

Sharing young carer experiences

Thank you for the tutoring, I was having trouble with a few things in school and now that I am repeating Year 11, it is important I get it right this time.

Year 11 young carer looking after mum

The Young Carer worker rings me and I talk to them about any problems I may have.

young carer

When mum came in and I put a necklace around her neck I felt good. I also got to make my older brother one, he loves it. Thank you.

Twelve year old young carer after a craft activity

I cannot thank you enough for all the assistance you have given me.

young carer who looks after his brother with disability

Commonwealth Respite
and Carelink Centre
1800 052 222*

Carers Association
1800 242 636*

WWW.YOUNGCARERS.NET.AU



*Freecall, except mobile phones are charged at mobile rates

Young Carers Respite and Information Services Program
An Australian Government Initiative

FAHCSI/A 10685

Are you a young carer?

Do you look after someone who has

- long term illness?
- disability?
- mental illness?

supporting ★
Young Carers

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What do young carers do?

Every young carer's situation is different.

They do things like:

- shopping and cooking
- paying bills
- cleaning
- helping with showering and dressing
- giving medication

We may be able to help

The Young Carers Respite and Information Services Program helps young people who are at risk of not finishing school because they're looking after a family member.

Support for young carers at school

If you're at school and need help with things like:

- respite – taking a break
- help at home
- joining in or getting to sport or other activities
- tutoring or time to study

Call 1800 052 222*

The Commonwealth Respite and Carelink Centre will talk to you and your family about how they may be able to support you.

Information for young carers

Carers Associations in each state and territory can help young carers, up to 25 years:

- connect with other young carers
- find someone to talk to
- with advice and counselling

Call 1800 242 636*

The young carer website has information for young carers, families and professionals.

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