

The background is a soft, watercolor-style illustration. It features a mix of pastel colors: light pinks and oranges at the top, transitioning into light blues and greens in the middle, and soft purples and lavenders at the bottom. The colors are blended together with visible, soft-edged brushstrokes, creating a dreamy and gentle atmosphere. The overall effect is that of a hand-painted background with a focus on light and airy tones.

Young Carers Webinar

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Who are Young Carers?

“A young carer is anyone who is living with a family member with an exceptional need. This can be short-term or long-term and include an illness, disability, mental health issue, addiction, language or cultural barrier, or other unique situation.”

Think of someone you know who fits this description.

The Young Carers Project

(1) Community Collaborative

(2) By Us For Us© Guide, Documentary and Website

(3) Young Carer Advisory Group

(4) Goals & Approach

Walking through the Guidebook

- Chapter 1: You: Identity , Emotions, Stress, Self-care
- Chapter 2: Your Relationships: Family, Friends & Others
- Chapter 3: Your World: School, Healthcare, Culture
- Chapter 4: Tips For: School Staff, Healthcare Professionals, Organizations, Community Members

Supporting Young Carers

- Be compassionate and empathetic
- Check in with them on a regular basis
- Focus on their perspective and experiences rather than on their family members
- Help them meet others who have similar experiences so they feel less alone
- Help them find a safe place they can go when they need a break
- Don't underestimate the impact you're having as a caring adult
- Share this information with your colleagues, other community members and young carers

Tips for Organizations

- Interactive and accessible for all ages
- Provide age appropriate information
- Create safe and comfortable programs
- Train staff to understand and support young carers and their needs – use the documentary <https://youtu.be/xFJ7Tp-Yx-w> and guide <http://goo.gl/Z7YRIA>
- Online Support
- Honesty & Transparency

Next Steps

- Guidebook, documentary & website distribution
- Organizational training
- Can you think of a young carer you know?
- What's your action plan?

Let's Stay in Touch 😊

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