

Sharing young carer experiences

“Thankyou for the tutoring help, 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. Thankyou.”

12 yr old 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

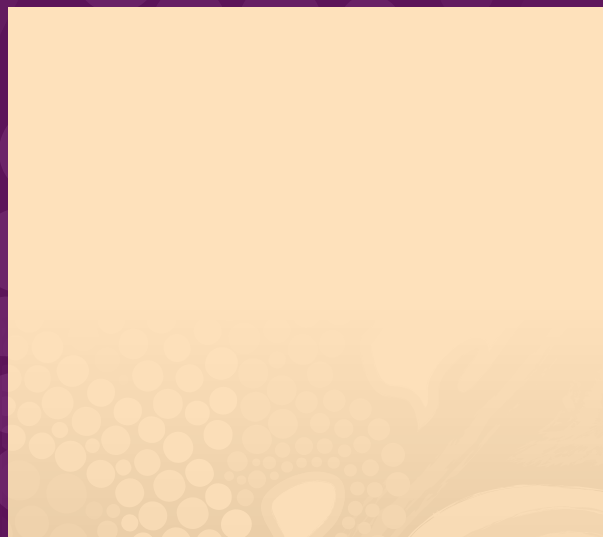
Commonwealth
Respite and
Carelink Centre

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

Funded by the Australian Government
Department of Families, Housing, Community
Services and Indigenous Affairs

Are you an Indigenous Young Carer?

Do you look after
someone who has

- long term illness?
- disability?
- mental health issues?

Are you an Indigenous Young Carer?

What do young carers do?

Every young carer's situation is different.

They do things like:

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

We may be able to help

The Young Carers Respite and Information Services Program helps young people who need help staying at school because they're looking after a family member who has a long term illness, disability, mental health issues or is frail aged.

Support for young carers at school

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

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

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

Call 1800 052 222*

Information for young carers

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

- with advice and counselling
- find someone to talk to
- get help and support

Call 1800 242 636*

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

www.youngcarers.net.au