



Understanding and supporting young carers

Did you know that there is at least **one young carer in every classroom** in New South Wales?

Many children and young people in NSW help care for a family member or friend, but young carers often go unrecognised and miss out on needed support.

Carers NSW can help you to ensure that young carers in your community are supported to achieve their highest potential. The first step is arranging an information session for staff, which covers three key areas.

AWARENESS



Young carers provide a range of practical, specialist and emotional assistance which often exceeds community expectations of what a child or young person can and should be responsible for.

The tasks undertaken by young carers can range from domestic duties such as meal preparation and cleaning, to personal care such as showering, to supervising siblings and providing emotional support.

NEEDS



Young carers often gain important skills from their caring role, a sense of pride and satisfaction and strong bonds with the person they care for.

However, young carers can also experience some impacts on their health and wellbeing, education, employment, relationships and socialisation. Young carers, especially those with intensive caring roles, are at risk of long term disadvantage.

SUPPORT



The NSW Carers Charter lists a range of best practice principles for working with carers, including one that states: 'Children and young people who are carers should be supported to reach their full potential.'

The Carers NSW can provide your staff with information about current referral pathways for young carers, and assist with connecting young carers to appropriate supports.

Next steps

Book a **FREE online or in-person workshop** for your school or service today!

Young Carer Awareness Training

Carers NSW offers free, evidence-based information sessions for educators and service providers that explore:

- Identifying young carers
- Understanding young carer experiences and needs in education
- Supporting young carer wellbeing
- Referral pathways

Young Carer Awareness Training can be delivered online or in-person and can be tailored to suit the needs and availability of a school or service.



"I did attend the webinar/training recently. In all honesty, it's probably one of the best training I've attended in some time."

COUNSELLOR, 2023

Book a session

To find out more about Young Carer Awareness Training or to organise a session for your school or service, contact: youngcarers@carersnsw.org.au or 02 9280 4744.



Visit Carers NSW [Young Carer Hub](#)