

Caring for the carers: Program offers much-needed respite

CASSIDY PEARCE

Of the 2.65 million Australians who selflessly provide care and support to their family members or friends, over 235,000 are considered young carers, under the age of 25. Though many find fulfilment in these responsibilities, inadequate support can adversely affect their health and wellbeing, with organisations encouraging those included to seek support.

15-year-old local carer Ben has been playing a crucial role in caring for his older brother, who has intellectual disabilities, for the last four years.

"As a caregiver, my responsibilities include assisting my brother with bathroom needs, regularly checking on him, and taking him to places like the shops for errands or places where we can go and have fun and where he can take a break," he said.

Though he's fully embraced these responsibilities, Ben admits it's taken a toll on him – particularly by way of stress causing delays on tasks like school assignments.



Your Side coordinates a range of social activities as part of its programs.

"The caregiving responsibilities have significantly impacted my life, often causing stress and making it challenging to fully concentrate on my schoolwork," he said.

"But I love my brother, so of course I am always going to help with his care."

Recently, Ben was introduced by his mum, who had already received

support and services previously, to the Carer Gateway – an Australian Government program providing free services and support for carers. "She thought it would be beneficial

for me to join as well and socialise and connect with other young carers," he said.

In particular, Ben has been able to receive support on both the academic and social sides of his life through provider, Your Side.

"I've received help through Carer Gateway with things like tutoring and receiving a laptop to help with school work," he said.

"I have also attended a lot of super fun social events."

With a range of support services available, Ben encourages everyone to get involved.

"I believe it's important for other young carers to be aware of the Carer Gateway program and consider signing up as it can provide valuable support for their caregiving responsibilities," he said.

"The young carer program through the Carer Gateway also provides specific support to young carers like tutoring, career pathway options, respite, in-home help and even driving lessons.

"It's cool!"

To learn more or access these services, visit carergateway.gov.au or call 1800 422 737.



2025 Scholarships at St Paul's Grammar School

St Paul's Grammar School is offering a limited number of scholarships to students entering Year 5, Year 7, Year 9 and Year 11 in 2025, encouraging excellence and nurturing potential across the curriculum.

All-Rounder Scholarships

Are offered to students with significant ability in areas such as academic, performing arts, community service, sport, and leadership.

Academic Scholarships

Are offered to students on the basis of their ACER exam results and at the Principal's discretion. All applicants must sit for the scholarship test in February.

Performing Arts Scholarships

Are offered to students of exceptional achievement in music, dance or drama as well as a commitment to pursuing excellence in other academic studies.

Christian Congregational Scholarships

Are offered to students with a developing understanding of the Christian faith and who are actively involved in a Christian Church.

Financial Scholarships*

Are offered to students who are able to demonstrate a commitment to learning and cocurricular pursuits. Applications must include a summary of the financial circumstances of the family.



*Year 11 Only.



ST PAUL'S
GRAMMAR SCHOOL
IN CHRISTO FUTURUM

p. 02 4777 4888
e. enrol@stpauls.nsw.edu.au
stpauls.nsw.edu.au



SCAN THE
QR CODE
FOR MORE
INFORMATION



WW52575