

Lily's Story



Hi, I'm Lily and I'm 13 years old. I live with my mum, my little brother Max, and our cat, Whiskers.

Max is 8 and he has cerebral palsy, which means he needs help with lots of things like getting dressed, moving around, and sometimes even eating.

I've been helping take care of Max for a few years now. At first, I didn't really think of it as "caring" - I just wanted to help my brother. But then someone at school told me I was a young carer, and I realised that's actually a real thing.

In the mornings, I help Mum get Max ready for school. I pack his bag, make sure he has his special seat cushion, and sometimes I help feed him breakfast if Mum's busy. After school, I play with him or help him with homework if he's tired.

Sometimes he gets frustrated because he can't do things the same way other kids can, so I try to cheer him up or just sit with him until he feels better.

It's not always easy but I love my brother and I know he needs me. Mum says I'm amazing, but I think I'm just doing what any big sister would do.

When I get time to myself, I love reading fantasy books and drawing pictures of dragons and castles. That's my escape when things feel a bit too much.

Being a young carer has made me stronger and more patient. I've learned how to help others, and I think that's something really special.

Thanks for reading my story.