

There are two to three young carers in every Tasmanian classroom. Could your student be a young carer?

Young carers are at risk of falling behind at school. Identifying young carers can help improve their wellbeing, both at home and school.

A young carer is someone under 25 years of age who provides unpaid care and emotional support to a family member/s or a friend with:

Disability	Mental ill health	Chronic or life-limiting condition	Alcohol or other drug dependence	Is frail or aged
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Young carers often say caring can interfere with school, social life and time for themselves. In the classroom, a young carer might:

- Miss classes/assignments
- Show up tired or disorganised
- Have a hard time concentrating
- Be worried or anxious
- Skip after-school activities
- Refuse to talk about their home life

Unpaid carers can access FREE support from the Australian Government Carer Gateway program such as:



Help with information and recommendations



Help at home (e.g., cleaning & meal prep)



Help with tutoring



A laptop or tablet to help at school



Getting time for themselves



Access to safe and free counselling and coaching



Connecting with other young carers



Attending young carers activities and events



Help with applying for annual \$3,768 young carer bursary

If you believe that a student or family at your school might qualify, or to find out more, contact Carer Gateway at carergateway.gov.au or 1800 422 737 (press 1 at the menu)



Scan here to refer someone or yourself

