

Young Adult Carers Employment Advice

How do I tell my employer I'm a young adult carer?

See Carers Trust [A guide to getting into work for young adult carers](#)

In the interview it may be good to talk about the skills you have learnt from your caring role. Interviewers will often ask some 'competency based questions'. These aim to find out how you have used your skills in the past. Questions are likely to be based on the job description and person specification so make sure you look over these. Think of some practice questions and examples for your answers before your interview. If you get asked these sorts of questions you might be able to give examples of your caring skills in your answers: • What is your greatest achievement? • Tell us about a time you prioritised effectively. • Can you tell us about a challenging situation you have faced and how you handled it? • Tell us about a time you had to be highly organised.

What services are available in my area as a young adult carer?

[Carers' Resource](#); [Young Carers Resource](#); [Carers Leeds](#); [Mobilise](#); [Support for young adult carers at University of Bradford](#)

How do I let my colleagues know I'm a young adult carer?

Letting people know you're a young adult carer doesn't have to be a big announcement. You can think of it as being like sharing that you have an allergy - there's no shame in it and letting others know can help them to understand you better.

You could try practising the conversation that you're a young adult carer with your friends before you move away. This way you've physically said the words once and it may not feel so scary.

If you still feel unsure, you can follow the link to our YouTube videos which can offer some further advice.

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What skills can I include on my CV from being a young adult carer?

Caring task examples	Transferable skill	How it can be used in the workplace
Using different methods of communication with the person I care for due to their health condition.	Communication skills	Able to communicate effectively with a wide range of people. Able to present information in a clear and precise matter.
Manage to care for my mum as well as work a full time job.	Time management and punctuality	Able to work independently. Manage time effectively and understand the importance of punctuality for the company and customers.
Being my mother's advocate at meetings with health professionals.	Advocacy	Able to listen to customers' concerns and communicate them to management for a positive resolution.
Advocated and supported father's transition to suitable care home	Work with a range of professionals	Work in partnership with other members of staff and other organisations to achieve project goals in a achievable timescale.
Manages medication for sibling as well as their environment to reduce risk of falls	Risk management and awareness	Ability to assess environment and potential risks. Able to provide solutions to minimise risk.
Helping my mother to apply for benefits and/or supporting her with bills	Budgeting	Awareness and understanding of budgeting for a project. Ability to complete forms and applications.

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What skills can I include on my CV from being a young adult carer?

Every carer and what they do is different and every job out there is different. The first step is to write a list of all the skills that you have as a carer that you think are useful in the workplace. If you are stuck thinking of ways that caring tasks can be transferable, for one week write down all the things you do. Include things such as writing post-it reminder notes or picking up prescriptions. Don't forget to list interpersonal skills such as listening; or explaining to a doctor what the person you care for has said about their pain. Make a list each day and at the end of the week you will be able to see just how many skills you have. It will be easy to spot how some of them could be used in a job, others are less obvious.

Emotional skills

These skills can be trickier to spot and harder to see how they would work in a job. Ask yourself these questions and hopefully they will help:

'What do I do for the person I care for that a colleague or client would expect?'

'What do I do for the person I care for that a colleague or client would appreciate?'

Examples could be; respect, patience, providing information to allow them to make an informed choice. You could also include, being supportive, encouraging and a good listener. Being calm under pressure is a great transferable skill, as employers often need staff who can handle stressful situations with ease and control.

You have to show off your skills and abilities

If your line manager or supervisor is aware that you are a carer, they may incorrectly assume that you don't want to take on more challenging projects or consider additional training. They may even think that you are looking for less skilled or less responsible work. This might result in missed opportunities for you. Communication is very important so be clear that you want to be considered for higher positions or outline your transferable skills and how they would be useful for a new project. Express that caring might require you to request flexible working hours but this does not mean you want less responsibility.

Younger but more mature

Being a young carer entering the workforce gives you an advantage. Employers will see you as mature, empathetic and more responsible than your peers. Employers will understand that you can work independently and have good time management and communication skills. These are skills you have had to learn from a young age but many of your peers may not yet have mastered.

Final note

There may be some of you reading this who are not comfortable sharing information about your caring responsibilities with your employer. If you don't want to or don't feel ready to share this information, that is completely understandable and completely your choice. The article's aim is to show you that caring responsibilities can create new work opportunities and strengthen your range of skills and abilities.