Young carer experiences

My friends at Young Carers understand a lot of the stuff at home. It’s good to catch up.

Ansam 12

I was falling behind in my schoolwork and didn’t think I’d manage VCE but Young Carers helped me with a tutor and I’m back on track.

Callum 17

During the school holidays we got to go swimming with dolphins. It was awesome.

Jayde 10

I have someone I can phone and we can talk about things. It’s really good.

Tim 11

Are you a young carer?

Do you look after someone who has
• a long term illness?
• a disability or who is frail aged?
• a mental illness?
• drug or alcohol issues?

1800 052 222*

*Freecall except from mobile phones

Alfred Health Carer Services
Young Carers Program
www.carersouth.org.au

We assist young people who live in Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Greater Dandenong, Casey, Cardinia, Frankston and Mornington Peninsula.

Carers Australia helps young carers aged up to 25 nationally with information, advice and counselling.
www.youngcarers.net.au

This service is part of Commonwealth Respite and Carelink Centres nationally and is funded by the Australian and Victorian Governments.

February 2016
About young carers

If you are a young person who cares for someone - a parent, sibling or friend - you are not alone.

Alfred Health Carer Services' Young Carers Program can support you; to help you to stay at school, take a break and meet other young people who care for someone.

A young carer is a school student aged 18 and under who helps look after someone in the family who has a long term illness, a disability, mental illness, drug or alcohol issue or who is ageing and frail.

If you are over 18 or not at school, we can assist you through one of our other program areas: aged, disability or mental health.

What young carers do

Young people with caring responsibilities tell us that sometimes it is hard work and balancing school and caring can be exhausting.

You might help with:
- shopping, cleaning or cooking
- giving medicines
- paying bills
- showering and dressing assistance
- coordinating appointments
- making sure others are OK

How we help

There are many ways we can help support you:
- talking things through
- meeting other young carers
- finding ways to take a break
- help at home
- activities during school holidays
- helping you to keep up with school

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