

# Are you 16 - 25 years old?

Are you looking after someone  
in your family who cannot manage  
without you because they are  
ill or have a disability?



If so you are a carer and our  
**Young Adult Carers 'Same Chances'**  
programme can help you

Regular social events

One to one support

Life Skills programme

Emergency planning

Information, advice and guidance

Steering group

Targeted group work

Representation at meetings

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**Dedicated to supporting carers**

Are you looking after someone who  
cannot manage without you because  
they are ill or have a disability?

Then you are a carer and CarersMK  
can help you.