

SPEAKING OUT SURVEY



2025

SNAPSHOT:
YOUNG CARERS

SOS asks about key areas of wellbeing



Physical
Health



Mental
Health



Community
Life



Education



Safety



Hopes For
The Future

Do you help take care of anyone at home?

7,140

answered 'Yes'

3,375

cared for their parent

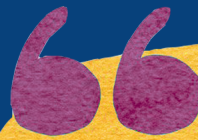
5,096

cared for their sibling



My father has diabetes and is quite old so I help out as much as I can.

Girl 13



I am the person my sister usually first goes to for mental health concerns.

Boy 16



Commissioner for Children and Young People
Western Australia

The most identified behaviours included



Entertaining



Preparing Meals



Shopping

What is a young carer?

A young carer is someone who provides unpaid care and support to family member/s, or friends with a disability, a physical or mental illness, a substance dependency or someone who is aged.

They might do things like helping their family get around, take medicine, or provide emotional support when they are upset. This is a big responsibility and happens regularly. Without the help of the young carer, they would be unable to live independently.

*It is important to note that while we added instructions stating this did not refer to looking after pets, we still received many questions as children were unsure.

Helping my brother who has an intellectual disability. **Boy 13**



804

consider themselves a young carer

ccyp.wa.gov.au

2,275

were unsure if they considered themselves a young carer

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