Advocating for children with disability

Help for Your Family fact sheet

Support for siblings



Siblings of children with disability often miss out as families juggle caring responsibilities.

Many siblings are considered young carers because of how they help and play with their sibling with disability.

There is a range of support to provide siblings with opportunities to connect with others, and help with their education.

Little Dreamers Australia
Little Dreamers Australia provides opportunities for siblings to participate in free and low-cost camps, school holiday excursions, social groups, and mentoring support.

https://www.littledreamers.org.au/

Siblings Australia
Siblings Australia provides training for families on how to support siblings. They also offer siblings the opportunity to connect and share their experiences.

www.siblingsaustralia.org.au

Young Carers Network
Young Carers Network has information for young carers and runs the annual Young Carer Bursary which provides $4,000 to over 2,900 young carers a year. Applications for the Bursary open in October each year.

https://youngcarersnetwork.com.au/

Young Carer Scholarship
The Young Carer Scholarship provides scholarships of up to $500 to young carers at secondary school to participate in school or community activities. Applications open in March each year.

https://www.carersvictoria.org.au/information-and-impact/grants-and-scholarships/young-carer-scholarship/

Carer Gateway
Carer Gateway can help young carers (up to the age of 25) manage their caring responsibilities and help them stay connected with school and friends. Siblings need to register with the Carer Gateway as a carer to receive support.

https://www.merrihealth.org.au/services/carer-support/support-services/young-carers/

Local carer supports
Many other local carer support services run activities for young carers, so sign-up for options in your local area.

https://www.acd.org.au/local-carer-supports/

Counselling support
Siblings can also access free counselling through Each and Carer Gateway.

Each
https://www.each.com.au/services/family-relationship-support-for-carers

Carer Gateway
https://www.carergateway.gov.au/

Free services for families

- **Support Line**
- **Workshops**
- **Information**
- **Peer support**