



FAMILIES, CHILDREN AND YOUNG PEOPLE  
CARER SUPPORT, DISABILITY, AND AGED CARE  
DOMESTIC VIOLENCE AND HOMELESSNESS  
EDUCATION, TRAINING, HEALTH AND WELLBEING

**Young Carer Support Services**

The Centa  
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[www.centacare.org.au](http://www.centacare.org.au)

Supported by the Government of South Australia  
and the Department of Human Services.



A Child Safe Organisation  
Centacare has an ongoing commitment to building  
and maintaining a Child Safe Organisation.



Centacare welcomes people who are intersex,  
gender diverse and of all sexualities.



**Statement regarding the traditional owners of the land**

For thousands of years Aboriginal people have walked  
on this land, in their country. Their relationship with the  
land is at the centre of their lives. We acknowledge the  
Aboriginal people and their stewardship and spiritual  
connection with their lands.



Centacare is nationally accredited  
against the Quality Improvement  
Council (QIC), Australian Health and  
Community Services Standards.



# YOUNG CARER SUPPORT SERVICES





## WHAT WE DO

Young Carer Support Services aims to address young carers' immediate support needs and assist them with accessing mainstream services through an intensive case management approach.

Our young carer coordinators will work 1:1 with young carers to assist in the following areas:

- Improve young carers' wellbeing.
- Increase education and employment opportunities.
- Strengthen connections with communities, support networks and services.

## WHO IS ELIGIBLE?

- Individuals aged between 5-25, who are in an unpaid caring capacity.
- Living in Northern Adelaide Metropolitan or Barossa, Lower Light North areas.
- Not registered with the National Disability Insurance Scheme.

## WHO IS A YOUNG CARER?

A young carer is an individual who may provide personal care, support and/or assistance to a family member or loved one who has:

- A disability,
- A mental illness,
- A long-term health condition,
- A terminal illness,
- An alcohol or drug-related problem,
- Dementia or is frail due to age.

## SUPPORT TYPE

Our young carer coordinators work from a strength-based and person-centred approach, assisting young carers to set goals whilst also utilising techniques to promote self-advocacy and independence.

Coordinators work holistically and inclusively with the young carer and their support networks in a way that will not impede with their caring capacity.

The program provides mentorship services, and assists in accessing supports with the young carer, until the appropriate longer-term supports are in place, or the identified goals are reached.

## AREAS OF ASSISTANCE

Individual and groupwork sessions can be held to assist within the following areas:

- Connecting with other like-minded individuals of similar ages, culture and interests through social events and group opportunities.
- Strengthening connections with communities, support networks and services.
- Increasing capacity with areas of daily living.
- Sharing information regarding education and employment opportunities.
- Establishing links with wellbeing and lifestyle providers.
- Accessing the Commonwealth Carer Gateway.
- Exploring transportation options.

## REFERRAL PATHWAYS

Direct referrals  
Monday-Friday 9 am to 5 pm via:  
(08) 8412 9570  
[ycssenquiries@centacare.org.au](mailto:ycssenquiries@centacare.org.au)  
or by scanning the QR code.

