

TRANSCRIPT

SATTA: South Asian Young Adult Carers' Transitions to Adulthood (Animation 2)

[Aisha:]

Hi. My name is Aisha. I'm 19 years old and from a Pakistani Muslim family. The SATTA project is finding out about South Asian young adult carers' experiences as they transition (or progress to) early adulthood. I want to tell you about my life as a young female adult carer. I'm a college student too. I don't get much time for my hobbies, but when I do, I like playing games and talking to my friends.

As my parents have ongoing health problems I care for them most of the week. I've been doing this for a long time. It's just always been like that. I help my parents by giving them their medication, helping my mother to walk, shopping for groceries and cleaning the house. It makes me feel good knowing I'm helping at home. But sometimes when I'm really tired, I don't want to do it. Caring for my parents has made me more mature and helped me develop my people and communication skills, such as being able to speak to NHS staff. When I go to the hospital I have to speak to the nurses and doctors about my parents' medical care. Now I'm confident that I have the skills to speak to all kinds of people.

I was referred to my local young adult carers service by a staff member from my college.

I completed a transition assessment with my key worker. She also visited my home and asked my parents about the help they need. The key worker provided information about the support that I can get from the young adult carers service.

I attend social events organised by the young adult carers service where I meet other young carers. I get to hear how they manage caring alongside studying. It's also nice to go out for an occasion.

The key worker gives me advice when I need it. It's really good to have someone to talk to when a healthcare or other issue arises that I don't know how to deal with. I also get support with my education and some financial support.

It's been really helpful to get support for my mental health. The staff in the young adult carers service made me feel like I can finally talk about how stressed and anxious I often feel. If you're struggling with your mental health, the staff in the young adult carers service can give you support or signpost you to a counselling service, if that's what you need.

In our South Asian culture, caring for family members is a duty, especially for daughters like me. I have a lot of responsibility, including looking after my younger siblings and

doing the housework. As a female, I'm given more caring responsibilities than my brothers. That's what is expected of me.

In the future, I do want to have a life outside of caring. When I finish college, I plan to go to university and get a degree. My aim is to have a career in law. As a lawyer, I would use my skills to help people handle issues or circumstances that arise in their lives.

Thank you for listening to my story.

If you are a young adult carer, there is help out there.

Don't be afraid to ask for help, including from a young adult carers service or Adult Social Care in your local authority.

The SATTA research is raising awareness to help us get the support we need.