

Connecting Youth Carers to Life Opportunities & Personalised Support

## **YOUNG CARERS: What needs to be done?**

### ***Young carers need to be recognised***

As a community we must recognise that there are young people who are providing substantial care within their families.

Service providers, health professionals, educators, counselors and policy makers must all be aware of the existence of young carers in their provision of services and their support to families

### ***Young carers need someone they can talk to who will listen and believe them***

Young carers need to be supported by people who are willing to listen and believe them when they speak about their roles within the family.

Professionals such as teachers, school counselors, health professionals, doctors, youth workers and social workers are generally not aware of the impact of the caring role on young people lives and therefore do not always respond positively to the needs of young carers.

Such professionals must therefore be educated and be available and responsive to young carers needs.

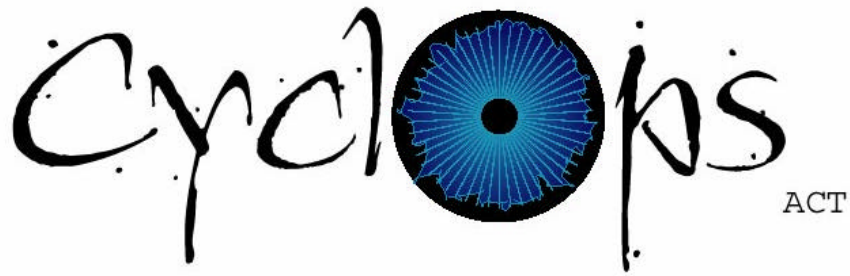
### ***Young carers need information about their relatives' condition and medical needs, about available services and how to access them***

As substantial carers, young people must be informed about the condition of their relatives and the way health professionals are managing their condition.

Young carers must also be informed about existing services and how they can be accessed. Young carers should be acknowledged and consulted in the provision of such services.

### ***Young carers need practical assistance and support***

Families must be provided with adequate support so that the impact of caring on its members might be reduced.



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Service providers should provide practical assistance to young carers and work with them in providing support to their unwell or ill relative.

Young carers should not be asked to take on a caring role without substantial assistance from the community.

***Young carers need time for themselves***

Young carers must be provided with time in which they can enjoy the positives of youth.

They must be given time in which they can have fun with other young people, to share their stresses and strains and build community networks.

Families must be offered respite so that young carers can leave the home without having to worry about their relatives being left alone.

Young carers must be provided opportunities in which they can enjoy their childhood.