

This is easy to read information about the Young Carer Program.

## Who we are

Carers NSW is an organisation for carers in NSW.



A **carer** is someone who supports a person with a disability, an illness or an older person.

Some carers support people who are very sick, have problems with mental health, a physical illness or drugs or alcohol.

Carers are family members and friends.

## We run a program called the Young Carer Program

This is a program for young carers.

A **young carer** is someone under 26 years old.

There are lots of young carers in NSW.



The program can

- Support you over the phone, email or in person
- Help you find services and support