

# MEDIA RELEASE



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## It's time to recognise young carers

**“This International Youth Day, let’s reflect on the challenges experienced by young carers and acknowledge the enormous contribution they make in our communities”, says Carers NSW CEO, Elena Katrakis.**

In advance of International Youth Day, Saturday 12 August 2017, Carers NSW has launched a new research paper highlighting the barriers experienced by young carers seeking to balance caring for their family member or friend with paid employment.

Earlier in the week, the Australian Institute of Family Studies released its own [research paper on young carers](#), highlighting the impact of a caring role on school performance amongst young carers aged 14-15 years. This research showed that caring negatively impacted on a child’s reading and numeracy scores. For young carers with particularly intense caring roles the impact was even more pronounced.

The Carers NSW report [Young Carers: Barriers to accessing employment](#) presents the findings from a survey of 41 young carers aged 16-25 years, the majority of whom were balancing their caring role with paid work. The report found that the availability of replacement care and flexible working conditions are critical for many young carers to find and maintain suitable work.

*“Balancing my caring role with full time study and paid employment can be tiring but I have a great casual job with flexible working hours, which makes it easier to juggle everything.” – Mary, young carer.*

Carers NSW supports the Australian Government’s demonstrated commitment to supporting young carers to access education and employment through the Young Carer Bursary program, and the Try, Test and Learn Fund which go some way to addressing the recommendations in the report.

More needs to be done to help young carers overcome the barriers they often face with regard to educational attainment and workforce participation. In particular, young carers require adequate and accessible formal care services including flexible respite options, to reduce the intensity of their caring roles. There is also a need for more targeted educational support and supportive workplaces to enhance young carers’ socioeconomic participation.

Australian Institute of Family Studies: [www.aifs.gov.au/publications/young-carers](http://www.aifs.gov.au/publications/young-carers)  
Young Carers: Barriers to accessing employment: [www.bit.ly/RP\\_YoungCarers](http://www.bit.ly/RP_YoungCarers)

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