

Carer Gateway is a free Australian Government service just for family and friend carers.

Care2Serve, the service arm of Carers Tasmania, is the service provider for Tasmania.

Services are inclusive, free and confidential. Care2Serve has offices in Moonah, Launceston and Burnie.

1800 422 737
(and press 1 at the menu)
Monday-Friday 8am-5pm

carergateway.gov.au
intake@care2serve.com.au

 facebook.com/care2serve

 instagram.com/care2serve



We believe that young people who access our services have the right to feel and be safe, respected and heard.

Young carers often
fall behind
on NAPLAN
by year 9



"Even if it doesn't seem like it's a caring role to you, always try and reach out for support because there will be someone to help you."

If you are a young carer, Carer Gateway can help

-  With information, advice and recommendations
-  With cleaning and meal preparation at home
-  With tutoring or a laptop or tablet to help at school
-  Access **SAFE AND FREE** counselling and coaching
-  Get time for yourself
-  Connect with other young carers
-  Attend young carer activities and events
-  To apply for an **annual \$3,768** young carer bursary

There are
2-3 carers
in every
classroom

Are you at school and caring for someone at home?

FREE HELP



If you care for someone with disability, mental ill health, chronic or life-limiting illness, alcohol or other drug dependence, or who is frail or aged - We can help.

Free confidential support
1800 422 737
(and press 1 at the menu)

Is this you?

A young carer is someone under 25 years of age who provides unpaid care and support for another person (usually a family member) with -

- disability
- mental ill health
- chronic or life limiting condition
- alcohol or other drug dependence
- or who is frail or aged



There are **9,300** young carers in Tasmania

Source: ABS (2018) reports

Young carers often don't realise they're carers. It is important as a carer you are recognised and have access to all the confidential support you need.

What are some of the things you, as a young carer, might do when caring for someone



Give emotional support

Read and explain letters to them

Support them to get in and out of bed

Lend a hand with chores like cleaning and cooking

Shop for them or with them

Help them get ready

Translate for them

Help with medication

Remind or take them to appointments

Make sure they are okay

Take care of your siblings

Young carers often say caring can interfere with school, social life and time for themselves

Caring may also affect a young carer's physical, mental and emotional wellbeing.

TICK IF YOU FEEL:

- Stressed and anxious
- Tired
- Worn out (with aches and pains)
- Lonely
- Mentally and physically drained

AT SCHOOL, DO YOU:

- Miss classes and assignments
- Have a hard time concentrating
- Skip after school activities
- Always think about if your loved one is safe and do they need you

IN YOUR SOCIAL LIFE, DO YOU EXPERIENCE:

- Missing hobbies or activities you enjoy
- Being left out

Safe, inclusive, free support