

1. Read the article. How many young carers are there in the U.S.?

# Young Carers

Young carers are people under eighteen who look after another member of their family with a health problem, a mental illness, or a physical disability. In the U.S., there are more than 1.4 million young carers.

Todd is sixteen and he looks after his mother. She has an illness and she can't move properly.

"It's a full-time job. I don't have any brothers or sisters. Every day I get up at 6 a.m., get dressed, and set the table for breakfast. I make my bed and clean up my room. Then I make breakfast. I help my mom eat her breakfast. I take her into the living room and she watches TV. I wash the dishes and take out any garbage. Then I get the bus to school. I go home at lunchtime every day and check my mom is OK. I always have lunch with her. Three evenings a week, I do the laundry. I have to cook meals, keep the



house clean, and do my homework. It's hard. I can't see my friends much because I'm worried about leaving my mom. It's exhausting but I have to do it. I can't let anyone else look after her."

2. **Identify the main idea** Which of the following statements expresses the main idea of the article?

1. It's easy to feel stressed as a young carer.
2. Young carers' lives can be difficult and they often don't have time for normal teenage activities.
3. The number of young carers is increasing and other family members should do more to help them.

3. **Confirm a text's content** Circle T (true), F (false), or NI (no information), according to the article.

1. Young carers look after family members with different types of problems.  T / F / NI
2. Todd has to give his mom medication every day. T / F / NI
3. Todd has a brother but he doesn't live at home. T / F / NI
4. Todd goes on the bus to school with classmates. T / F / NI
5. Todd always goes home at lunchtime to help his mom. T / F / NI
6. Todd goes out with his friends most days. T / F / NI

4. **Scan for information** Answer the questions.

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| <ol style="list-style-type: none"> <li>1. Who does Todd look after?<br/><u>He looks after his mother.</u></li> <li>2. What time does Todd get up every day?<br/>_____</li> <li>3. What does Todd do before he makes breakfast?<br/>_____</li> </ol> | <ol style="list-style-type: none"> <li>4. What does Todd do after breakfast when his mom is in the living room?<br/>_____</li> <li>5. How often does Todd do the laundry?<br/>_____</li> <li>6. Why is it difficult for Todd to see his friends?<br/>_____</li> </ol> |
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