

## What is a Young Carer?

### A Young Carer is:

- “Any young person under 25 years of age that provides unpaid support to a family member or loved one with disability, mental illness, AOD issues, terminal diagnosis, chronic health issue or age-related condition”.
- Young carers may provide support every day, or every week, or only when they’re needed.

Young Carers often have no choice but to provide care for their mother, father, siblings, grandparents etc. The caring role can often take up a lot of time and cause a lot of stress, with research showing some Young Carers not completing Year 12, often presenting tired at school, missing class or falling behind, leave school during the day or are often away.

### Supports we may be able to provide: (all free of charge to Young Carers)

- Counselling
- Coaching
- Tutoring
- School assistance with uniforms / books
- In – home supports - domestic, short-term respite
- Linking in with Peer Supports
- Offering online and face-to-face respite activities
- Referrals to appropriate services for additional supports
- Offer online workshops
- Brokerage provision – offer vouchers e.g. for meal assistance, respite activities
- Access to annual bursaries to assist with education

## Young Carers in school...

Please watch this media production where Young Carers Madison and Charli talk about how school can support them. Feel free to share with students and any other networks you work with: <https://vimeo.com/835686246?share=copy>



It is important to know that some young carers may not identify as a Carer. They may not necessarily be the main or sole Carer but instead supporting other family members and not realise they are performing caring duties.