

About Little Dreamers



Our vision? A world where every single Young Carer is supported by someone or something by 2030.

Chat to us for more info:
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Hello! We're Little Dreamers, Australia's leading Young Carer organisation. We support young people aged four to 25 who provide care for a family member affected by disability, chronic or mental illness, substance use, or frail age.

Across a range of direct support programs, both in-person and online, we're improving the quality of life of Young Carers across five key areas: education, employment, mental and physical health, socialisation, and financial wellbeing.

OUR PROGRAMS



DREAM EXPERIENCE

Giving Young Carers a one-of-kind experience to make their Dream come true!

Dream Experiences acknowledge Young Carers for the amazing work they do supporting their loved ones.



HOLIDAY PROGRAM

Providing Young Carers with a break from their caring role on the school holidays and chance to make new friends, whilst enjoying a fun day out.

Activities include movies, sports and cool excursions.



BIG DREAMERS

A six month personal development and leadership program for groups of Young Carers aged between 13-18.

Learn new skills, make new friends and attend impactful workshops and retreats.



HOURL OF POWER

Running weekly online via Zoom, Hour of Power is all about having a laugh, playing games and connecting with other Young Carers!

Dance, play games, engage in activities and more



MENTORING AND TUTORING

Facilitated by Little Dreamers volunteers, mentoring gives Young Carers the opportunity to gain a new role model.

Learn new skills and reduce the social isolation often associated with a caring role.



LEVEL UP

A dynamic and flexible program that gives Young Carers (aged 18- 25) the opportunity to focus on themselves and their future goals.

It helps Young Carers to navigate a pivotal time in their life.



DREAMERS HUB

Join our 24/7 online community to participate in discussions, post content and connect and chat with other Young Carers.

Access ongoing support in a safe and monitored environment.



PEER SUPPORT

Work side-by-side with a team of mentors and other Young Carers, with a focus on personal development, growth and guidance.

This program consists of eight one-hour sessions.



TYCP aims to promote a safe and supportive school environment where Young Carers can thrive. We work with teachers, Young Carers and the broader school community, conducting training, workshops and online modules.



A chance for Young Carers to become advocates for other Young Carers in their communities. They will undertake a series of training sessions and workshops around media, communications and advocacy.



TYCRJP offers vocational skill development and training opportunities, alongside workplace mentoring, internships and work experience. Develop new skills and find the pathway to your dream job!

Who is a Young Carer?

A Young Carer is a young person under 25 who provides, or intends to provide care, assistance or support to a family member affected by disability, chronic or mental illness, substance use, or is frail age.

Young Carers will provide care for a loved one in varying capacities. This could range from emotional support and assistance with household activities, lifting, dressing and feeding.



Little Dreamers acknowledges that a young person does not need to be the sole carer or primary carer for their life to be impacted by caring responsibilities.

Young Carers are not defined by geography, culture or socio-economic factors and their roles vary in every family.

THE FACTS

It is estimated that there are more than 750,000 Young Carers in Australia.



1 in 10 young people in Australia have caring roles in their family.



It is estimated there are **2 - 3** Young Carers in every single classroom.



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



50% of caring families live below the poverty line in Australia.



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



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