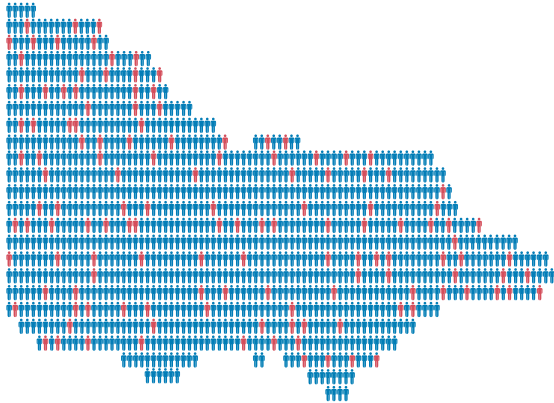




YOUNG CARER FACTS

Young carers are children and young people aged up to 25 who care for a family member, usually a parent or sibling with a disability, mental illness, chronic condition or terminal illness. Young carers may also look after an older person with care needs.

There are more than 71,600 young carers in Victoria. Young carers are hidden in the community so these figures are likely to be underestimates. Many do not identify as a carer.



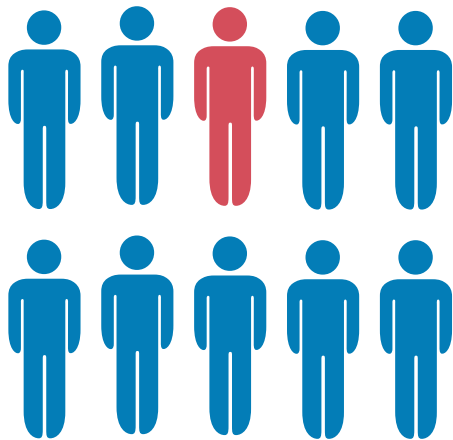
Two-thirds of young primary carers are caring for a parent.



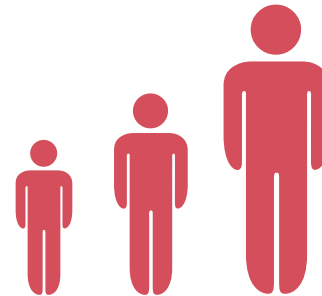
Young women and young people from CALD or Indigenous backgrounds are more likely to be young carers.



1 in 10 carers is under 25, with 272,200 young carers Australia-wide.



Approximately 150,000 young carers in Australia are under 18* with some taking on care responsibilities from as young as five or six years old.



RESPONSIBILITIES

Young carers often have additional responsibilities which may include:

- Providing emotional support
- Assisting with mobility
- Administering medications
- Doing housework
- Paying bills
- Helping with personal care tasks such as toileting, showering and dressing.

CHALLENGES

Young carers face many challenges including:

- Balancing schoolwork and caring responsibilities
- Isolation and difficulty maintaining friendships
- Lacking necessary support networks
- Fewer recreation and social opportunities due to time constraints
- Stigma associated with being a young carer
- Financial disadvantage due to the cost of caring
- Fewer employment opportunities.

Carer Advisory Line 1800 242 636
www.carersvictoria.org.au

*Australian Bureau of Statistics (2009) Disability, Ageing and Carers, Australia: Summary of Findings, 2009.
Australian Bureau of Statistics (2015) Disability, Ageing and Carers, Australia: Summary of Findings, 2015.

Carers Victoria (2013) Unfinished Business – Public policy and children in families with a person with a disability or mental illness report.