

AM I A YOUNG CARER?

YOUNG CARERS

are children and young people, 25 years or under, who help support a family member or friend with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

Young carers are daughters, sons, brothers, sisters, granddaughters, grandsons, nieces, nephews, cousins and even friends! You might not use the term 'young carer' to describe yourself so it could be hard to know if we are the right people to connect with.

WHAT DO YOUNG CARERS DO?

Practical tasks, like cooking, cleaning, washing, shopping, looking after siblings and paying bills. Some young carers also interpret for a family member who does not speak English, or for people who they care for who have a disability.

Emotional support, such as listening, providing companionship, encouraging, reassuring and providing a shoulder to lean on.

Personal care, including assisting with medication, bathing, feeding, lifting/moving, toileting and dealing with emergencies.

YOUNG CARERS can have lots of **DIFFERENT RESPONSIBILITIES**, it really depends on each person's situation!

DID YOU KNOW...

- You don't have to live with the person you care for to be a young carer!
- You don't have to be the main source of care and support to be a young carer!
- You don't have to receive the Carer Payment or Carer Allowance from Centrelink to be a young carer!



YOUNG CARERS
CARERS NSW

Carers NSW
Australia

For information, support or to join the Young Carer Community call

02 9280 4744

or visit www.youngcarersnsw.org.au