

The Roscommon Young Carers Project

The project was initiated by the combined efforts of The Roscommon Leader Partnership Company and The Roscommon Carers Association.

The Young Carers Project was established in October 2011, the group was formed with the aims of providing support, advocacy and respite to the ever growing number of young family carers.

A young carer is under the age of 18 and provides care for a family or household member who has an illness, disability, addiction or other care need. The young carer may be the main carer in the home or else helps the main carer. The tasks a young carer may have to complete vary, from household chores, to medical care, helping with toileting and bathing or emotional support. They may need to carry out tasks on a regular basis or only occasionally. The effects of being a young carer can be both positive and negative. Caring may bring people closer, and the young person may become more understanding, compassionate and more mature. On the other hand being a young carer can have negative impacts from missing school, or being distracted at school, to feeling lonely and isolated as they have little time to socialise, play sports or meet friends, they can also suffer physically from back pain, and emotionally due to stress, anxiety and worry.

We aim to support Young carers to develop a plan of activities /actions meeting the needs of these young people, ensure greater awareness of the public in relation to issues surrounding young carers, To Increase the confidence of the young carers, through their involvement in the initiative.

There are 35 Roscommon Young Carers Registered on the young carers data base, this innovative and unique project has gone from strength to strength over the past 3 years.

The group meet on a monthly bases to address the social isolation of these young people and to ensure there participation in The Fun Activity Day Outings such as Horse Riding,. Archery, Bowling, Canoeing Trips, The Hudson Bay Hotel & Bay Water Sport Activities, Coke Park Museum Dublin, The Springs Hotel Lunch & Athlone Cinema, The Dundrum Ice Skating Experience



Further Information Contact

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