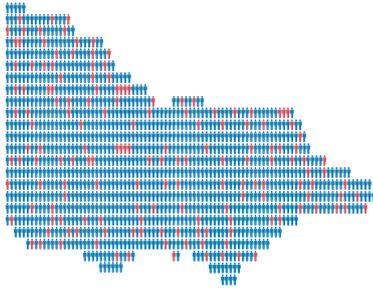


YOUNG CARER FACTS

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 62,400 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.

Nearly **8,000** young carers in Victoria are aged under **15 years old** with some taking on care responsibilities from as young as five or six years old.



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



1 in 12 carers is **under 25**, with **over 234,000** young carers Australia-wide

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.

Australian Bureau of Statistics (2018) *Disability, Ageing and Carers, Australia: Summary of Findings, 2018*. Carers Victoria (2013) *Unfinished Business – Public policy and children in families with a person with a disability or mental illness report*.