TRANSCRIPT

SATTA: South Asian Young Adult Carers' Transitions to Adulthood (A Follow-Up Story)

[Bilal:]
Hi, my name is Bilal and here is a follow-up of my story. I come from a Bangladeshi Muslim family, and I am now 21 years old. My dream has always been to get a degree, and I am now at university in my first year studying pharmacology. As this course is very intense, I have had to move away to be able to focus on my studies. I have also given up my caring role, but my younger brothers are looking after my father now. There are also care workers who visit my father three times a day to provide the care he needs. That way, the family can have some respite and not worry about him when they are at college or work.

I have my own life now. I like the space and freedom, and I needed it because I have been caring for my father since the age of 13. Having to step up to be a young adult carer takes a lot of your time and effort. Now I can enjoy university life and make the most of the opportunities available on campus. I go swimming and to the gym every day, or I go out to watch movies or just eat with friends. Recently, I have been able to sleep a lot better, and my mental health has improved since I have moved away from home and gave up my young adult carer role. I do not have to worry all the time.

I got help from the young adult carers service. My key worker advised me to set goals for my A-Levels and for undertaking a university degree. I was encouraged to aim high. Setting clear achievable goals made me more focused as I had something to work towards. Without their help I think I never would have made the jump forward with my path and the future I wanted for myself. The support I received from the service alongside the social events they organised have helped with my mental health. I was able to talk with the keyworker about how stressed I was feeling and meet lots of fellow young adult carers through social events like paint balling and going to the cinema. Meeting others just like myself in an organised way made me feel a part of a comforting community. We keep ourselves positive and resilient. I would encourage all other young carers like me to register with a young adult carers service to find the support you need to achieve your potential.

The keyworker also advised me to seek support from the local authority for my father. The homecare was put in place by Adult Social Care, and it has made a real difference. I would not have been able to move away to university without that support.

Thank you once again for listening to my story. Being a young adult carer can be an important duty. But every young person should have the freedom and support to chase their goals. If you are a young adult carer, don't be afraid to ask for help, including from a young adult carers service or Adult Social Care in your local authority. To find out more

about young adult carers and the support available, check out the SATTA resources in this OpenLearn site and from the study website.