



# Get to know Little Dreamers!

Presented by Sasha Missell- Community Engagement Coordinator VIC

“

Hello!

A bit about me!

”



*Sasha Missell*

Community Engagement Coordinator



# LITTLE DREAMERS


Little Dreamers is Australia's leading Young Carer organisation, working with young people who provide unpaid care for a family member with a disability, illness or addiction across a range of direct support programs.

Since our beginning we've become a game changing force in the Young Carer space, developing internationally recognised best practice programs and changing the lives of thousands of Young Carers around the country.

Our staff across Victoria, New South Wales and Queensland are working towards our vision of creating a world in which every single Young Carer is supported by someone or something by 2030.



# DEFINITION

 **YOUNG CARER**  
/jʌŋ/'kɛ:rə/  
noun

*'A young person under 25 who provides, or intends to provide care, assistance or support to a family member with an illness, disability, or addiction.'*





CREATED BY  
YOUNG CARERS  
FOR YOUNG CARERS



# YOUNG CARER STATISTICS



**1 in 10** young people are Young Carers



**2 - 3** Young Carers in every classroom



Only **4%** of primary Young Carers finish High School



**50%** of Young Carers families live below the poverty line



Young Carers are up to **1.5 Years Behind** in Naplan scores.



60% of Young Carers between the ages of 15-24 are **unemployed** compared to 38% of non-Young Carers

# THE CONTINUUM OF CARE

**'Light end'**

**'Heavy end'**

**'Very heavy end'**



**Young carers providing 0–19 hours of care per week:**

**Young carers providing 20–49 hours of care per week:**

**Young carers providing 50+ hours of care per week:**

'Routine' levels and types of caregiving including some help with instrumental activities of daily living.

Caregiving tasks and responsibilities increase in amount, regularity, complexity, time involved, intimacy and duration.

'Substantial, regular and significant' caregiving including considerable help with instrumental activities of daily living

Household tasks and caregiving tasks can be considered age and culturally appropriate for the child's age.

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# OUR INTAKE AND REFERRAL PROCESS



1. Application for support or referral received



2. Allocation to ISC (Intake Support Coordinator)



3. Introductory contact made with family: three attempts over a one month period (email/text/call)



4. Introductory chat (getting to know you/ understanding their needs & discuss our program offerings)



5. Program participation



We offer support programs that cater for Young Carers aged 4-25:



DREAM EXPERIENCE



HOLIDAY PROGRAM



BIG DREAMERS



TUTORING



THE DREAMERS HUB



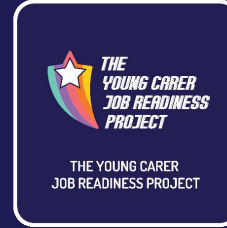
PEER SUPPORT



THE YOUNG CARER PROJECT



HOUR OF POWER



THE YOUNG CARER  
JOB READINESS  
PROJECT

THE YOUNG CARER  
JOB READINESS PROJECT



## DREAM EXPERIENCE



## What is a Dream Experience?

A Dream Experience is more than just a day out for Young Carers. It's a chance to acknowledge the incredible work Young Carers do to support others and create an experience that's all about them.

Our Family Support Workers will work one-on-one with each Young Carer and their family to turn their little dream into a **big** reality!



Apply for support



Be matched to a Family Support Worker



Tell us what you're interested in



Receive your Dream



Enjoy!



## HOLIDAY PROGRAM



### What is our Holiday Program?

Our Holiday Program allows Young Carers to simply be kids for the day, offering them a break from their caring role and the chance to make new friends while enjoying an action-packed day out!

#### The Holiday Program is designed to:



Reduce social isolation



Provide respite for Young Carers



Ease the stress on parents during the school holidays



Create a sense of pride and empowerment around having a caring role



Provide a safe and fun environment for Young Carers



BIG DREAMERS



## What is the program?

Built from personal experience and qualitative research, the **Big Dreamers Personal Development Program** is built to empower, develop resilience and provide an opportunity for Young Carers to build new skills and find hidden talents.

**The program runs across six months and includes:**



Monthly workshops



Overnight retreats



Wellbeing check-ins



Business mentoring



Graduation event



## HOUR OF POWER



### What is the program?

**Get ready to have some fun online!**

Running weekly online via Zoom, Hour of Power is all about having a laugh, playing games and meeting other Young Carers just like you.

You'll be able to get up and dance, test your general knowledge and engage in activities ranging from charades, trivia, word games, 'Guess the Song' and more.

Hour of Power is perfect for Young Carers aged 6 and up.



## TUTORING



### What's it all about?

Online tutoring provides Young Carers with extra support in their education, keeping them engaged in schoolwork and studies with regular online one-on-one zoom sessions.

Young Carers are matched with our Little Dreamers volunteers based on subject needs and time availability. Tutors will help guide students through their homework and school related tasks to provide a helping hand with their education.

The program gives Young Carers the opportunity to get to know their tutor and receive support with their education.



## THE DREAMERS HUB










### What is it?

The Dreamers Hub is an online platform created **by** Young Carers **for** Young Carers.

Experience a 24/7 interactive community full of resources, forums, games, and instant support, providing Young Carers with a dedicated place to connect, learn and have fun.

No matter where you are, if you're a Young Carer, you're welcome on the Hub!

### The Dreamers Hub is the first of its kind, featuring:

-  Live forums
-  Upcoming community events
-  Tips and tricks
-  Dream Experience applications
-  Inspirational content
-  Video interviews with Young Carers
-  Blog posts



## PEER SUPPORT



This is a Carer Gateway program delivered by Little Dreamers.

### What is the Peer Support Program?

Our Peer Support program is a free facilitated service delivered by Little Dreamers via the Carer Gateway. The program is specifically designed to assist carers to:



Connect with people in similar circumstances;



Learn from their peers through the sharing of lived experiences, and



Experience relief from carer stress through forming personal connections and sharing of personal stories.



## THE YOUNG CARER PROJECT.



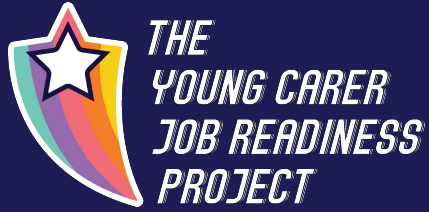
### Little Dreamer's vision

Our vision is to ensure that all Young Carers are able to attend school, enjoy school and receive equal access/adequate support in their education. We focus on raising awareness and promoting positive behaviours towards Young Carers in schools.

### What's it all about?

In every classroom across Australia, 2-3 students will have a caring role. The Young Carer Project aims to create a school community that acknowledges and supports Young Carers.

The Young Carer Project adopts a whole school approach to engineer a kind, safe and supportive school environment where Young Carers can thrive. To do this, we work with key teachers and wellbeing staff, Young Carers and the broader school community, conducting training, workshops and online modules.



## What is The Young Carer Job Readiness Project?

Develop new skills and find the pathway to your dream job!

### What's it all about?

The Young Carer Job Readiness Project is a practical program offering vocational skill development and training opportunities, alongside workplace mentoring, internships and work experience.

Young Carers gain access to the best in the business, develop new tangible skills to increase employability and meet loads of new people to help them on their way.





# Find us on Social Media



Keep in touch and follow us!

-  Little Dreamers Australia
-  @littledreamersaustralia
-  @littledreamers
-  [littledreamers.org.au](http://littledreamers.org.au)

## Hashtags

- #LDDreamBig
- #LittleDreamersAu
- #YoungCarers

## Get In Touch

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