

Meg's Story



Hello!! My name is Meg, I'm 15 years old and I live in the seaside town of Hastings. I'm the eldest of three children in my family, and for the past year, I've taken on the role of a young carer for my younger brother, who is 9 years old.

When my brother was about 3 and a half, he was diagnosed with autism. At the time, he wasn't able to speak, and it was a really challenging time for our family. We spent a lot of time attending speech therapy sessions and learning how to support his communication needs. Over the years, he's made progress, but he still needs a lot of help with everyday things.

As his big sister and carer, I help out in lots of ways. We go to school together, and I always make sure he gets there safely. After school, I wait for him so we can walk home together. When we go out shopping as a family, I help keep an eye on him and make sure he doesn't get overwhelmed or wander off. Sometimes he gets overstimulated in busy places, so I try to help him stay calm and focused.

My brother has a big personality - he can be really cheeky and noisy, and sometimes he gets frustrated or angry when things don't go his way. But I know that's part of how he experiences the world, and I try to be patient and understanding. I really hope that as he grows older, things will get a bit easier for him.

Outside of my caring role, I love to draw and watch anime - it's my way of relaxing and expressing myself. My brother is really into video games like Minecraft and Roblox, and sometimes we play together, which helps us bond.

Being a young carer isn't always easy, but it's also taught me a lot about responsibility, empathy, and how to support someone you love. I'm proud of the role I play in my family, and I hope sharing my story helps others understand what it's like to be a young carer.

Thanks for taking the time to read about me and my journey.