

Connecting
Young

Carers to
Life

 Opportunities &
Personal

Support

Did you know:

One in ten young people aged 12-25 in Australia care for someone in their family with an illness or disability.



Contact Us

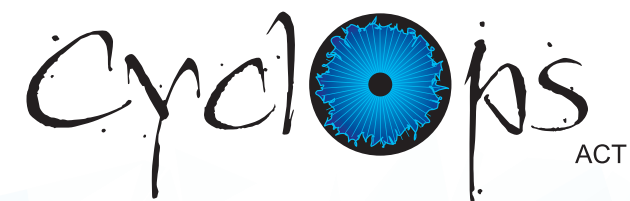
e: cyclops@anglicare.com.au

p: (02) 6232 2432

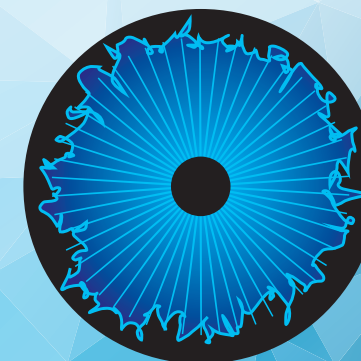
a: 30 Scotts Crossing, Civic ACT 2601

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CALL (02) 6232 2432



Connecting **young carers** to life opportunities & personalised support



juggling life & caring responsibilities is an artform

Who are Young Carers?

Young carers are young people between 10 and 25 who look after or help a family member with a disability or illness and/or affected by drugs and alcohol.

What do Young Carers do?

Young carers can take on a broad range of responsibilities, these can include;

- Shopping
- Cooking
- Cleaning
- Paying bills & managing finances
- Assisting with showering & toileting
- Giving medication
- Organising transport
- Attending medical appointments
- Monitoring health & safety of family members
- Managing crisis situations
- And they may have to look after their brothers & sisters

CYCLOPS is a free support service that helps young carers & their families

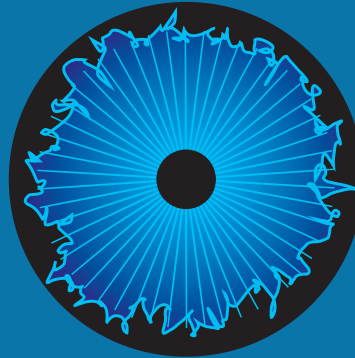
How can caring affect you?

Caring can be a really positive experience

- You learn new skills and get to help people who are special to you.

Caring can be tough

- Juggling School work
- Time with friends
- Caring for family
- Having time to just be YOURSELF



CYCLOPS is a service that helps young carers and their families by offering support. We aim to make life easier and create opportunities for you to be involved and have a break from your caring role.

How can CYCLOPS help?

CYCLOPS can help young carers in lots of ways. If any of these would help you - please get in touch!

PERSONAL SUPPORT

Someone to talk to, advice and help to deal with day to day problems.

CASE MANAGEMENT

When things get too complicated **CYCLOPS** can help co-ordinate supports for young carers and their families.

ADVOCACY

To speak for you if you don't know how.

EDUCATION SUPPORT

Help with School if your caring role has got in the way of your education.

SUPPORTING GROUPS

Meet others who are or have gone through similar things.

RECREATION

A chance to have a break and try new things.

INFORMATION

Services who can help and places to go.

REFERRAL

If we can't help you, we'll find someone who can.