

**I have been a resilient person**

**I am confident in dealing with  
challenging situations**

**Can feel  
close to family**

**Feeling good that I am  
helping another**

**Feeling proud of  
challenges  
overcome**

## **What are the positives of being a Young Carer?**



**Feeling like I am doing  
an important job**

**Learning skills  
which will help  
me throughout life**

**Learning how to cook,  
work with others and  
other skills**

**It is good to get  
extra support  
from others such as PKAVS**

**I can be independent  
and do lots of things by myself**