



Connecting Youth Carers to Life Opportunities & Personalised Support

## YOUNG CARERS RIGHTS

CYCLOPS<sub>ACT</sub> upholds the rights of young carers to:

- (a) self determination and choice (including the choice to be considered as children / young people or carers or both);
- (b) be recognised and acknowledged separately from the care receiver;
- (c) privacy and respect;
- (d) play, recreation and leisure;
- (e) education;
- (f) health and social support services specific to their needs;
- (g) practical help and support, including respite care;
- (h) protection from physical and psychological harm (including protection from injury caused by lifting);
- (i) be consulted and fully involved in discussions about decisions which affect their lives and the lives of their families;
- (j) information and advice on matters that concern them and their families (including benefits and services, medical information etc);
- (k) confidently access trained individuals and agencies who can deliver information and advice with appropriate understanding and expertise;
- (l) independent and confidential representation and advocacy;
- (m) a full assessment of their needs, strengths and weaknesses including full recognition of racial, cultural and spiritual needs;
- (n) to appeal and complaints procedures that work; and
- (o) to stop caring.