



Presented by
Bobbi Cook

With Special Guest
Georgia from Little Dreamers

Siblings aka Young Carers



Who are we talking about?

- Younger
 - Older
 - Child
 - Adult

Welcome

- To you! In chat... please put where you are from
- Special guest Georgia from Little Dreamers
- BCBM Team -
 - Kerrin – managing Q & A
 - Chantelle – available to call you now if needs be
 - Ayesha – managing chat
 - Paula – making sure you can get in (all stuff admin)
 - Alisha – supporting me

Plan for Tonight

- Go through issues commonly experienced by young carer's – not that you don't know
- Add to the list, your experiences if we have missed anything
- Discuss what helps
- Georgia and Bobbi interview – Little Dreamers story and what they can offer you
- Discussion on resources
- Q and A

Issues

- Isolation
- Lack of information
- Relationship difficulties
- Leaving home too early
- Future fear
- Attention
- Needs to be perfect
- Missed diagnosis and lack of needs being met

Issues

- At risk of picking wrong partner to get away
- Long term pressures
- Embarrassment
- Guilt – like survivor guilt
- Grief
- Reactions of others
- CHAOS – Can't Have Anyone Over Syndrome
- Missing out, not just FOMO
- The future

Helpful Plans

- Giving as much info as is age appropriate.
- Have a will and succession plan and let your child know you have it sorted.
- Have long term goals in NDIS plan and include adult siblings in planning process.
- Schedule time for siblings, not negotiable.
- Look after yourself.

Helpful Plans

- Get good support
- Get help to advocate
- Hook into supports for siblings
- Push it if you have to
- Get monthly respite for siblings
- Have an alternative place for them to go
- Help them do play dates with friends outside of the house
- Get them assessed

Introducing Georgia, aka Gee

- Where do you work?
- Why's of Little Dreamers
- What is your role?
- What are you at Little Dreamers?
- What is your favourite thing about Little Dreamers?
- What services can you offer siblings in Australia, Melbourne, Ballarat and region?
- How can we connect with you?
- What is happening in the next school holidays?

Resources

- Carer Gateway – when you register as a carer with Carer Gateway you can also register any young carers in your house – local activities and supports through BHS.
- The Young Carer Network – offers supports, bursaries and scholarships for young carers.



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