



# 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
- Taking you to appointments or the shops
- We can look after the person you care for in your home or a respite home
- Take you to fun, social events.

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

## How do you know if you're a carer?

Ask yourself, do you ever:

- Help take care of someone in your home
- Worry about leaving the person you care for at home, alone
- Get a sore back from lifting the person you care for
- Feel like you sometimes don't get to do regular stuff with your friends
- Feel too tired to do school work.

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

Now I'm supported, my future looks brighter.



1300 698 624  
hello@vmch.com.au  
vmch.com.au



VMCH acknowledges the support of the Victorian Government.





# Young Carers

## 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.

## So, how can you join us?

We're here for people of all ages who live in Melbourne's eastern region and care for a person with needs including mental illness, dementia, disability, chronic condition or illness, older people with care needs and people in palliative care.

Our program is available to carers living in the local areas of Knox, Yarra Ranges, Whitehorse, Maroondah, Manningham, Monash and Boroondara.

**When it comes to helping you feel supported, we've got you covered. Contact us today.**

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

Our values underpin the work we do. As a Catholic not for profit organisation, compassion, respect and inclusion 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.