

The positives of being a young carer

"I am able to look after myself."

"I have made new friends that I never thought I would - some have similar experiences to me and some don't."

"I am resilient."

"I can cook and deal with money."

"I am really independent and can do most things for myself."

"I am confident to deal with new and challenging situations."

"I have learnt new skills and done things that I didn't know I was capable of."

"I am able to empathise with others."