



Young Carers

Helping you to enjoy life and reach your full potential.

You might be young but that doesn't mean your role as a carer is any less stressful or overwhelming.

Unlike other people your age, finding time to do your school work, socialise or to just be a kid can be a challenge.

That's where we come in.

Our Young Carer's program can help with your day to day tasks, allowing you to take a bit of a break.

This can include:

- Help with showering or dressing the person you care for
- Help preparing meals or cleaning your house
- We can look after the person you care for in your home or a respite home
- Taking you and other young people to fun social events
- Using the Education Grant to help you get the tools you need to continue your schooling.

How do you know if you're a carer?

Ask yourself, do you ever:

- Look after siblings or other family members in your household?
- Spend more time cooking, doing laundry and doing household chores that people your age don't really do?
- Have to be late or miss school because you need to look after someone in your family?
- Feel like you don't get to do regular, fun things with your friends?

If you answered yes to any of these, then get in touch.





Young Carers

So, how can you join us?

We're here for people across Victoria* who support someone with care needs including:

- Mental illness
- Dementia
- Disability
- Chronic condition or illness
- Older people with care needs
- People in palliative care.

While we only offer short term services, we can provide referrals for long term support.

*Wellington and East Gippsland excepted.

What about the costs?

This program is funded by the Victorian Government. What does that mean for you? All support and activities have little or no cost to you or your family.

Contact us today to find out more.



hello@vmch.com.au
vmch.com.au/young-carers

About VMCH

Here at VMCH, our services are as diverse as the people we support.

Our values underpin the work we do. As a Catholic, for-purpose organisation, love, joy, courage and hospitality aren't just words to us, they guide us in everything we do.

While we've been around for over a century, we're always moving forward. We stay true to who we are by supporting people and families to live their best lives, providing a place to call home and spaces to learn and grow.

Our professional and compassionate teams are with you on your life journey. We provide a wide range of support from early learning and therapy, specialist education, disability services, affordable homes, residential aged care, retirement living and at-home aged care.



VMCH acknowledges the support of the Victorian Government.



1300 698 624 | vmch.com.au

VMCH