

## Young Scot dedicated young carer platform

The Scottish Government has been working with Young Scot for the past 3 years to develop a dedicated platform for young carers which contains opportunities, discounts and information all exclusively for young carers.

What has been developed for this platform is a package that is designed by young carers for young carers and is continually updated to reflect the world and challenges young carers face.

### Who is a young carer?

A young carer in Scotland is anyone, aged under the age of 18, or 18 and still in school, who cares, unpaid, for a family member or friend due to illness, disability, a mental health problem or an addiction.

Caring can include:

- medical or nursing care, such as helping someone to take medication or applying dressings
- personal care, such as helping to wash, dress or eat
- practical support, such as taking a person shopping or to medical appointments, cleaning or accompanying them to social events
- emotional support

### Who Can apply for the Young Scot young carer Package?

**Any young carer**, regardless of their caring duties, aged 11 to 18 are entitled to apply for the young carer package. To find out more how to sign up you can go [here](#).

Young carers can now sign up without a Young Scot card, so no one misses out. The requirement for a Young Scot National Entitlement Card number to be entered has been removed as an interim measure to widen accessibility at a time when cards are no longer in production.

### Responding to Covid 19

The Scottish Government is working with Young Scot to ensure that the opportunities available are suitable for social distancing and quarantining. This package is available to all young carers aged 11 to 18 and we are encouraging the promotion of this as widely as possible.

New opportunities include subscriptions to mindfulness relaxation apps, mobile data top ups, sanitary product vouchers and entertainment subscriptions and e-vouchers to some of the most popular stores. Visit [New digital opportunities for young carers](#) for a live list of all available rewards.

Updated 19/06/2020

Young Scot and the Scottish Government will continue to listen to young carers and add to this package to ensure they are meeting their needs.

The Scottish Government has also worked closely with Young Scot to ensure that any carer specific information is posted on their young carer platform, in an easy to digest format.

### Young Carers Campaign

During Carers Week (8<sup>th</sup>- 14<sup>th</sup> June 2020) Young Scot launched their “Do I look Like I care” social media campaign. This campaign has been designed to help young carers recognise that they may be a young carer, and that there is support available for them. This campaign is set to run for 3 months from launch, and it is hoped that this will encourage many more young carers to come forward. We encourage all educational professionals to be alert to any young person who may have caring responsibilities, and to encourage them to self-identify and seek the support they are entitled to.

You can find all the social media links to the campaign below:

[https://www.linkedin.com/posts/young-scot\\_yscarers-activity-6676831249388052480- B8h](https://www.linkedin.com/posts/young-scot_yscarers-activity-6676831249388052480- B8h)

[https://www.instagram.com/p/CBStLuCjWZW/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/CBStLuCjWZW/?utm_source=ig_web_copy_link)

<https://twitter.com/YoungScot/status/1271035749496954880?s=20>

**For More Information and additional support for young carers please see the links below:**

- [The Carers \(Scotland\) Act 2016](#) statutory guidance provides more information on the rights young carers have to support
- [Young Scots Stakeholder website](#) section on Young Carer Package
- [Young Carer Grant](#)
- [Time to Live Fund](#)
- [Unpaid Carers information](#) regarding COVID-19
- [Aye Feel](#) mental health campaign
- [Find your local carers centre/ young carers service](#)