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 caring for your own child. You may be looking after someone with disability, a mental health issue, chronic illness, or someone who is frail.
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 or 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 to do work for school so you can achieve your goals and finish your education.

Your teachers and other 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 or 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 you 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.
Your teachers and other staff at your school, such as the guidance officer, can give you information about websites and organisations that offer support for young carers, such as the Carer Gateway.

Why is it important for you to get support?
There are some really good reasons why you should ask staff at your school for support.
When you are feeling good, both mentally and physically, then you’ll be better able to care for, or help 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.

Who can you ask for help?
You can talk to your teachers and other staff at your school, including the guidance officer, about getting advice and support so you can get to school, do your study and succeed in your education. Staff at your school are there to create a supportive environment so you can 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 and can help you feel like you are not alone and that someone is there to help you.
Coronavirus (COVID-19) – Advice for young carers

To help slow the spread of Coronavirus, the Government has 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 support agencies your family were accessing support from may now be providing services differently.

Either way, you may be facing additional challenges at this time. The information provided below will help you access the advice and support you need to keep you and your family well and safe at home during this difficult time.

Protecting yourself and your family from Coronavirus

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 Coronavirus.

The best way to protect yourself and your family from the Coronavirus 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 the Coronavirus 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 Coronavirus symptoms.

Accessing support during the Coronavirus crisis

This is a difficult time, especially if your caring responsibilities have increased. It is understandable that you may feel overwhelmed, stressed or anxious.

Even though you may be learning at home, your school is still able to support your wellbeing and learning.

You can get in touch with your teachers or your guidance officer to ask for any help you may need, such as:

- how to fit in your school work around your caring responsibilities
- accessing a computer or the internet
- someone to talk to about your caring responsibilities and how you’re feeling.

If you or your family need extra support, you can also contact the Carer Gateway.

The 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.

Looking after your wellbeing

It is important to try and take time out from your learning and caring responsibilities to look after your own wellbeing during this stressful time.

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 in your home. You can find some ideas for how to include wellbeing activities into your learning at home day on the department’s Learning@home website.

While you are at home, it is also really important to keep in touch with friends and family on the phone or through video calls. Talking to people you care about and who care about you will keep you connected and remind you that you are not alone.