

What happens next?

For more information about our service or if:

- you think you're a Young Adult Carer
- know someone who may be
- are a professional wishing to make a referral

Please contact:

Young Adult Carers Support Worker

PKAVS Carers Hub

Lewis Place

Perth

PH1 3BD

Tel: 01738567076

Email: zuzanna.lipiec@pkavs.org.uk



PKAVS Young Adult Carers



[pkavsyoungeadultcarers](https://www.instagram.com/pkavsyoungeadultcarers)

" The Young Adult Carers support group gives me breathing space and the staff are very trustworthy and non-judgemental"



Perth & Kinross Association of Voluntary Service Ltd (PKAVS) is a registered Scottish charity (SC005561) and a Scottish company limited by guarantee (SC086065).



Young Adult Carers Support Hub

Group Support

Raising Awareness

Practical Advice and Information

Activity Breaks

1:1 Support

PKAVS is the leading charity enhancing lives and communities throughout Perth and Kinross



Who are Young Adult Carers?

Young Adult Carers are aged between 18-25 years and care for a family member of any age, due to disability, mental illness, chronic/terminal illness or problems relating to substance misuse.

What do Young Adult Carers do?

Young Adult Carers can be responsible for:

- Assisting with personal care
- Domestic activities
- Looking after siblings
- Providing emotional support

What issues do Young Adult Carers face?

Young Adult Carers often struggle to balance their time between their caring role and their personal life. This can often result in:

- Limited opportunities to socialise & visit friends
- Problems meeting educational demands at school, college & university
- Difficulties accessing work opportunities
- Feelings of anxiety, guilt, stress and worry
- Concerns about moving into their own home and leaving the person they care for



"I enjoy the residentials because I get to meet new people and have a break from my caring role."

What can PKAVS Carers Hub offer?

- Support social, emotional and educational needs
- Relieving stress & isolation
- Raising awareness
- Enabling young adult carers to meet on a regular basis

The service provides:

- One-to-one support
- Advice and information
- Respite and activity breaks
 - Signposting
 - Regular social groups

