



DOCUMENTARY

"JUST CARE FOR US Supporting Young Carers" produced by Carers Victoria

This DVD highlights the experiences of five young carers who talk about how their caring responsibilities affected their:

- schooling and education
- health and wellbeing
- leisure and fun
- friends
- future

Who can benefit from watching "JUST CARE FOR US Supporting Young Carers"?

This DVD aims to raise awareness of this growing issue amongst those working with young people and offers ideas and strategies for supporting young carers in their caring role and promotes ways that workers can assist young carers in achieving a balance between their caring responsibilities and caring for themselves.

How can I view this educational documentary?

This documentary can be ordered from Carers SA at a cost of \$39.95 + \$10.00 p/h. It can also be loaned from Carers SA; to obtain a copy contact Carers SA on 82716288 or toll free 1800 815 549 email: info@carers-sa.asn.au