


Connecting  
Young

Carers to  
Life

 Opportunities &  
Personal

Support

**Did you know:**

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



**Contact Us**

**e:** [cyclops@anglicare.com.au](mailto:cyclops@anglicare.com.au)

**p:** (02) 6232 2488

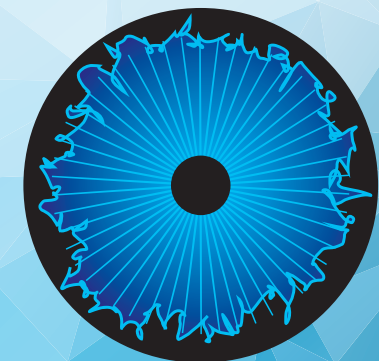
**a:** 30 Scotts Crossing, Civic ACT 2601

**w:** [www.anglicare.com.au](http://www.anglicare.com.au)

**CALL (02) 6232 2488**



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



**juggling life & caring responsibilities is an artform**

## Who are Young Carers?

Young carers are young people aged up to 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**

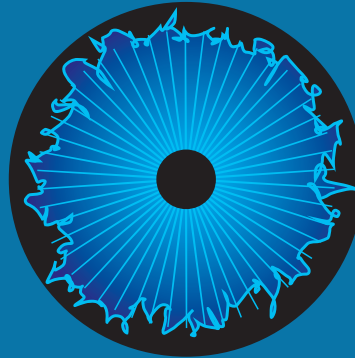
## How can caring affect you?

### 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, 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 help you say what you want to say, 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.