

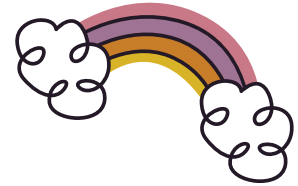


# Young Carer Wellbeing Booklet



By Carers SA Young Carer Collective  
& Young Carer Team

About this book .....	3
Are you a Young Carer? .....	4
Meet some Young Carers - John's story .....	5
Strengths .....	7
Meet some Young Carers - Frankie's story .....	8
Self Care .....	9
Mindfulness Activities.....	10
Self Check in .....	11
Meet some Young Carers - Sarah's story .....	13
Asking for Support .....	14
My Notes .....	15
Meet some Young Carers - Michael's story .....	17
At School .....	18
Finances.....	20-21
Finances - Budgeting .....	22
Health Stuff.....	24-25
Young Carer Recipies .....	27-29
Working World.....	31-34
Getting your License .....	35
Helpful Resources.....	36-37



## Young Carer Collective

The Carers SA Young Carer Collective (YCC) is made up of Young Carers aged between 12 and 18 years of age.

The young people involved in the YCC live all over South Australia and use their voice and experiences to share feedback and guidance to Carers SA about things important to Young Carers.

This booklet was their idea, it is made from their contributions and thoughts about what has helped them and what they think might help other Young Carers.

## Carers SA

Carers SA provides support for people living in South Australia who provide unpaid care to someone in their life.

Carers can be any age and people can become Carers in different ways. Sometimes they start helping someone out bit by bit. Sometimes it happens suddenly, because of an accident or illness and other times caring is something that they have always done.

The Carers SA Young Carer Team provides support to young people aged 5 to 25 living in South Australia.

Carers SA provides lots of different supports for Young Carers such as

- School holiday programs
- Peer Groups
- Individual Young Carer Mentoring and coaching
- Counselling
- Individual Tailored Packages (funding to help you in your caring role)

If you are a Young Carer in South Australia you can reach out to us by  
Email: [youngcarerteam@carerssa.com.au](mailto:youngcarerteam@carerssa.com.au) or phone: 1800 422 737.

## Are you a young Carer?

There are over 235,000 Carers under the age of 25 across Australia.

Many young people don't realise they are Young Carers so don't know that there is support available.

A Young Carer is someone who is aged up to 25 years old and provides unpaid support to someone in their life who has a disability, mental illness, chronic health condition, mental illness, terminal illness, substance use issue or who are aged or frail.

The person they care for could be a parent, partner, sibling, their own child, grandparent, other relative or a friend.

The responsibilities of a Young Carer can look different, but may involve the following:

- Do you help look after someone?
- Do you help around the house?
- Do you help someone with personal care like dressing, showering or moving around?
- Do you support someone emotionally?
- Do you help someone to communicate?
- Do you provide company to someone?
- Do you often look after siblings?
- Do you ever worry about the person you look after?
- Do you help someone with their medication?



## Meet some Young Carers

### John's Story

My name is John I am 15 years old. I am a fulltime Carer for my grandmother who is an amputee and in a wheelchair. I help my granny with her day-to-day needs, I cook, clean, and go to the shops for groceries. I go with her to most of her doctor and hospital appointments as we don't have a lot of support.

I was starting to fall behind in school, due to missing days and I was also very tired all the time.

I connected with Carers SA who contacted my school and explained what my life is like out of school. This has helped me get more support from my teachers. My teachers check in on me now a lot and help me catch up with subjects that I am behind in. I also go and see the wellbeing counsellor for some time out whenever I feel sad or tired.

John is such a kind and caring young person. His Carer role is significant, and was starting to impact his education, time for self and emotional wellbeing.

After meeting John I worked with John and the school to put extra supports in place, including support from the school counsellor to help with his emotional wellbeing.

John also comes along to our Peer Groups and Carer Breaks, he loves these catch ups as it is a true break away from his caring role where he can connect with other young people and switch off from all his responsibilities for a bit.

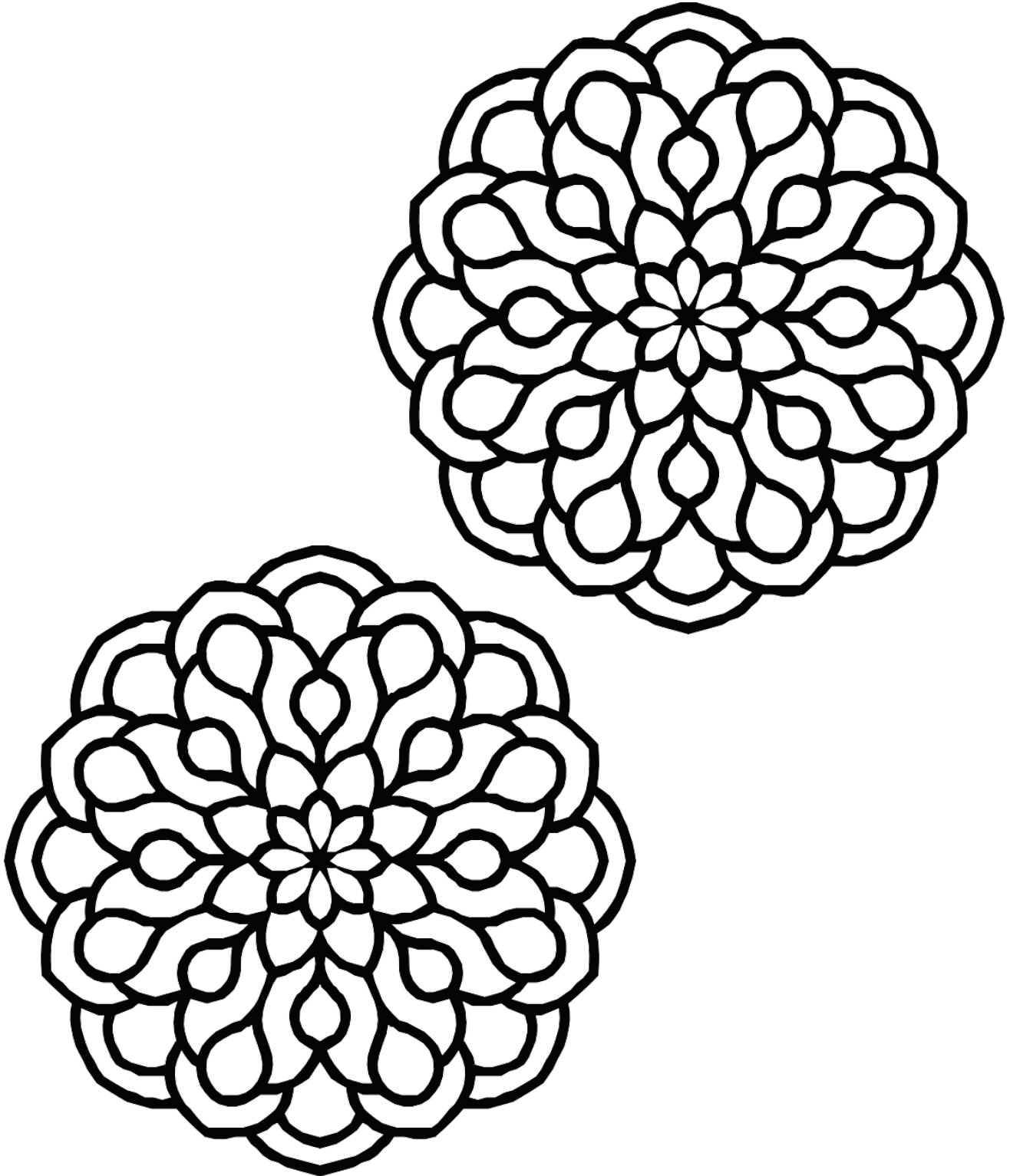
**Carers SA**  
**Young Carer**  
**Team Worker**





**Carers SA**  
Australia

Activity



# Strengths

Caring for someone can be challenging but it is important to remember that Young Carers have unique strengths.

Empathy

Compassion

Ability to manage challenges

Resilience

Advocacy skills

Decision making

Write down some of your strengths below:



Page 2

in Carerwriter and Joint Bookrunner

## Meet some Young Carers

### Frankie's Story

My name is Frankie, I am 23 and I am a fulltime Carer for my mother, Jane. Mum has Parkinson's, mobility issues and a heart condition. I help mum with moving around as she cannot walk far on her own and needs my support. I help with the cooking, cleaning, laundry and attending mums' appointments.

Due to mum's heart condition, being cold can affect her, so I keep an eye on her to make sure she is ok.

This can be stressful at times. The stress and worry of my caring role was really starting to impact my mental health and I was worried all the time.

After I was told about Carers SA I reached out to them and spoke to the Young Carer Team. I was able to tell them about what was happening for me and they helped connect me with a counsellor. I also caught up with their worker for coaching and we worked on linking me with other supports and finding a part time job. Knowing I have wrap around support of people who care is so comforting and makes me feel less alone.

I connected with Frankie through our coaching supports over a year ago. Frankie is such an empathic person; he is kind and caring and puts everyone's needs before his own. His emotional and mental wellbeing was starting to be affected by his caring role and lack of support.

I was able to refer him to a Carers SA counsellor and this support has been invaluable, Frankie has lots of strategies in place to help him during his tough days.

Frankie regularly attends our Peer Groups and Carer Breaks, he has such a friendly nature he has made great connections with other Young Carers. Frankie has also done amazing in securing part-time work which can fit around his caring role, which is amazing as he now has time for himself and is getting out there being independent.

**Carers SA**  
**Young Carer**  
**Team Worker**







Developing a good understanding and awareness of our own health and wellbeing, and what works for us to sustain it, is super important.

Many Young Carers have expressed feeling unsupported or are unsure of where to go for help which can have a big impact on their physical and mental wellbeing. We all have challenges and stressors that are unique to us and this means that what helps us will be a little different too!

***Did you know that working on our wellbeing regularly will help us when we are feeling really stressed?***

## A Young Carer tells us

*"I feel like I always need to be at home but I feel stressed and overwhelmed because I don't get time to myself, I can't relax. Helping to look after someone else can be exhausting but it is important that you look after yourself too. Self care can help you better cope and manage your caring role".*

### Some tips from Carers SA Young Carer Collective:

- Exercise
- Talk to a friend
- Go for a walk
- Read a book
- Talk to your pet
- Have a meal
- Develop a good sleep routine
- Have a shower or a bath
- Mindfulness activity
- Write down your thoughts in a journal
- Listen to music or podcast
- Connect with other people



## Deep Breathing

Lay on your back with your hands on your belly or you can hold a soft toy resting on your belly

### Inhale:

Take a deep breath, feel your belly fill with air and rise up

### Exhale:

Breathe out

Slowly releasing the air out and feel your body relax

### Repeat



Trace along the rainbow with your finger as you breathe in and out



Self care doesn't have to be long, it can be as simple as a 5 minute activity done often



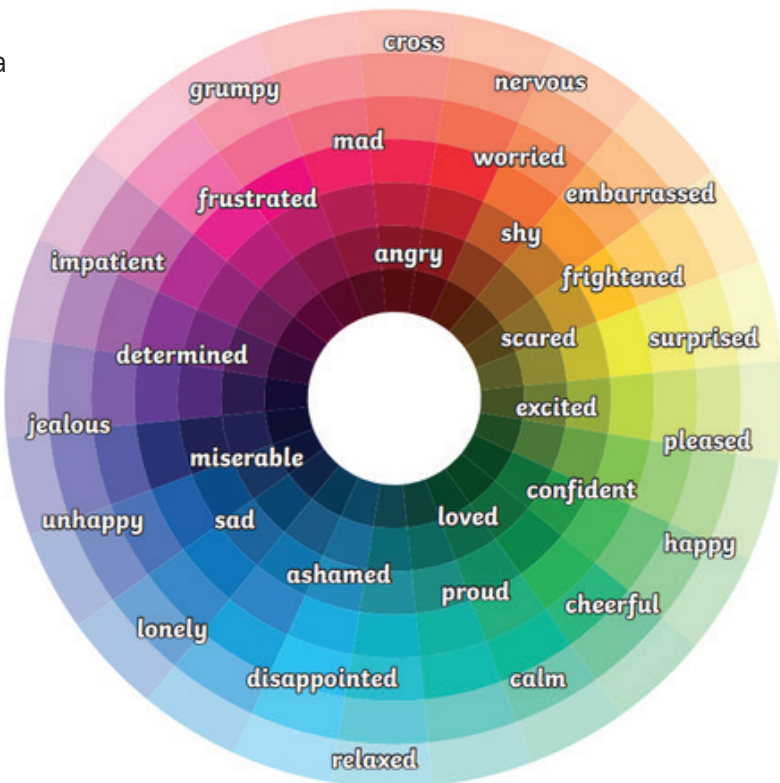
**5 Senses**

**Name in detail:**

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you smell
- 1 thing you can taste

Emotions are complex - we often feel many different things in a day, or even in a moment.

We can also have conflicting emotions, feeling different things at the same time and that is ok.



### A Young Carer tells us

*"I have such a special relationship with my brother, I am so proud of him and what he has overcome. We always try to find time to do things together like watch a movie or play with LEGO.*

*As much as I love him though, I also feel frustrated and sad that I miss out on doing things my friends do because of his appointments or when he isn't feeling well, we all stay home".*

### ASK YOURSELF...

- How are you feeling?
- How stressed do I feel?
- What makes me feel good?
- How can I manage my stress?



## Wellbeing

M	O	A	U	S	I	N	A	T	U	R	E	M	R
E	D	N	R	W	I	R	F	R	I	E	N	D	S
D	U	E	B	E	A	S	H	O	W	E	R	O	R
I	M	G	N	I	L	L	E	S	N	U	O	C	O
T	S	L	E	E	P	S	K	M	H	N	T	N	N
A	C	B	R	E	A	T	H	I	N	G	R	N	S
T	N	M	I	N	D	F	U	L	N	E	S	S	E
I	D	O	O	F	E	N	T	N	T	G	D	S	I
O	O	J	O	U	R	N	A	L	I	N	G	S	B
N	I	D	I	O	S	P	L	G	I	R	E	N	B
O	E	F	U	N	I	H	K	R	N	O	O	R	O
D	E	B	R	I	E	F	I	N	G	B	I	G	H
L	N	M	U	S	I	C	N	S	P	O	R	T	S
N	I	N	U	P	B	P	G	N	M	I	G	T	R

- SHOWER
- MINDFULNESS
- TALKING
- FRIENDS
- FOOD
- DEBRIEFING
- WALKING
- NATURE
- MUSIC
- SLEEP
- HOBBIES
- FUN
- JOURNALING
- MEDITATION
- SPORTS
- BREATHING
- COUNSELLING

## Meet some Young Carers

### Sarah's story

My name is Sarah and I am a Young Carer.

I am 9 years old and I help support my mum. I help her with tidying up the house and I cheer her up when she feels sad. Mum finds it hard to leave the house so I find things we can do at home which we both enjoy, like drawing or watching our cat chase her toys.

My friends at school don't really understand why I need to be at home and why I can't always play on the weekend which makes me feel lonely.

I spoke with Sarah and her mum after the school referred Sarah to our Young Carer program.

Sarah shared that she loves spending time with her mum but also wished she could have time to do something for herself.

I connected Sarah with our Young Carer Peer Groups and school holiday activities which she really enjoys coming to.

At the groups, Sarah has made some friends and I have seen her become more confident.

**Carers  
SA Young  
Carer Team  
Worker**



# Asking for Support

**A Young Carer tells us** "I have people say things to me that aren't helpful when I tried to ask for help, like, you're too young to be a Carer. I know I'm young, but my help is needed, so I spoke to someone at Carers SA and was able to find support just for me."



Information and support can be one of the most important things you can get but sometimes it can be hard for people to understand you as a Young Carer and how your caring role can impact your life. This can make it challenging to communicate what you need or get the right information.



- Know that you are not alone - there are supports available that can help
- Don't be scared to ask - the first person you speak to might not be the right person but they will help you find out who is
- Think about what you need and what you want to get out of the conversation
- Make some notes to have with you when on the phone or talking to someone (it can be hard to remember everything)
- Take some time to think about what information you received so you are confident you got what you needed, you can always say "thank you for that info, I'm going to think about it and get back to you"
- Remember you can ask to speak in a private place away from other people
- You can ask someone to be with you to support you to have these conversations





**Carers SA**  
Australia

Activity





## Meet some Young Carers

### Michael's Story

My name is Michael and I am 17. I am a Young Carer and I help care for my two younger sisters, both have been diagnosed with Autism.

I help take them to school and pick them up when my parents are at work. I help them with their homework when I am doing mine, it is a little routine we have now. Dinner and bedtimes are often pretty hard at home, so I help with cooking or with my sisters get ready for bed to make things easier for Mum and Dad.

I know that I get stressed pretty easy because I am always worried about what is happening at home. I also started to miss a lot of school after mum became unwell too. I hadn't spoken to anyone at the school about what was happening, I didn't realise it would make a difference.

Michael is such a driven young person and wants to do everything he can to help in any way possible. I got to know Michael after his mum was referred to Carers SA Adult Team who were able to share info about our Young Carer Team.

Michael has a goal to finish high school and enjoys being at school but was really concerned about his absences. I was able to meet with his school and talk about Young Carers and the different challenges they face. I then supported Michael to work out an adjusted learning plan for school so that he could manage his studies and his caring role.

**Carers  
SA Young  
Carer Team  
Worker**



There may be times that you need some extra support at school. You might find that you aren't always on time or find it hard to concentrate on the work.

### Some tips from Young Carers:



Ask to talk to someone you feel connected to at the school, it is ok to ask to talk in a quiet place away from others; this might be your teacher, the counsellor or the wellbeing leader.

Letting them know what is happening will help them understand and help you.

Be clear with what you want to say and how much you want to share.

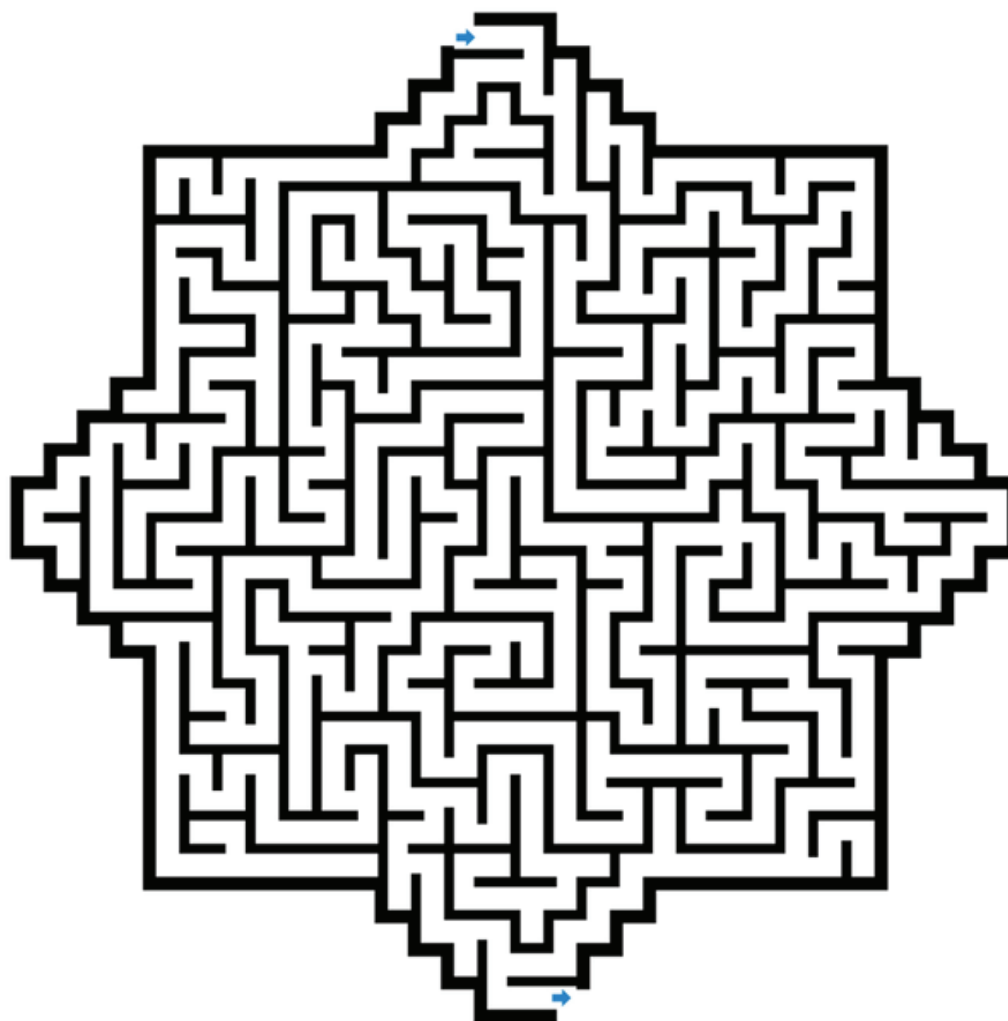
You may only want to let them know a little bit at that time.

It is ok to take some notes with you to help you remember what to say.

If the school are aware you a Young Carer they might be able to work with you to create a study plan to make your work more manageable.

Carers SA can help talk to the school and explain who a Young Carer is and some support you might need.

If you would like some help around this contact the **Carers SA Young Carer Team** on 1800 422 737.



Finances can feel overwhelming but having a good understanding about money, budgeting and other things can help.

Everyone will have different experiences with money and will have different goals and ideas – for some people it may mean being able to buy things like new clothes or the latest game or it might mean paying bills or helping support people we care for.

## Financial Counselling

Financial counselling can sound scary but they are there to support you to navigate your financial situation and to help you manage bills or stay out of debt.

They do not provide legal advice around money but can give advice and support.

[ndh.org.au](http://ndh.org.au)

**National Debt Helpline**  
1800 007 007

**Mob Strong Debt Helpline**  
1800 808 488



**centrelink**

## Centrelink Chat

Centrelink can offer different financial support depending on your personal situation.

It is important that you speak with Centrelink to find out what payments you are eligible to apply for and what you need to do.

You can start by looking at their website

**[www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)**

Some support through Centrelink might include:

- **Carers Payment or Carers Allowance**  
For people in an unpaid Caring role.
- **Youth Allowance**  
For young people under 24 years studying or working.
- **Rent Assistance**  
Assistance if you are paying rent.
- **Health Care Card**  
Can help with costs of medications.

*Do you know that Centrelink have Social Workers who can talk to you about your situation and can help you with information, to access certain payments or refer to other helpful supports?*

## Tax File Number

When you start work you will need a Tax File Number (TFN) – this is a unique number that is yours for life. It is important that you keep this number safe.

This helps connect you with your income and the tax that you pay.

You will also need a TFN to apply for Centrelink.

You can apply for a TFN at any age and is free to get – you will need to show some identification to apply.

See the

**[www.ato.gov.au](http://www.ato.gov.au)**

for more information.



## Tax Talk

Tax is something that everyone pays when they are earning money. It is money that the Government uses for public services like schools, health or roads.

Everyone pays tax and often it will be taken out of your pay automatically. The amount that you will pay will depend on different things, like how much you earn.

When you are working, at the end of each financial year you will need to do a tax return – this is when the Government works out how much tax you should have paid over the year – if you earned less than the tax free threshold you may be eligible for a refund. (The financial year is from 1 July to 30 June)

To learn more about income tax see the Australian Tax Office website

**[www.ato.gov.au](http://www.ato.gov.au)**

A great resource to check out:

**[moneysmart.gov.au](http://moneysmart.gov.au)**



## My Budget Template

Income:

Mortgage or rent:

Electricity:

Gas:

Water:

Groceries:

Medications / Medical:

Car Loan:

Petrol:

Parking:

Car Insurance / Registration:

Internet:

Streaming Services:

Phone Bill:

Gym Membership:

Pet Care:

Hobbies:

Savings:

Other:

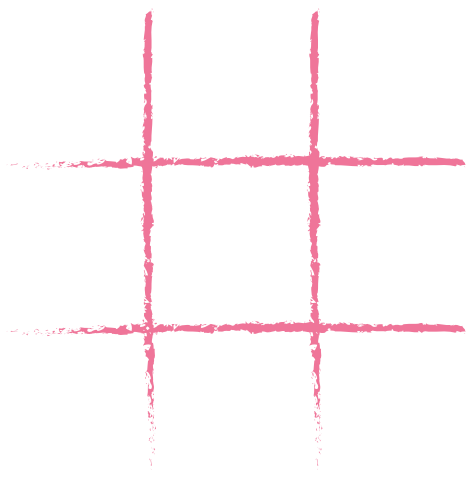


Every dollar counts so it is important to know what money you have coming in and where it is going....

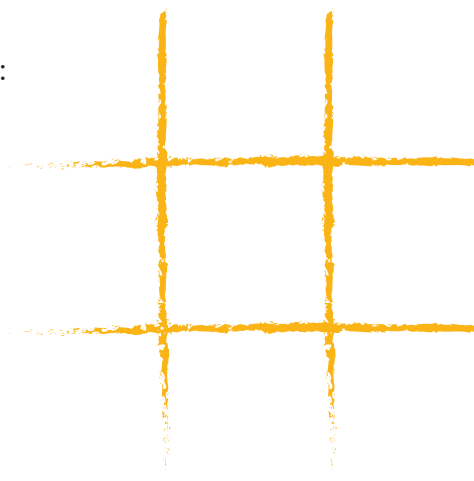
A budget can help you track your money and expenses and plan for the future (or that special thing you are saving up for)

## TIPS

- When you are doing your budget think about things that you might only pay for once a year as well as things paid more regularly.
- Spread the cost of bigger expenses and pay them in smaller, more regular payments.
- Identify your expenses that are essential ie food or rent versus expenses that are not as important such as a streaming service – this will help you prioritise your spending.
- Regularly review and update your budget so it is accurate. Setting a financial goal can help you be mindful about money.

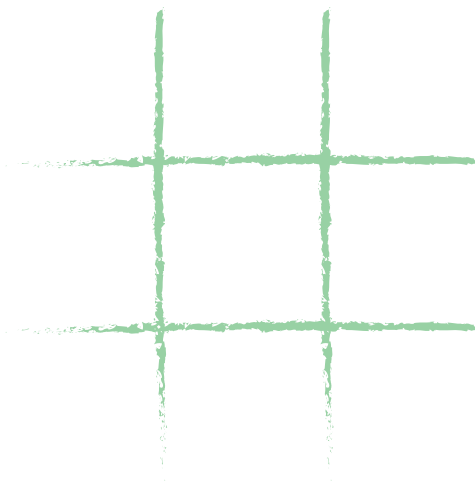


Game 1  
Champion:

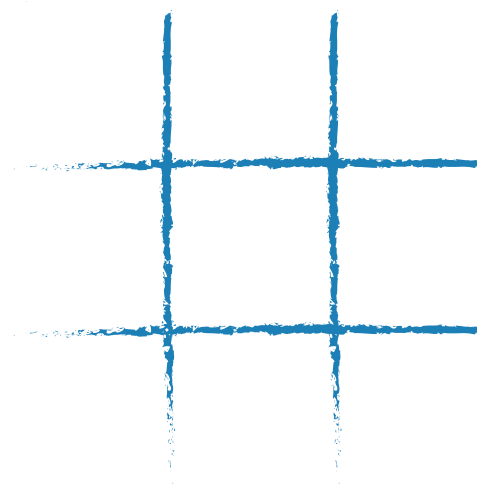


Game 2  
Champion:

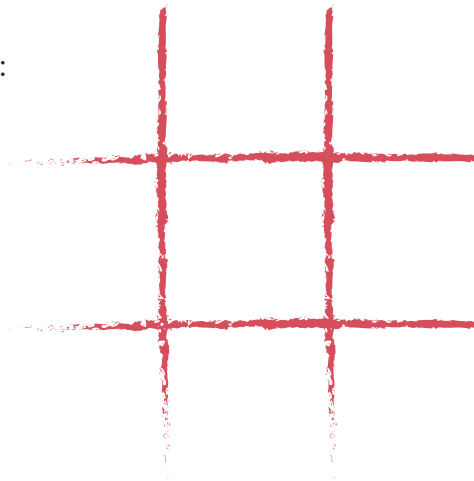
Game 3  
Champion:



Game 4  
Champion:



Game 5  
Champion:



Game 6  
Champion:



## General Practitioner (GP)

You can speak to a Doctor or GP (General Practitioner) about any health or wellbeing issue such as if you are unwell, a physical condition, sexual health, relationships or your mental health.

Appointments are usually booked for 10 to 15 minutes but you can ask for a longer appointment which may be up to 25 minutes.

## How do I pay?

Some GP's will bulk bill your appointment, meaning it is covered by Medicare but at other times there may be a 'gap' which is a fee that you need to pay.

## Medicare

Medicare is Australia's universal health care system. It allows people access to healthcare for a lower cost or free if the service is bulk billed.

Bulk Billing is when the cost of the appointment is fully covered by Medicare so that it won't cost you anything.

If the service is charging extra you will have to pay the difference between what is covered by Medicare and what the cost is – this is often called the gap.

It is a good idea to always check if there are any out-of-pocket costs before you go and always take your Medicare card with you.

## Medicare Card

A Medicare card is a green card that has your name and Medicare number on it. You may be on your parent or guardians' card but you can apply for your own card when you turn 15 years old – you will need to fill out a form and show 2 forms of ID.



**Note:** A Medicare card can also be used to help prove your ID



## Youth Health Services

Did you know there are health services dedicated to supporting young people??

### Headspace

[www.headspace.org.au](http://www.headspace.org.au)

**1800 650 890**

### Metropolitan Youth Health

[www.wchn.sa.gov.au/  
our-network/metropolitan-youth-health/  
myh-home](http://www.wchn.sa.gov.au/our-network/metropolitan-youth-health/myh-home)

**1800 716 881**

### SHINE

[www.shinesa.org.au](http://www.shinesa.org.au)

**8300 5300**

### Street Link

[www.unitingcommunities.org/service/  
counselling/alcohol- and-other-drugs/  
streetlink-youth-health-service](http://www.unitingcommunities.org/service/counselling/alcohol-and-other-drugs/streetlink-youth-health-service)

**8202 5950**



## Mental Health Treatment Plans

You can speak to your GP about your mental health if you feel you need some support.

A Mental Health Treatment Plan is a healthcare plan which gives you access to services like a Psychologist or Mental Health Social Worker.

You can receive 10 sessions – your GP will give you the first 6 at your first appointment, when you have used these you go back to your GP and talk about if you want the remaining 4 sessions.

The mental health care plan may not cover the full cost of each appointment – be sure to check what the out-of-pocket cost will be or ask your GP if they know any services that don't charge a gap fee.

## Boggle

3 letters = 1 point

4 letters = 2 points

5 letters = 3 points

6 letters = 4 points

7+ letters = 5 points

O	A	D	A
S	I	E	N
E	S	G	F
T	N	L	M

My Words:

T	I	R	S
P	J	L	A
W	S	N	P
C	K	E	G

My Words:

## Mashed Potato

### Ingredients:

4 medium boiled potatoes (boil until soft)

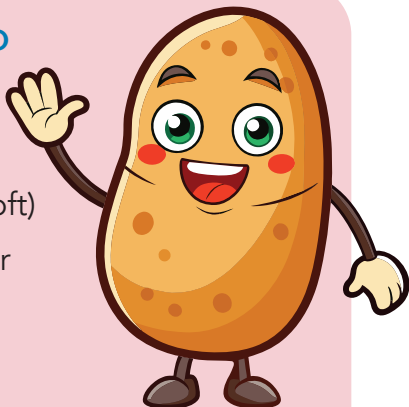
2 teaspoon butter or margarine

2 tablespoon milk

### Method:

Mash potato in saucepan using masher or fork

Add butter and milk and mix in well



## Roast Vegetables

### Ingredients:

Potato or pumpkin or carrot

### Method:

Peel, cut into even sized pieces

Wash and dry well

Preheat oven 180°C.

Add vegetables to baking dish & cook 40-45min



## Steamed Vegetables

### Ingredients:

Broccoli, cauliflower, carrot, beans

### Method:

Cut into even bite size pieces

Fill pot with water enough but so water doesn't touch steamer

Bring pot of water to boil

Add vegetables to steamer and cover.

Start with the vege's that take the longest

### Recommended steam times:

Cauliflower, Broccoli & Carrot - 8 to 10 min

Beans - 3 to 5 min



### Measurements

1 metric cup = 250ml

1 tablespoon (tbs) = 20ml

1 teaspoon (tsp) = 5ml

### Useful Links:

[www.ozharvest.org](http://www.ozharvest.org)

[www.freshforkids.com.au](http://www.freshforkids.com.au)

[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

## Chicken Stir Fry

You can pick up some ready made stir fry sauces from any supermarket

### Ingredients:

1 to 2 chicken breast, sliced  
Vegetables (frozen or fresh) eg carrot, broccoli, peas

### Method:

Cut vegetables into bite small pieces  
Heat a tablespoon of oil in botton of fry pan  
Add chicken & cook until done.  
Add vegetables

## Spaghetti Bolognaise

### Ingredients:

500g mince  
1 onion 1 tsp minced garlic  
3 tbs oil pepper to taste  
1 jar pasta sauce  
250g spaghetti



### Method:

Peel & chop onion  
Boil water & add spaghetti - cook until done approx 12 min Add onion, meet, garlic, pepper & oil into frypan - cook until meat brown  
Stir in pasta sauce

## Fried Rice

### Ingredients:

Vegetable of your choice: broccoli, cauliflower, carrot, beans

1 cup rice

Oil

3 tbs Soy sauce

### Method:

1 cup rice and 1 cup water - Add into microwave safe bowl & cover with cling wrap cook for approx 8 to 12 min

Chop up vegetables into small pieces

Add oil vegetables & into frypan and stir fry until soft

Add rice and stir together Add soy sauce and stir

Optional - add tbs minced garlic, bacon or ham, egg

## Pasta Bake

### Ingredients:

100g penne pasta

Handful of grated cheese Salt & pepper to taste

Option: Add 1 small can tuna or cooked chicken cut up

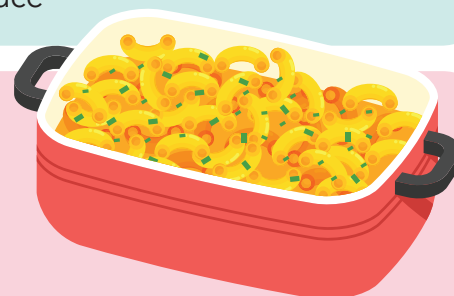
### Method:

Preheat oven to 180°C

Boil water & add pasta - cook until done approx 10 to 12 min Put small amount of butter on bottom of baking dish. Drain pasta & add pasta, cheese & tuna / chicken into a baking dish - stirring together

Season with salt & pepper

Cook in oven for 10 to 15 min



## Boiled Eggs

There are different ways to eat boiled eggs

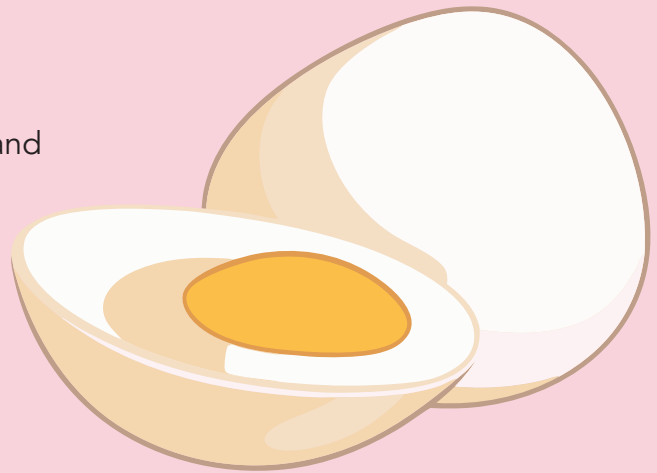
Fill a saucepan with cold water from the tap and gently place eggs in water

Place pan over medium heat and when the water starts to simmer start your timer:

Soft Boiled Eggs: simmer for 4 min

Medium Boiled Eggs: simmer for 5 min

Hard Boiled Eggs: simmer for 8 min



## Pancakes

### Ingredients:

225g (1 3/4 cups) plain flour

2 large eggs

500ml (2 cups) milk Pinch of salt

### Method:

Add flour in large bowl

Make a hole in middle of flour and Add eggs - whisk together (if you don't have a whisk use a fork)

Add milk and whisk until all combined

Add a tsp of butter into hot frying pan Use a ladle (or a 1/4 measuring cup) to pour batter into frying pan

Cook until bubbles appear on top than flip pancake over and cook for a few minutes

Serve with butter, lemon & sugar, jam

## Scrambled Eggs

### Ingredients:

1 tsp butter

2 eggs Pinch of salt & pepper

2 tbs milk

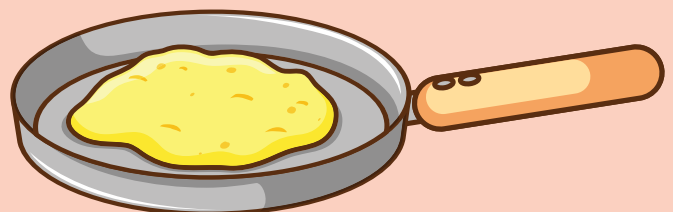
Toast

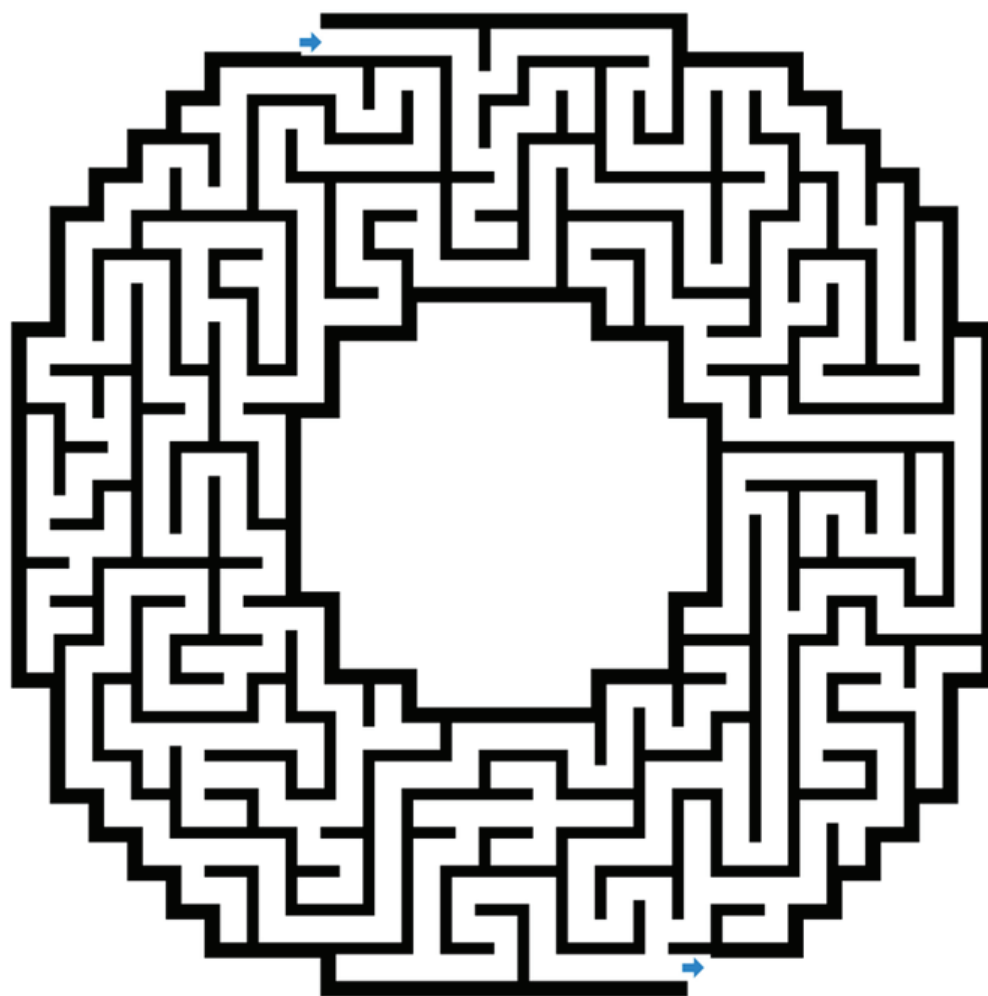
### Method:

Melt butter in frying pan

In a bowl add eggs, salt, pepper & milk use a fork to whisk together

Pour into frypan and slowly stir over a medium heat - do not allow the eggs to become hard Cook toast & serve eggs on toast





## Working World

You might be thinking of applying for a job, regardless if it is a casual, part time or full time position it is good to know some tips and tricks.

### Where to start

First thing is to think about what sort of work do you want and what will suit you at the moment, it is important to be realistic about what you can manage:

Casual work is when you don't have set hours but rather you might be called in on a needs basis.

Part time work is a job where you will have less than 35 hours per week. Many places offer part time work around school hours or other commitments.

Full time work is a position where you usually work 35 hours or more each week and will often be a fixed term contract or permanent basis.

### Think about you!

- What are you interested in?
- What skills do you want to learn?
- What are your skills?
- What are your values?
- What times would you be available to work?
- What is in your area?
- How will you get to and from work?
- Where to look for jobs?

There are different ways to find out about jobs, you can:

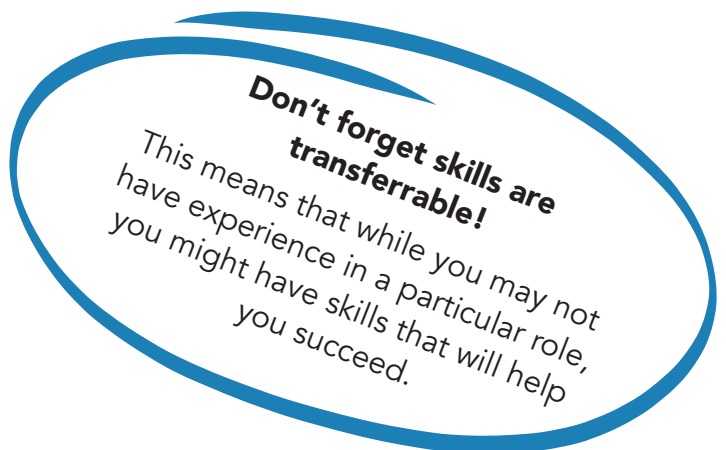
**Enquire directly** - go into where you might like to work and let them know that you are interested applying for work there, ask if they are hiring or how to apply

**Look at websites** - some stores like bigger chain stores or fast-food restaurants ask for you to apply online - have a look at their websites & they will have a Jobs, Careers or Work for Us section

**Job Websites** - There are also different employment websites that you can look at like [www.seek.com.au](http://www.seek.com.au) | [www.ethicaljobs.com.au](http://www.ethicaljobs.com.au) | [www.au.indeed.com](http://www.au.indeed.com)

Also think about speaking to your Career Counsellor at school or Tafe.

Often Tafe and Universities will also advertise jobs available - speak to your Student Services for more information about this.



## What is a Resume?

When you are applying for jobs you will be asked for a resume.

A resume is also called a Curriculum Vitae (CV) and is like a personal advertisement of who you are, your skills, and what you've done. It helps employers understand you and how you could fit into their team or business - think of it as a way to show off your experience, achievements and skills!

You will need to write a resume - we have provided an example of one below. Don't worry if you don't have work experience, think about your transferrable skills (things that you have done at school or in your personal life that might help you in the job).

Remember your resume should have a simple format and plain text which can be easy to read.

## Being asked to Interview

After applying for a job you might be asked for an interview.

This is when you will have a chance to talk to a possible employer about yourself and what you have to offer, they will ask you questions to learn more about you.

- Be on time for your interview
- Be prepared - bring a copy of your resume with you and know important information like when you will be available and when you can start
- Dress appropriately, something neat and clean but something you are comfortable in
- Keep answers simple and relevant to the job you are applying for
- If you don't have experience think about skills you do have and how you would apply them to the job
- Think about questions you might get asked and practice, practice, practice before you go!

## Example Interview Questions:

- What do you know about the business?
- Tell me about yourself
- What are your strengths?
- What would you find challenging about the work?
- What are your skills?





## Example of a Resume:

**RESUME**  
**Your Name**  
[Youngcarersteam@carerssa.com.au](mailto:Youngcarersteam@carerssa.com.au) | 1800 422 737

---

**Personal Statement**  
Currently completing year 12, with good time management and personal skills I am looking to gain experience and develop skills in customer service.

---

**Education**  
2019 – Current: Carers SA High School

---

**Employment Experience**  
2023 – Current: Babysitting

- Supervision of children aged 5 & 7 years old
- Ensure children's routines including bath, meals and bedtime
- Tidy up after children have gone to bed

---

**Awards & Achievements**

- Nominated for class captain in 2023

---

**Hobbies & Interests**

- Soccer

---

**Skills**

- Provisional (P2) SA drivers licence
- Time management & organisation skills
- Communication skills
- Team work

---

**References**

- Name: Young Carer Connector  
Position: Carers SA  
Phone: 1800 422 737

## Tips & Tricks

- You may not get the first job you apply for. It might be disappointing but keep trying!
- Always be respectful when talking to potential employers
- You don't need to get dressed up to talk to potential employers, but it is important to wear neat and clean clothes (thongs or swimmers might be comfy but aren't really suitable!)
- Have a copy of your resume printed off and also saved on your computer (or a USB) ready to provide.

## Skills & Values

- Teamwork
- Communication
- Empathetic
- Reliable
- Creative
- Strong Work Ethic
- Active Listening
- Respectful
- Problem Solving
- Time Management
- Organised
- Self motivated
- Motivated

## Volunteering

Volunteer positions is when you don't get paid for the work you are doing but can be a great opportunity to gain experience and learn new skills.

Volunteers are really important and many places need volunteer workforce to do what they do.

There are lots of places and ways you can volunteer, Carers SA Young Carer Collective are volunteers!!

Check Out: [www.volunteer.com.au](http://www.volunteer.com.au)  
and [www.vsant.org.au](http://www.vsant.org.au)





## Important websites:

[www.service.sa.gov.au](http://www.service.sa.gov.au)

[www.my.gov.au](http://www.my.gov.au)

[www.myllicence.sa.gov.au](http://www.myllicence.sa.gov.au)

Here you can do practice theory tests and download the Drivers Handbook.

You can complete your learners test from 15yrs 9months to take the L's test but you will need to be 16 to apply for your learners permit.

You will need to set up a myGov account. You can download the app or go to [www.mygov.com.au](http://www.mygov.com.au)

There are two ways to get your learners permit - your L's

## Take the test

MyL's in a learning and assessment course that you need to do to get your learners permit in South Australia.

You will be asked some theory questions - you can go to [mylicence.sa.gov.au](http://mylicence.sa.gov.au) to do practice tests and download the Drivers Handbook!

You can do the MyL's course either online or in person at a Services SA Centre.

If you choose to do it online, you will still need to go into Service SA to have your photo taken, show ID and pay the fee.

## You have passed the test, now what??

Apply for your Learner's Permit.

When you turn 16 and have passed the L's test you need to go to your mySAGOV account (not the app) and apply for a learners permit.

Confirm your details & pay the fee.

You can save a copy of your permit in your digital wallet and your physical licence will be sent out in the post!





**Carers SA**  
Australia

## Helpful Resources

### **Lifeline**

[www.lifeline.org.au](http://www.lifeline.org.au)  
13 11 14

### **1800 RESPECT**

[www.1800respect.org.au](http://www.1800respect.org.au)  
1800 737 732

### **Carer Gateway**

1800 422 737  
[www.carerssa.com.au](http://www.carerssa.com.au)  
[www.carergateway.gov.au](http://www.carergateway.gov.au)

### **Health Direct**

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)  
1800 022 222

### **Ask Izzy**

[www.askizzy.org.au](http://www.askizzy.org.au)

### **Mensline Australia**

[www.mensline.org.au](http://www.mensline.org.au)  
1300 78 99 78

### **Open Arms**

[www.openarms.gov.au](http://www.openarms.gov.au)  
1800 011 046

### **Beyond Blue**

[www.beyondblue.org.au](http://www.beyondblue.org.au)  
1300 224 636

### **Butterfly Foundation**

[www.butterfly.org.au](http://www.butterfly.org.au)  
1800 33 46 73

### **Alcohol & Drug Foundation**

[www.adf.org.au](http://www.adf.org.au)  
1800 250 015

### **Kids Helpline**

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
1800 55 1800

# Helpful Resources



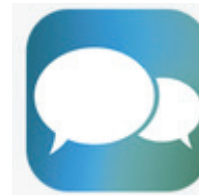
**Calm App**

[www.calm.com/app](http://www.calm.com/app)



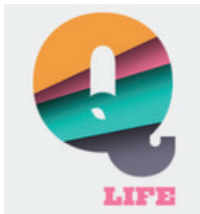
**Smiling Mind App**

[www.smilingmind.com.au](http://www.smilingmind.com.au)



**Check In Beyond Blue App**

[www.kidshelpline.com.au/tools/apps/check-beyond-blue](http://www.kidshelpline.com.au/tools/apps/check-beyond-blue)



**QLife**

[www.qlife.org.au](http://www qlife.org.au)

1800 184 527



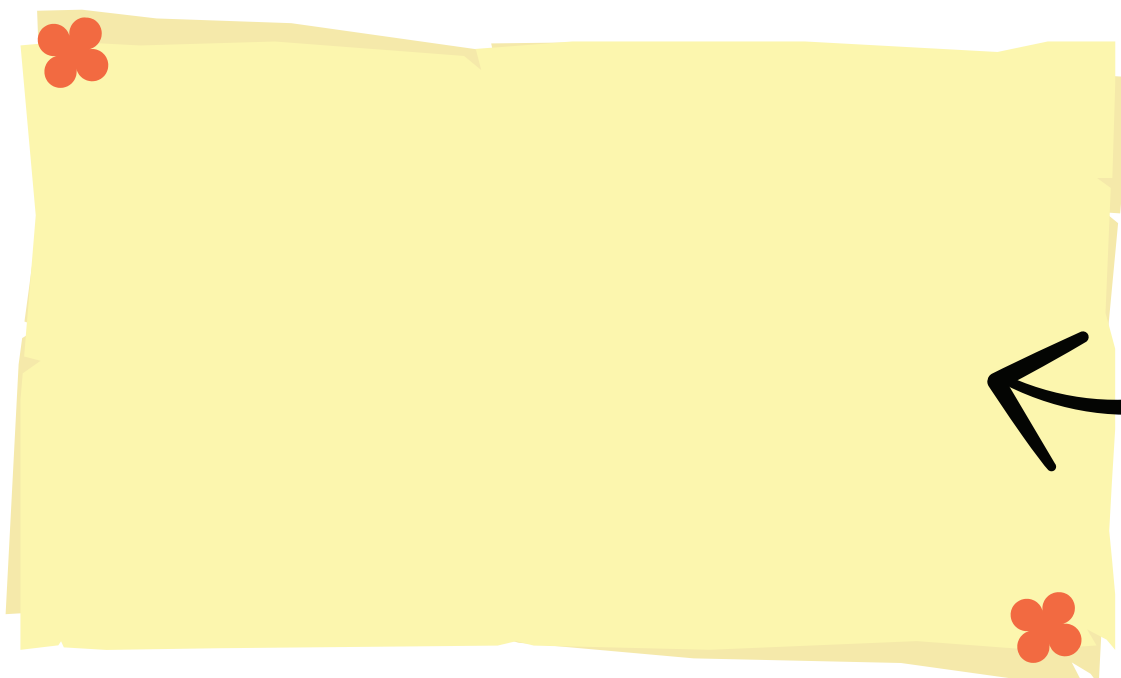
**Bullying No Way**

[www.bullingnoway.gov.au](http://www.bullingnoway.gov.au)

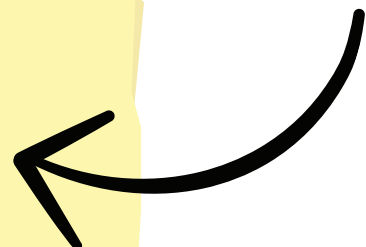


**ReachOut**

[www.au.reachout.com](http://www.au.reachout.com)



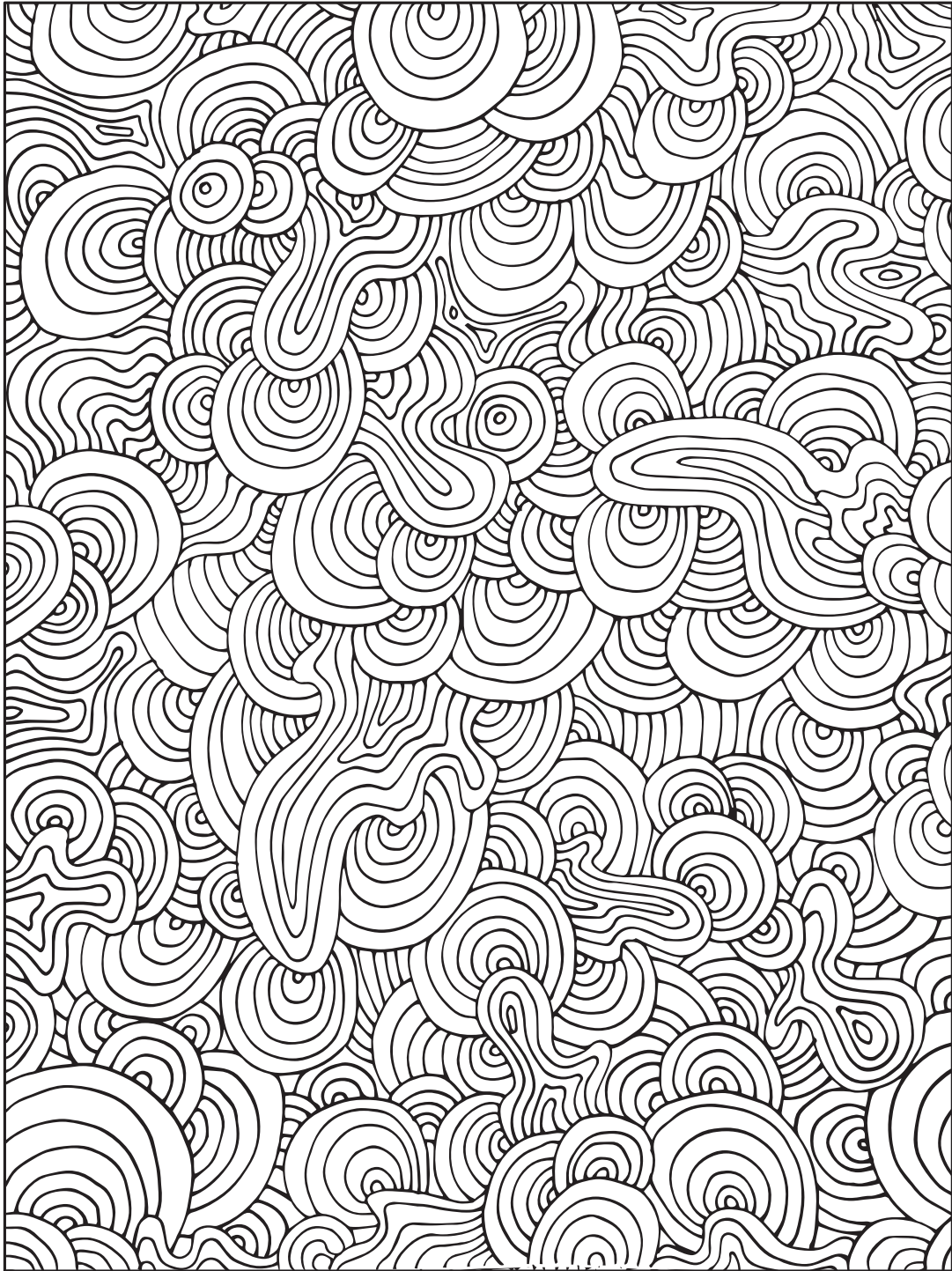
Your list of places, websites or apps that you find helpful



## Young Carers

A	A	W	A	R	E	N	E	S	S	T	I	M	E
O	N	T	N	Y	O	U	N	G	C	A	S	I	S
O	M	A	A	O	S	O	S	S	A	Y	L	E	A
S	H	G	L	S	T	S	L	Y	R	C	D	S	D
R	S	N	C	O	K	B	C	L	E	S	Y	U	V
O	G	I	A	R	O	S	O	C	R	A	L	P	O
U	N	P	R	I	R	H	N	P	S	N	I	P	C
T	I	L	I	I	H	E	C	L	A	H	M	O	A
I	L	E	N	A	I	I	A	S	T	R	A	R	C
N	B	H	G	L	O	C	A	L	C	C	F	T	Y
E	I	S	I	N	I	I	A	A	O	C	R	S	S
R	S	S	C	D	S	E	L	F	C	A	R	E	T
A	E	R	E	F	H	A	F	S	F	D	S	I	A
R	I	M	F	R	I	E	N	D	S	O	E	N	R

SELFCARE  
 CARERSA  
 AWARENESS  
 SCHOOL  
 ROUTINE  
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 SIBLINGS  
 TIME





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