

# Are you a Young Carer?

A **Young Carer** is someone who helps a family member or friend with:



emotional support



grocery shopping



preparing meals



looking after siblings alone



providing company



help to communicate



supplying medicine



cleaning the house



personal care

## Is this you?

Free support is just a phone call away.

Call **Carers SA** via the **Carer Gateway** on **1800 422 737** or visit **carerssa.com.au**



An Australian Government Initiative

Connecting carers ●●●● to support services

## One on One Support

**Carers SA** engages with Young Carers aged between five (5) and twenty-five (25) providing individualised one on one support, as well as group activities.

We know that everyone is different. This support may vary for each person, depending on what the Young Carer's needs are at the time. Together our team will aim to develop social connections, and resilience to strengthen wellbeing, overcome barriers, achieve goals and flourish!

### **Some areas that our Young Carer team can help with may include (but not limited to):**

- Mental health and wellbeing
- Social connections and recreation
- Education and homework
- Financial support
- Employment
- Friendships
- Healthy relationships
- Support around the caring role
- Information, advocacy, and referral



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*Carers SA is committed to the safety, participation and empowerment of children and young people.*