

Program Outline

Young Carers in Action Workshop

This workshop has been developed and will be delivered by a team of young carers, with the support of Carers NSW staff - Godelieve Hofman (Young Carer Support Officer, Carers NSW) and Nina Olle (Communications Officer, Carers NSW).

The aim of the workshop is to raise awareness of some of the issues young carers face with service providers, health professionals and the education system through dynamic role plays.

The workshop has been developed from feedback collected from young carers about their experiences.

Key issues the young carers involved revealed that are of significance are the lack of identification of young carers by service providers and schools; a lack of consultation from health professionals in relation to the person they care for; the complexity of negotiating government services and referral pathways and the need for better education on young carers in general, but particularly within the school system.

Young carers have workshoped how they think these issues can be dealt with by service providers around the key themes:

- How to identify young carers
- How to make services more young carer friendly
- How to identify and utilise referral pathways.

The workshop aims to be a positive sharing of information, articulated directly by young carers themselves.

By connecting young carers and service providers through role plays and other interactive situations, it is believed service providers can learn a lot about young carer needs and perspectives. An added benefit is that young carers will get to meet with service providers in an informal environment, breaking down barriers sometimes associated with negotiating services.

“Young carers don’t want sympathy, it doesn’t help them and it does not get anything done. They need empathy and people to act on their promises and to act on what they hear is a problem.”