

National informal carer survey 2025

Young adult carers

Responses

2215

Young adult carers
16-25 years of age

A total of

9027

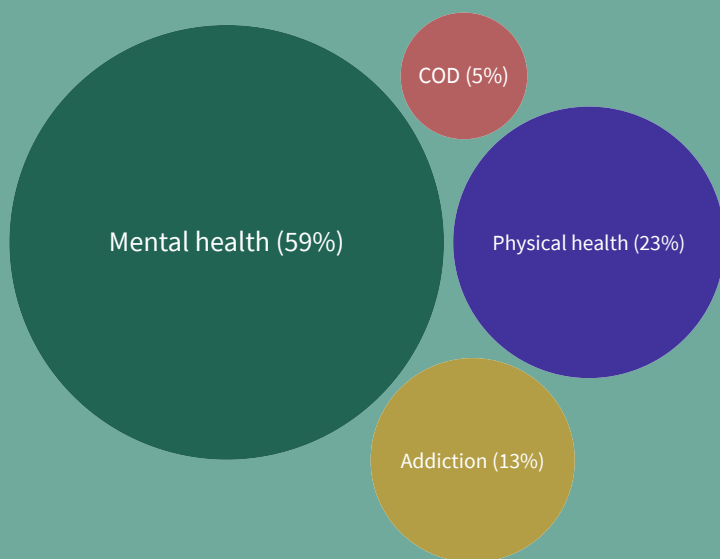
people in the age
group responded

Meaning that

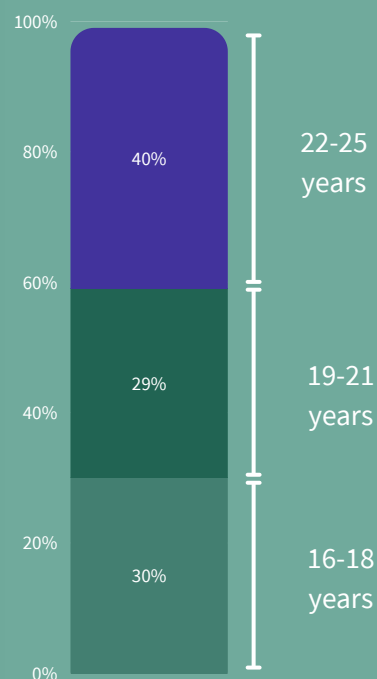
1 in 4

respondents are YAC

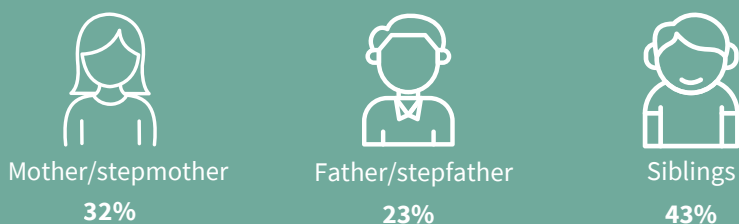
Who they care for



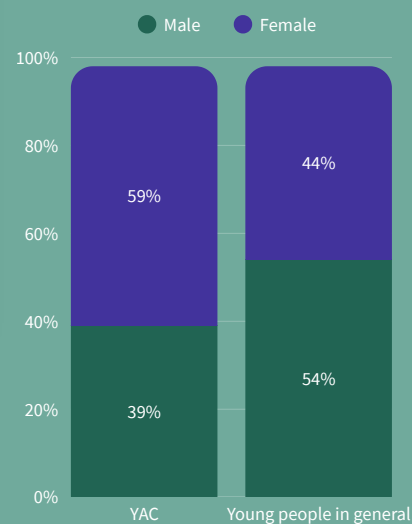
Age



Who they care for

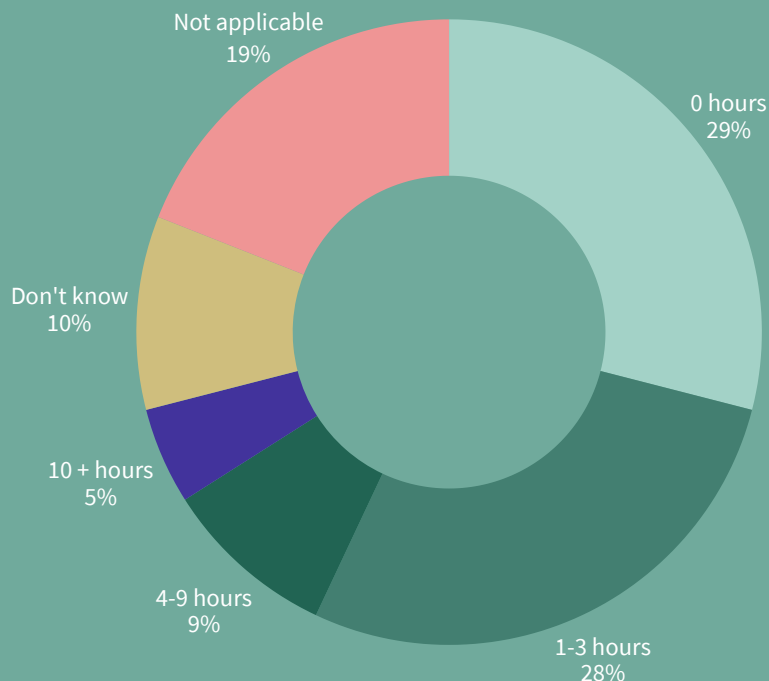


Gender



Based on findings from Opinion (2026) Nasjonal pårørendeundersøkelse 2025 – Unge pårørende. Helsedirektoratet.

Hours per week spent helping the person they care for



50%

report having long-term health problems

32%

Are doing well

YAC who report good health, high life satisfaction and strong coping skills

39%

Are doing okay

YAC who are managing, but experience moderate challenges

29%

Are struggling

YAC who report low life satisfaction, low coping and more mental health challenges

1 in 2

feels they **always** need to be available

1 in 4

lose contact with friends due to their caring role

Young adult carers feel

Largely unsupported

by the services they encounter

Police, child welfare services, emergency care and municipal mental health services stand out most negatively.