

Contact us

For more information about this service please contact us using the contact details below:

t: 01325 483 038 (Darlington Office)

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Address: DISC Darlington Young Carers, Unit 2B Enterprise House, Valley Street North, Darlington DL1 1GY

Visit DISC's website and other official online pages at:

 www.disc-vol.org.uk

 www.facebook.com/DISCservices

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Makewaves: www.makewav.es/darlingtonyoungcarers

This information is available in other formats if required



Darlington Young Carers



DISC is a Company Registered in England, Registered Charity No 515 755 Registered Company No 182 0492



Introduction

The service supports young people and their families to reduce the impact of caring and ensure that young people are entitled to the same opportunities as their peers and can achieve their full potential.

Who are Young Carers?

The term "Young Carer" should be taken to include person under 18 who provides or intends to provide care for another person (of any age except where that care is provided for payment, pursuant to a contract or as voluntary work). For the purposes of this memorandum, this relates to care for any family member who is physically or mentally ill, frail, elderly, disabled or misuses alcohol or substances (Children and Families Act 2014)

NB for the purpose of our service this also includes Young Adult Carers aged up to 25

What tasks does a carer do?

- Household Tasks – e.g. cooking, cleaning, Hoovering, tidying, washing dishes
- Household Management – e.g. responsibility for food shopping
- Personal Care – e.g. help with dressing or undressing, changing wound dressing
- Emotional Care – e.g. checking cared for person is ok, comforting them, ensuring their safety, listening to their worries/concerns, being there in an emergency

- Sibling caring – e.g. looks after a brother or sister that is ill, helps to calm brother or sister down, explaining things, babysitting
- Financial/Practical care – e.g. deal with bills

What type of support can DISC Darlington Young Carers offer?

Following an assessment we will agree a length of time to work with Young Carers and/or their families providing support and interventions through difficult periods to develop coping and resilience skills and promote independence from service(s)

- One to One Support
- Opportunities to come out and meet other Young Carers whilst on service
- Information, Advice and Guidance
- Whole Family Support to reduce impact of caring
- Advocacy
- Signposting
- Carers Breaks and Carers Discount Card

Making a referral & criteria

- Age under 25 yrs
- Living in Darlington Borough
- Providing physical and/or emotional care for a family member with long term illness, disability, mental health or alcohol/drug addiction

Anyone can refer: professional, friend/family or yourself, just simply ring 01325 483 038 and we will email/send you out referral pack.