

EMPOWERING YOUNG CAREGIVERS WITH OPPORTUNITIES FOR FRIENDSHIP, FUN AND LEARNING!

IF YOU ARE A YOUNG CARER, OR THINK YOU KNOW ONE, GIVE US A CALL!



WHERE CAREGIVERS REALLY COUNT NO MATTER WHAT AGE THEY ARE!



ANYONE CAN MAKE A REFERRAL
ALL SERVICES ARE PROVIDED FREE OF CHARGE

416-364-1666

HOW CAN YOU SUPPORT?
• BECOME A VOLUNTEER
• PARTICIPATE IN SPECIAL EVENTS
• MAKE A DONATION



YOUNG CARERS PROGRAM

How we help

The *Young Carers Program* offers FREE activities and programs throughout Toronto to provide social, recreational, educational, and skill development opportunities for Young Carers by connecting them with peers, building resilience and self esteem, and giving them time to have fun!

Our goal is to strengthen families by working with local partners to make sure people get the support they need when someone is affected by illness, disability, addiction, or a language barrier.

WE HELP CHILDREN AND TEENS VALUE THEIR FAMILY ROLE, THEIR HEALTH, AND THEIR FUTURE GOALS!

CONNECTING & SUPPORTING KIDS AND TEENS THAT HELP CARE FOR A FAMILY MEMBER!

HOSPICE TORONTO IS A NON-PROFIT ORGANIZATION WHOSE PRIMARY SERVICE IS A VOLUNTEER-BASED IN-HOME HOSPICE & PALLIATIVE CARE PROGRAM

- EMOTIONAL HEALTH
- PHYSICAL HEALTH
- SOCIAL HEALTH
- EDUCATIONAL HEALTH
- FAMILY SUPPORT

SUPPORTING YOUNG CARERS

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12% OF CHILDREN AND YOUTH IN CANADA ARE YOUNG CARERS!*

*Dr. Grant Charles, School of Social Work, UBC

THAT'S OVER 700,000 KIDS, YOU ARE NOT ALONE!

It's easy to overlook the effects and needs of Young Carers since support is often focused on the family member needing care. Often people don't talk about being a caregiver because it's personal and can make someone feel different, but Young Carers exist worldwide and are being supported in Canada!



My grandma has Alzheimer's... My brother has autism..
My mom has depression... My dad has cancer..
My mom has Multiple Sclerosis... My dad has bipolar disorder..
I translate for my parents... My sister has special needs..
My grandpa is an alcoholic... My mom has an addiction..

WHAT IS A YOUNG CARER?

Children and youth 5-18 years old in a caregiving role for a parent, grandparent, sibling or any relative with a chronic or life threatening illness, disability, addiction, mental illness, or language barrier.

WHAT DO YOUNG CARERS DO?

Practical Care: • Household care • Cook • Clean • Laundry • Babysit • Budget • Translate

Personal Care: • Bath • Dress • Feed • Give medications • Help with mobility • Toilet

Emotional Care: • Encourage • Cheer up • Be the 'strong one' • Build self-confidence

** It's not about how much they do, but how they are affected!*

IDENTIFYING A YOUNG CARER

Many Young Carers don't know they are one, or may be keeping their role hidden because they feel different from their peers. It could be a friend, student, or even you! A Young Carer may be anxious, stressed, tired, socially isolated, absent or underachieving in school.

It can build great strengths!

As a Young Carer you are very mature, independent, and compassionate! You are wise beyond your years and resilient, as you have learned to deal with tough times. You are probably very close and bonded to your family.

Sometimes it can be hard!

Being a Young Carer is not a role you necessarily chose. You may have lots of mixed emotions and it can feel lonely. It can be overwhelming at times and you may be angry and sad. If you're feeling stressed or tired, your schoolwork may suffer, and often you have less time to hang out with friends and do fun things. Not to mention all the worrying!

Talk to us to see how we can help.
CAREGIVERS need support too!

OUR SERVICES

The *Young Carers Program* is a place for Young Carers aged 5-18 to meet each other and be recognized for the important role they play in their families. Members can attend social recreational programs, learn new skills, and go to special events and workshops created just for them! It's a place to de-stress, have fun, make friends, and get advice and information for the whole family!

WITH KIDS LIKE YOU...

BECOME AN ARTIST, WATCH MOVIES, PLAY SPORTS, LEARN ACTING SKILLS, AND HOW TO COOK A TASTY MEAL!
GO ON FUN TRIPS IN THE CITY, LEARN MEDICAL EDUCATION, GET HELP WITH YOUR HOMEWORK, PLAY MUSIC AND PARTICIPATE IN GROUP ACTIVITIES!

The Youth Champion Committee is made up of outgoing youth aged 16-24 who are currently (or were) Young Carers. They are our young leaders, raising awareness and helping guide the program.

View our calendar at

www.hospicetoronto.ca/youngcarers

Programs are hosted at various locations in Toronto

Become a Member 416-364-1666