



Young Carers

Supporting young people aged 8-25 who care for a family member with disability, physical or mental health challenges.

No diagnosis of the care recipient required for young carers to be eligible.

What can the Young Carer team do?

- **Advocacy.** At school, with other services and with their families.
- **Practical support.** This is individually tailored but may include laptops, school supplies and bedroom furniture.
- **Support overcoming social isolation.** This may include the provision of recreational club memberships and other regular events and activities throughout the year.
- **Assistance in gaining independence.** This may include support accessing drivers licenses and lessons and navigating Centrelink.
- **Support to develop goals.** Career planning and employment support.
- **School and work planning and participation.** This may include course fee funding or linking to scholarships and bursaries.
- **Mental health and wellbeing support.** Linking to young carer and family counselling services where appropriate.

Who is a young carer?

A 'young carer' is a person aged 8-25 who supports a member of their household with disability, mental health challenges, a long term health condition (including a chronic condition or terminal illness), a substance dependency or who is frail aged.

Signs that someone may be a young carer.

Absenteeism or sporadic school attendance. Are these incidences usually recorded as unauthorised?

Punctuality. Are they handing in assignments late or arriving after school starts with no explanation?

Listening! Do they make comments or observations about their home life which may indicate that they care for someone at home with disability, physical or mental health challenges?

Other signs include: Limited social networks, isolation or bullying, signs of stress or being easily overwhelmed, limited parental involvement, difficulty focusing, changes in behaviour and fatigue.



How to refer a young carer.

1. Chat to the young carer about Carers WA and what they may be eligible for - ensure that they consent to receiving support.
2. Obtain guardian consent if under 16yrs. We have a language tool and script to support these conversations. Consent can be given verbally.
3. Fill in a referral form on our website.

If the young person is over 16yrs, they can self-refer. Families can also refer a young carer directly but most referrals come from schools and agencies to overcome additional barriers.

Other tools and resources.



Language tool to support conversations with families and guardians.



Activities and starter kit for running a Peer Support Group at school or in the community.



Professional development for schools and community services on awareness, support and referrals.



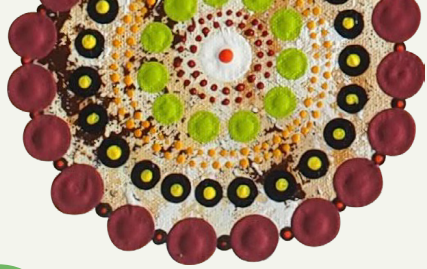
Templates for recognising and supporting young carers in your organisation's policies.



Awareness and engagement for young carer eg. meet and greet sessions, attending expos etc.



For more information on Carers WA programs and services visit www.carerswa.asn.au/young-carers



Contact us



Phone

1300 227 377



School/Community Enquiries

youngcarers@carerswa.asn.au



Young Carer Referrals

www.carerswa.asn.au/referral-form



Young Carer Information

www.carerswa.asn.au/young-carers



Street Address

182 Lord Street, Perth WA 6000



Translating and interpreting
services available.