

## A day in the life of a young carer

This activity is generally more effective if classes are separated into smaller groups to allow for group discussion but if time is short the activity can be done with everyone in the class working together.

Each group should be given one of the case studies of a young person having to care for someone in their family and a piece of flip chart paper and a pen.

Pupils should read the case study, discuss what is happening and agree on what might be a typical day in the life for their young carer, including a list of responsibilities and any thoughts and feelings that a young carer may have.

### Example

- 06:15 Get up and make breakfast and a cup of tea for mum.  
I'm really tired as I has to get up last night to check on mum.
- 06:45 Wake up brother and feed him.  
It's not fair he gets to sleep longer. I want him to help out too.
- 09:15 Get to school. Late and have to explain why, again.  
My teachers hate me and it's not my fault. I wish there was someone I could talk too.
- 12:00 Call mum at lunch and check she's okay.  
I'm relieved she is okay. I have been so worried.
- 16.00 Get home.  
The house is a mess and I can't do it all myself. Im really stressed out.
- 17:00 Make tea and get everyone organised for the next day.  
I wish my brother could help out too.
- 21:00 Finally sit down and watch some TV.  
I'm too tired to do homework and I'll probably fall asleep in front of the TV again. I know I'll be in trouble at school tomorrow but I'm so tired.

The class should discuss each groups responses. Emphasis should be given to the real responsibilities that young carers in the case studies actually have and how their own opportunities for friendship, leisure, extra curricular and even ordinary school work may be restricted by the tasks they do.

They should also be asked how they could help and support a person of their age who is a young carer.