



Sexuality and gender diverse young carers: Part 1

Young carers are children and young people, 25 years or under, who help to support someone who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail.

Our research shows that sexuality and gender diverse young carers are less likely to access support services. We spoke to some sexuality and gender diverse young carers and asked them about their experiences. This is what they told us -

Are you a sexuality or gender diverse young carer?

You told us you need:

- Help with referrals to sexuality and gender diverse friendly services

- Help to coordinate NDIS applications
- Support with completing your education
- Mental health support
- Access to respite for your care recipient
- Increased community awareness about carers

Your recommendations

Develop partnerships with youth services for sexuality and gender diverse youth, to increase carer awareness and inclusion.

“Even supposedly knowledgeable service providers make normative assumptions about you, I don’t think a service provider should assume anything”.

Young carer for brother with a physical disability.

Use online spaces for education and connection.

“Online spaces are great in terms of flexibility and accessibility”.

Young carer for brother who a mental illness.

Build programs that enhance community participation for young carers.

“Carers NSW has the young carers driver program which is an awesome initiative”.

Young carer for their brother who has a physical disability.

Your advice for other young carers:

- Peer support is important. Find other young carers who have had similar experiences.
- The internet has plenty of resources, stories and communities where you can learn more about yourself and connect with others.
- You are not alone. It's more than okay to be exactly who you are. Know that we are all a work in progress.
- Put yourself first once in a while.
- Celebrate those times when you see successful sexuality and gender diverse people in the media.

“For me one thing that helped was that I do all my homework before I go home. That way I can segregate my day and my caring duties don't distract me from my school work”.

Carer for brother with a mental illness.

We see you!

And we also see that you may need some support:

- Call Twenty10 for telephone counselling support.
- Try Carers NSW for advice and support around your caring role, especially the Young Carers Program.
- Look at ACON for education resources.
- Get a Mental Healthcare Plan from your GP and look for a good counsellor who is knowledgeable on issues around sexuality and gender diversity.
- Check for Young Carers support with Carers NSW and on the Carer Gateway.



Carers can benefit from professional assistance, one-to-one counselling and attending peer support groups.

More information is available through Carers NSW
www.carersnsw.org.au

and Carer Gateway
www.carergateway.gov.au
or call 1800 422 737

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Carers NSW thanks the many carers involved in the development of this information for sharing their experiences and suggestions for the benefit of other carers.