

# Young Carers

Considering Carers in Health

Phone 9462 9488

 [www.nscarersupport.com.au](http://www.nscarersupport.com.au)

 [www.facebook.com/NSLHDcarersupport](https://www.facebook.com/NSLHDcarersupport)



Information for young people and their families.

## Young people who care

Young people who care are under 25 years of age, some are as young as six. They provide care for someone in their family who has a chronic illness, disability, mental disorder, or substance abuse problem.

Young people who care may be a sibling, child, grandchild or other relative. They may cook, clean, shop, provide emotional support, pay bills, provide personal care, help with medications, etc.

Young people who care often have more responsibilities than their friends.

## You can be supported by:

- Having age appropriate information about the health issues and care requirements of their family member; knowing what the issues are helps younger people cope better.
- Being included in and advised of decisions that will affect them in some way.



*Mum has Chemo treatment and I stay home after each one to care for her – I am falling behind at school, but I want to do this for her, I'll catch up.*

- Having a supportive network, which includes friends and extended family; people they can trust and share responsibilities with.
- The needs of other family members can often be overlooked, especially at intense times. Young people who care need time for themselves. There are various options for support and opportunities to socialise with others who share similar experiences (see reverse for more information).
- Having a plan in the event of hospitalisation or a crisis can be very helpful (details are on our website).



**Health**  
Northern Sydney  
Local Health District

# Young people who care from diverse and cultural backgrounds

Does your child/grandchild attend doctors, or other appointments, and fill out forms? Do they have to be the interpreter because it's hard to understand English very well?

Staff arrange Interpreters if they are required. In the community, the **Telephone Interpreting Service on 13 14 50** can assist in languages such as Arabic, Chinese and Mandarin for example.

Many resources and fact sheets are translated into other languages. Links to many of these can be found on our website.

Services available in the community for various language groups can also provide different types of support and may be useful for your family.

**It is good to have all family members involved, but we need to support them as well.**

## Carer Support NSLHD

Ph: 9462 9488

[www.nscarersupport.com.au](http://www.nscarersupport.com.au)

There is further information on our website for young people who care and families and we include links to other organisations, particularly those who are currently running programs for young people who care.

Young people who care can also register with us to receive information on activities being organised in the region, especially during school holidays periods.

### Carer Support Officer, Young People Program

9462 9488

[NSLHD-carers@health.nsw.gov.au](mailto:NSLHD-carers@health.nsw.gov.au)

### Who Cares? App

<https://data.nsw.gov.au/app/who-cares>

### Carer Support NSLHD on Facebook:

[www.facebook.com/NSLHDcarersupport](https://www.facebook.com/NSLHDcarersupport)

*I love Nana but I find it hard to have to go to hospital after school and translate for her and my parents, then it's late home to get my school work done.*



## Other sources of information & assistance

Young Carers NSW	1800 242 636
National Carers Gateway	1800 422 737
Kids Helpline	1800 551 800
Parent Line	13 20 55
Youth Accommodation Line	9318 1531
Family Relationships Advice Line	1800 050 321
DOCS Helpline 24 hours 7 days	13 21 11
Lifeline	13 11 14
Police, Fire, Ambulance	000
Telephone Interpreter Service	13 14 50
Headspace	(03) 9027 0100

### Parenting websites:

[www.facs.nsw.gov.au/families/parenting](http://www.facs.nsw.gov.au/families/parenting)

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### Young Peoples' websites:

[www.youngcarersnsw.org.au](http://www.youngcarersnsw.org.au)

[www.reachout.com.au](http://www.reachout.com.au)

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

[www.headspace.org.au](http://www.headspace.org.au)

[www.copmi.net.au](http://www.copmi.net.au)

[www.itsallright.org](http://www.itsallright.org)

### Multicultural websites for translated resources:

[www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)

## REACH - a Call for Medical Response

Is your family member **in hospital**? Are you worried about a deterioration in their current medical condition? Our hospitals respond to requests from family members for a "Clinical Review".

Ask the nurse to help you make a REACH call or if there is a phone by the bedside you may call 9 for our switchboard who will direct your call.

**At home** call 000 for an ambulance.