who work with us should know about who we care for and how it might affect us.*

**Have the right to relax, play and take part in a wide range of cultural and artistic activities.**

*We want schools to respect and understand the issues we have to deal with at home!*

**Have a home that is suitable and safe for us and our family.**