

## Community

### Protective Factors

- Sense of belonging, purpose and connection to land/community.
- Peer connection and friendships.
- Information and access to service providers that can offer support to both carer and care recipient.
- Respite through community facilities, programs and activities (there are often lots of free options including sports, parks, beaches etc.).

### Challenging Factors

- Community stigma and discrimination creates barriers to individuals regaining positive health and education outcomes.
- Social isolation delays treatment seeking causing further deterioration in health and the ability to look after one's health.
- Community resources become further stretched to meet increased needs.

## Relationship

### Protective Factors

- Increased empathy to other's needs.
- Providing safe places to discuss feelings.
- Being understood and therefore increasing confidence to form relationships.
- Better relationship with family members.

### Challenging Factors

- Lack of social skills or social isolation.
- Difficulties in accessing social and recreational activities outside of the home.
- Co-dependency between the young carer and the person they are caring for.
- Thoughts and feelings of worry, fear or that something terrible might happen if they leave the person they are caring for unattended.

## School

### Protective Factors

- Sense of belonging and purpose.
- Provides opportunity for the young carer to have respite from caring role.
- Opportunity to make peer connections and friendships with others who have shared experiences.
- Development of school policy around young carer needs to increase education outcomes.

### Challenging Factors

- Bullying from peers.
- Social isolation.
- Low self-esteem.
- More likely to have poorer learning outcomes.
- More likely to withdraw from the education system, than young people not in a caring role.

## Individual

### Protective Factors

- Increased self-esteem and overall wellbeing.
- Skill development around self-care.
- Genuine social connections.

### Challenging Factors

- Feelings of shame and/or embarrassment, or resentment (from missing out on “normal” experiences) about their caring role.
- More likely to experience their own mental illness due to feelings of being alone, isolated and that nobody understands them.
- More likely to experience increased illness due to poorly managed self-care eg. lack of sleep.