

# You care, we care.



## Are you a young carer?

Are you helping to look after someone in your family or a friend?

You may be looking after someone with disability, a mental health issue, chronic illness, or someone who is frail. You may be caring for your own child.

If you are, then you may be a young carer.

## What do young carers do?

If you are a young carer, you may be helping your loved one in many different ways.

You might be helping them to:

- get to their medical appointments or take their medication
- wash themselves or manage their personal care
- do their shopping, cooking or cleaning.

How you help the person you are caring for will usually depend on what that family member or friend needs and what you are physically, emotionally and financially able to do.

## Are you worried about being a young carer and finishing your education?

Being a young carer is an important part of your life. It is also important for you to look after yourself and make time for your school work so you can achieve your goals and finish your education.

Your teachers and other school staff can help you by offering advice and support so you don't become overwhelmed or think it's just easier to give up on school.

## What type of advice and support can your school provide?

Your school can work with you to develop a student plan that outlines what you need, what you want to achieve and the types of information or support the school can provide to help you achieve your goals.

For example, your plan might include things like getting help with assignments, quiet time out of class, or catch-up lessons.

You can also turn to your teachers or guidance officer for more general support and advice. You may want to talk to them about:

- your caring responsibilities and how you're feeling
- accessing support so you can get to school
- how to fit your school work in around your caring responsibilities
- resources or support that may help you complete your school work
- how to achieve your goals and finish your studies.

Your teachers and other school staff will listen and try to understand what's happening in your life outside of school. Getting support will remind you that you are not alone and that there are people who can help you.

## Why is it important for you to get support?

Although caring for someone you love can be rewarding, it can also be difficult – particularly in times of stress or uncertainty. It is understandable that you may feel overwhelmed, stressed or anxious at times. By asking for help, you will be on your way to feeling better.

When you are feeling good, both mentally and physically, you'll be better able to care for your family member or friend.

Also, if you're supported to stay at school and finish your education, you'll be in a much better position to achieve future goals like getting a job, going to TAFE or uni, or doing an apprenticeship.

## Looking after your wellbeing

It is important to take time out from your learning and caring responsibilities to look after your own wellbeing, especially if you're feeling stressed or worried.

Try to do things that help you to feel physically and emotionally safe like listening to music, playing a game with your family and doing some exercise. You can find other ideas for looking after your wellbeing and where to access support on the [Education Queensland website](#).

Keeping in touch with friends and family is also really important for your wellbeing. Talking to people you care about and who care about you will keep you connected and remind you that you are not alone.

## What other support is available?

If you or your family need extra support, you can contact the following organisations that provide advice and support to young carers:

- [Carer Gateway](#) provides advice and support about a range of topics important to you as a carer, such as how to get food or medication delivered to your home or how to apply for financial help.
- [Little Dreamers](#) can link you to peer support groups, school holiday programs, and leadership and personal development opportunities.
- [Young Carers Network](#) provides information about a Young Carer Bursary Program, which aims to help young carers remain in education.
- [Youth Beyond Blue](#) provides tips on looking after your wellbeing and some great organisations that can give you more information and support.

## Coronavirus (COVID-19) – Advice for young carers

To help slow the spread of COVID-19, the Government put in place a number of measures, including social distancing. This means that some support services have had to change the way support is provided, or, in some instances, stop providing support all together.

Changes to the way support agencies are currently providing services may mean that you have become a young carer for the first time. If you were already a young carer, you may now have additional responsibilities as agencies your family were accessing support from may now be providing services differently.

Either way, you may be facing additional challenges at this time. It's important to ask for support and advice from staff at school or the support agencies listed in this fact sheet.

## Protecting yourself and your family from COVID-19

If you are caring for a loved one who has specific health needs, you may be particularly worried about you or someone in your family getting COVID-19.

The best way to protect yourself and your family from COVID-19 is to practise good hygiene (e.g., washing your hands for 20 seconds) and follow the Government's guidelines.

For the latest information and advice about COVID-19 and how to stay safe:

- visit [Queensland Health's Coronavirus webpage](#)
- call 13 HEALTH (13 43 84) anytime for practical advice, including over the phone nurse assessments if you or someone in your family is experiencing COVID-19 symptoms.

