

It is important to understand the difficulties that young carers face

Chronic tiredness and/or exhaustion

Young carers are often physically exhausted from sleep deprivation and the physical and mental challenges of their caring roles.

Physical injuries from inappropriate lifting

Providing personal care or assisting with mobility are tasks commonly performed by adult family members or trained professionals with specialised equipment, often young carers are required to lift their caree without the provision of support and training resulting in them incurring a physical injury.

Poor nutrition

Many young carers may not eat a balanced diet because of their family's limited finances and/or difficulties accessing transport for shopping. These barriers may be exacerbated by the young carer's inadequate knowledge of nutrition and cooking.

Inability to attend regular sports or exercise programs with their peers

Young carers' heavy responsibilities, time constraints and challenges accessing transport and other resources, often restrict their ability to take part in regular sporting activities.

Difficulties maintaining the grooming and dress codes of their peers

When the financial constraints of young carers combine with a lack of time and space for their own interests, they may neglect their appearance and grooming.

