



## **BRINSMEAD RESIDENT NAMED AS YOUNG CARER WINNER IN QUEENSLAND STATE FINALS**

**Filipe Dos Santos martins De Jesus has been selected as the winner in the Young Carer category in the Queensland state finals.**

Filipe is a gentle young man who is described as very thoughtful and extremely caring.

He cared for his stepfather whilst he had dementia until he passed away in January 2015.

In understanding so much about living with a degenerative condition, Filipe showed interest in supporting a family friend who also lives with Alzheimers.

With a desire to pass on his knowledge and understanding Filipe moved in with the family to assist them in providing personal care and support.

Over time Filipe has developed a very close relationship with Max, the person being cared for. Although communication is limited, Max is noticeably very comfortable and feels safe and happy when he is with Filipe.

The person who nominated Filipe for the award said he is very patient and calming which has a big influence on Max.

His role includes helping Max navigate through his day, which means providing constant support as he forgets things and sometimes this can be within minutes of being told something or asked a question. Filipe supports Max to finding his way around the house to his bedroom, bathroom, toilet, or with brushing his teeth.

Filipe's patience and unhurried demeanour makes Max's life easier as there is less stress and pressure to do things quickly. Their communication is often unspoken but the bond of trust that has developed due to Filipe's calming manner has been extremely beneficial.

Since making this commitment, Filipe is not always available to go out socialising with his friends and has given up a lot to spend time at home with the family.

Having English as a second language, Filipe has worked hard to support himself and is currently studying to improve his communication skills.

He looks after his personal health and fitness and recently has started to learn to cook. He is also looking at Distance education so he can continue on a career path whilst caring. Eventually Filipe's goal is to join the army to experience a different side of life.

**ENDS**