

A difference can be
made by believing a
young carer

Feelings of isolation and/or alienation: Difficulties feeling accepted and included by their peers are common during adolescence, but young carers are particularly vulnerable to feelings of both isolation and alienation (See Impacts of Caring on Social Development.)

Hyper-vigilance: Many young carers have been monitoring a family member's illness or behaviour for as long as they can remember. This can lead to a heightened sensitivity to others' needs and reduced awareness of their own needs.

High Levels of Stress and Anxiety: Young carers may experience high levels of anxiety and stress due to a family member's illness. This anxiety can intensify when the family member is hospitalised or home alone; the young carer is not informed about the illness and its treatment; or is afraid that they may "catch" or develop the same illness.

Depression: When young carers do not have the support they need to minimise the negative impacts of caring, they often feel depressed or overwhelmed by their responsibilities. Left untreated, childhood anxiety and depression can become more chronic over time.

