



ECCV Position Paper

Refugee and Migrant Young People with Caring Responsibilities

1. ECCV is aware that many people aged 25 and under, provide informal and unpaid assistance to a family member who has a disability, mental illness, chronic condition, is aged, or has a substance abuse problem.
2. ECCV emphasises that young people from refugee and migrant backgrounds are overrepresented as young carers and need enhanced support to balance their own needs with the needs of those for whom they care.
3. ECCV acknowledges that, whilst caring responsibilities provide young people with strong skills and great satisfaction, there are also significant negative effects on their ability to study, work and maintain social relationships.
4. ECCV asserts that the definition of a 'carer' needs to be broadened in order to include young people who are caring for siblings as that group is currently not eligible for support.
5. ECCV points out that providing support for refugee and migrant young carers is challenging as they are often 'hidden' due to fears of attracting unwanted or inappropriate intervention and community attitudes that discourage disclosure by stigmatising illness and disability.
6. ECCV has found that refugee and migrant young carers may be unaware of the extraordinary nature of their caring duties and may not be acquainted with the support service system, or even that it is acceptable to seek support.
7. ECCV advocates for targeted stigma reduction and rights education programs to better encourage young migrant and refugee carers to seek support.

8. ECCV is aware that migrant and refugee young carers are reluctant to avail themselves of respite opportunities that they consider to be inappropriate or unresponsive to the needs of those for whom they care.
9. ECCV advocates for increased respite opportunities for migrant and refugee young carers.
10. ECCV calls upon the Victorian Government to enhance the capacity of respite services, so that they may up-skill staff and recruit specialist workers, in the interests of improving their cultural and linguistic responsiveness.
11. ECCV believes that accessible, flexible and culturally appropriate support options are needed if we are to ensure that young carers have opportunities, equal to those of their peers, to pursue their educational, employment and social goals.
12. ECCV calls upon the Victorian Government to provide the resources necessary to enhance accessibility, cultural responsiveness and flexibility in the support services system, so that young carers can more easily locate and receive appropriate assistance.
13. ECCV encourages awareness raising in migrant and refugee communities, so that young carers and their families may be better informed regarding the support services that are available to them.
14. ECCV advocates for increased initiatives to enhance community awareness, particularly in schools and among health care providers, regarding the high level of young carers from refugee and migrant backgrounds.
15. ECCV argues that refugee and migrant young carers would benefit greatly from opportunities for additional and more flexible academic support, as well as subsidised fee arrangements, so they may continue to study despite their time constraints and reduced earning capacity.
16. ECCV calls for more research into the lives and experiences of migrant and refugee young people with caring responsibilities, so that we may all better understand and assist them with their needs.

For more in-depth information on this topic, please consult our background paper and sector consultation report *Refugee and Migrant Young People with Caring Responsibilities: What do we know at:*

[http://eccv.org.au/library/Refugee and Migrant Young People with Caring Responsibilities.pdf](http://eccv.org.au/library/Refugee_and_Migrant_Young_People_with_Caring_Responsibilities.pdf)