

Gwynedd Young Carers Charter



We are children and young people who are also carers. We believe we should have the same rights as other children and young people in all aspects of our lives.

Family Life

- ▶ The right to enjoy and have an ordinary family life
- ▶ The right to have practical help and support when the family needs it
- ▶ The right to feel safe at home
- ▶ The right to services that value our different backgrounds, cultures, religions, races and sexualities
- ▶ The right to have freedom from poverty

Childhood and Social Life

- ▶ The right to be safe and free from neglect and harm
- ▶ The right to play and have fun,
- ▶ The right to be happy
- ▶ The right to relax and have time off from caring
- ▶ The right to be a child/ young person /young adult
- ▶ The right to go out and see friends
- ▶ The right to have support which enables us to access leisure and cultural activities

Caring Role

- ▶ The right to not do anything we don't want to do or makes us feel uncomfortable
- ▶ The right to stop caring
- ▶ The right to be listened to and be involved in the planning of services which may affect us or our family
- ▶ The right to feel proud of what we do
- ▶ The right to be included in society and know that we are valued

Health

- ▶ The right to have our health checked regularly and have a healthy childhood

- ▶ The right to collect medication for the person we care for
- ▶ The right to have alternative treatment and to be respected for having different cultures, backgrounds and beliefs
- ▶ The right to be listened to and involved when people make decisions about our health
- ▶ The right to receive support and training with lifting and handling the person cared for and their equipment.

Support

- ▶ The right to have access to speak to someone in private
- ▶ The right to have access to a phone, to be able to speak to the person we care for when we want and for free of charge
- ▶ The right to be supported financially
- ▶ The right to have an assessment of our needs, without assumptions being made about our circumstances
- ▶ The right to advocacy and complaints procedures which we can understand and which work
- ▶ The right to receive a service and for it to be appropriate to our age
- ▶ The right to be independent

School, Further Education or Employment

- ▶ The right to have an education, training or be in employment
- ▶ The right to have more time to do our work
- ▶ The right to have support from teachers with our school work/homework.
- ▶ The right to choose who we want to talk to about our circumstances
- ▶ The right to have practical support and have more time to look at our career options
- ▶ The right to flexibility and support during different transitions in our life