



Commonwealth Respite & Carelink Centre

Young Carers Project

Who are young carers?

Young Carers are people who provide care/support for a parent, partner, child, relative or friend, who has a disability, is frail aged, or who has a severe mental or physical condition, or alcohol or other substance dependence.

The Young carers Project

This program provides respite and information services to support young carers up to 25years of age in a caring role.

The program enables young carers who are at risk of leaving education prematurely and not completing secondary or equivalent education due to their caring role.

Indications of a young carer at risk.

- Frequently missing school
- Having no time to complete school work
- Feeling very distracted when they are at school and experiencing limited connectedness with their school community; or
- Considering leaving school or equivalent education prematurely.

What is respite?

Respite is having a break from the responsibility of looking after someone.

Respite can assist the person providing care to have some time to study, do homework or to just hang out with friends.

What assistance is available?

The assistance that is available through the young carers' project is flexible depending on what the young carer needs and can include;

- Organizing respite to help young carers to have a break from caring and can be assistance in the home, young carer camps, or other planned and emergency respite.
- Information, advice and referrals to other respite options available to young carers.
- Support such as tutoring and purchase of school supplies to enable young carers to complete their primary and secondary education.

- We also offer sporting registrations, Girl guide and scouts registrations, fun days out, to places like the Easter show, powerhouse museum and centre based activities.
- Young carers respite options are individual, what is going to work for one young carer may not work for another. We look at each family as individual and base the respite on what would work the best for that family.

Frequently asked questions;

Q. My daughter helps me with the care of my son who has a disability, she will also clean and cook at times when I need to attend to him. Is she a young carer?

A. Yes, young carers can be primary carers, but they can also be a secondary carer.

Q. I suffer with Bi-Polar; at times I don't have the energy to do anything! At these times my oldest son helps out with looking after me and my other children. Is he a young carer?

A. yes he is a young carer!

Q. My son is a young carer but he doesn't need in-home respite or tutoring, he does miss out on going out with friends and just having a break from his caring role. Is there help available for him?

A. Yes. We can offer social outings, camps, sport registrations, transport assistance and much more. The program is tailored to meet the individual needs of each young carer.

Q. Is there a limit on how much help we can get from the young carers project?

A. Each case is looked at individually, but a general rule is that we will assist the young carer for a period of up to 12 months. After the 12 month period each case will be reviewed and if help is still required we will continue to support the young carer.

It is also a part of our role to assist the young carers to get ongoing support, from agencies/organisations that have the capacity to give long term support