CYCLOPS is a free support service that helps young carers & their families.

CYCLOPS offers support that can help make life easier and promotes opportunities for young carers to be more involved in community life.

One in ten young people aged up to 25 in Australia care for someone in their family with an illness or disability.

ANGLICARE
NSW SOUTH | NSW WEST | ACT

CYCLOPS

Initiative of

ACT Government

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CONNECTING YOUNG CARERS TO LIFE OPPORTUNITIES & PERSONALISED SUPPORT

JUGGLING LIFE & CARING DUTIES IS AN ARTFORM

WHO ARE YOUNG CARERS?

Young carers are young people aged up to 25 years old who care for a family member experiencing a physical or intellectual disability, mental health issues, alcohol and other drug related issues, and/or chronic illness.

WHAT DO YOUNG CARERS DO?

Young carers take on a broad range of responsibilities. These can include:

- Shopping
- Cooking
- Cleaning
- Paying bills & managing finances
- Assisting with showering & toileting
- Giving medication
- Organising transport
- Attending medical appointments
- Monitoring health & safety of family members
- Managing crisis situations
- Supervising siblings
- Emotional support

HOW CAN CARING AFFECT YOU?

Caring can be a really positive experience

- Development of life skills
- Gaining a sense of self and value

Caring can have competing priorities

- School work
- Employment
- Time with friends
- Caring for family
- Having time to just be yourself

HOW CAN CYCLOPS HELP?

CASUAL SUPPORT
Someone to talk to, and help to deal with day to day problems.

CASE MANAGEMENT
When things get complicated CYCLOPS can help co-ordinate supports for the whole family.

ADVOCACY
To help you say what you want to say, if you don't know how.

EDUCATION SUPPORT
Help your school to understand your caring role if it is impacting your education.

SOCIAL GROUPS
Meet others who are or have gone through similar things.

SCHOOL HOLIDAY ACTIVITIES
A chance to have a break and try new things.

INFORMATION
Services who can help and places to go.

REFERRAL
If we can't help you, we'll find someone who can.