

Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?

Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you answered yes to any of these questions, Carer Gateway can help you.

## How can I access the Young Carer Program?

Call our Care Team on **1800 422 737**  
Monday to Friday between 8am and 5pm  
or visit [www.carergateway.gov.au](http://www.carergateway.gov.au)

Henry, carer to his mother.



## Young Carers Program

Are you aged 14 to 25 and currently caring for a loved one or friend?

Are you experiencing challenges within your caring role?

We can help.

Henry, carer to his mother.

Summar, carer to her brother.



[caregateway.gov.au](http://caregateway.gov.au)  
Connecting carers ●●●● to support services



## Who are Young Carers?

Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age? Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you are aged between 14 to 25 and care for someone, you may be a Young Carer. Young Carers often provide more support and help than most people their own age. They may also support and help with daily activities such as:

- Domestic tasks
- Movement assistance
- Preparing meals
- Transportation
- Making appointments
- Shopping

It can be hard work being a Young Carer with many responsibilities and less free time. Whilst many Young Carers cope well with their caring role, there may be times when it can become difficult to balance this and commitments like studying and catching up with friends.

## How we can help

The Carer Gateway Young Carer's Program aims to support Young Carers to develop new skills and strengths while continuing their education

The Carer Gateway Young Carer program can help with:



### Education and training

- Help with tutoring fees
- Fee assistance with driving lessons to obtain a drivers license
- Fee assistance for approved training courses



### Coaching

- Learn and discover new ways to manage stress and improve your wellbeing
- **Self-guided coaching:** online interactive self-guided courses (Mid 2021)



### Counselling

- **In-person:** speak one-on-one with a professional counsellor in your local area (Mid 2021)
- **Phone counselling:** speak with a counsellor over the phone in the comfort of your own home



### Online skills courses

Learn new skills in caring for someone and your own wellbeing, including dealing with stress and legal issues.



### Individualised coordination

- Receive support, information and referral and service review with our Client Support Partner



### Respite care

- **Emergency respite:** get assistance in looking after the person you care for if an unplanned event stops you from being able to provide care. For example, if you get sick or injured.
- **Planned respite:** plan for regular breaks to rest and recharge while respite services look after the person you care for.



### Connect with other carers

Meet with people in similar caring situations and share your stories, knowledge and experience.

- **In-person:** meet local Carers, share advice and learn from each other in a safe space (Mid 2021)
- **Online forum:** join the online forum and be part of a supportive community with other Carers



### Financial support

Get financial support to assist you in your caring role.

#### Financial support packages:

- One-off practical support in the form of equipment or an item to assist you in your caring role
- A range of ongoing practical supports such as planned respite, transport provided over a twelve-month period