

What is a young carer?

- Young carers are children and young people who help care in families where someone has an illness, a disability, a mental health issue or an alcohol or other drug problem.
- Young carers come from all socio-economic, cultural and community groups.

How many young carers are there?

- It is estimated that there are 388,800 young carers in Australia, with 18,800 of those identified being the main providers of care to their family member. (Carers' Australia 2002:6).
- These figures do not include those who care for relatives with undiagnosed mental health or AOD (alcohol or other drug) problem. When estimations for these populations are included, the number of young carers under 25 in the ACT alone is **approximately 11,500 or 10% of ACT young people** (Youth Coalition Report 2005).

How long does a young carer spend in their caring role?

- Many young carers spend a substantial portion of their childhood and youth caring. Recent research suggests they care for an average of 6.4 hours a day over a period of 6 years. (ACT Youth Coalition Report 2005.)
- Many young carers cannot identify times when they have had no care responsibilities.

