

You care, we care.

Are you a young carer?

Are you helping to look after a family member or a friend?

You may be looking after someone with a disability, mental health issue, 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 family member or friend:

- 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 they need and what you are physically, emotionally and financially able to do.

Are you worried about being a young carer and getting through school?

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 so you don't become overwhelmed or think it's just easier to give up on school.

What help 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 ask your teachers, guidance officer or other support staff 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.

Why is it important for you to get support?

Although caring for someone you love can be rewarding, it can also be difficult, especially if you are stressed. It is understandable that you may feel overwhelmed 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 how to find support on the Education Queensland page:

<https://education.qld.gov.au/students/student-health-safety-wellbeing/student-wellbeing/information-students>.

Keeping in touch with other friends and family is also really important for your wellbeing.

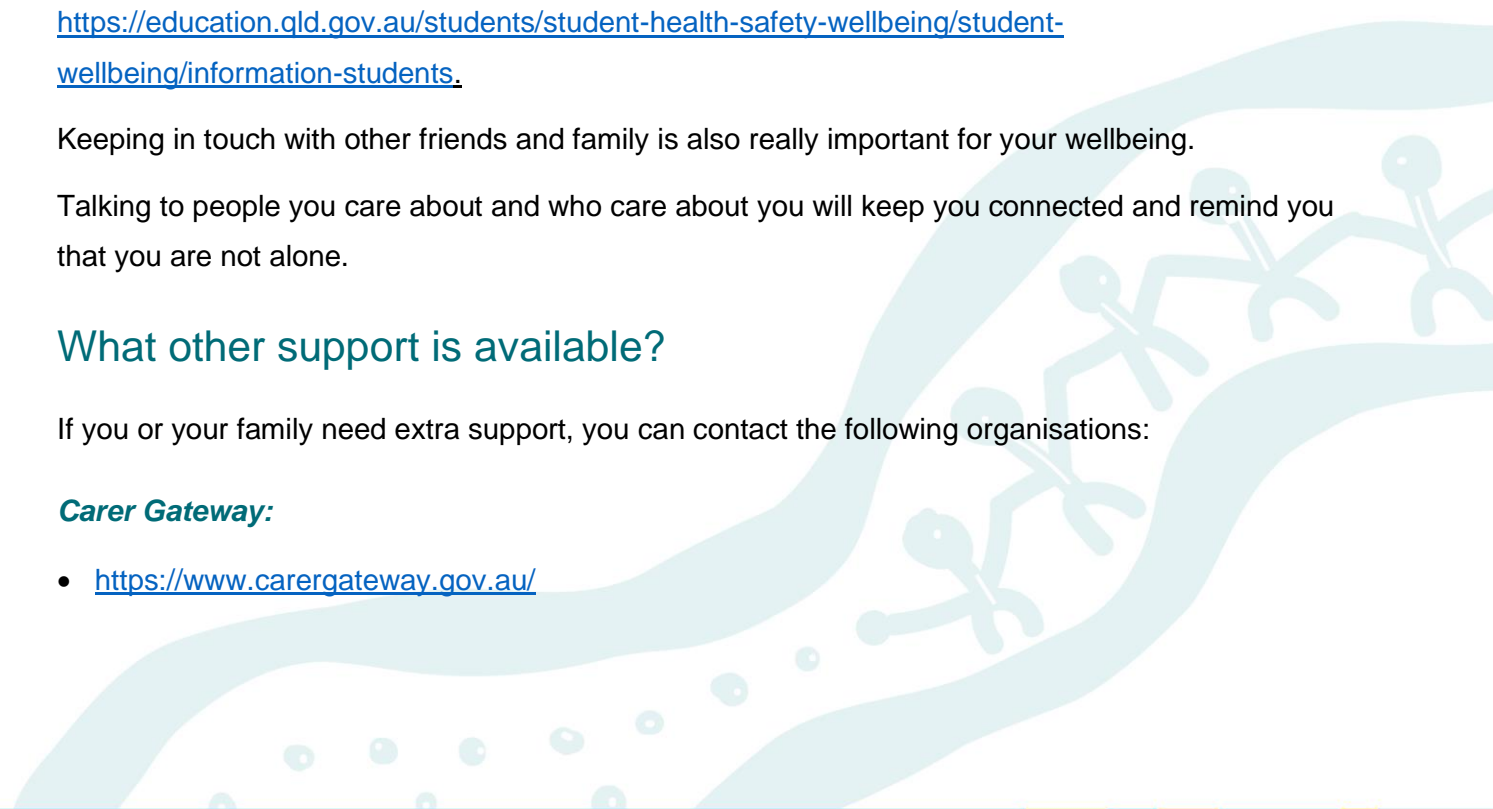
Talking to people you care about and who care about you will keep you connected and remind you that you are not alone.

What other support is available?

If you or your family need extra support, you can contact the following organisations:

Carer Gateway:

- <https://www.carergateway.gov.au/>



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:

- <https://www.littledreamers.org.au/>

can link you to peer support groups, school holiday programs, and leadership and personal development opportunities.

Young Carers Network:

- <https://youngcarersnetwork.com.au/>

Includes information about studying while caring:

- <https://www.carergateway.gov.au/studying-while-caring>

and a Young Carer Bursary Program, which aims to help young carers remain in education:

- <https://youngcarersnetwork.com.au/bursary/young-carer-bursary/>

Youth Beyond Blue:

- <https://www.beyondblue.org.au/mental-health/wellbeing>

provides tips about looking after your health and wellbeing

Protecting yourself and your family from illnesses

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 becoming unwell due to colds, flu or other contagious illnesses.

The 13 HEALTH (13 43 25 84) phone service is staffed by nurses 24 hours a day and they can give you practical advice if you or someone in your family is unwell. In an emergency call 000.

