



in every  
classroom

# Supporting Young Carers in Schools

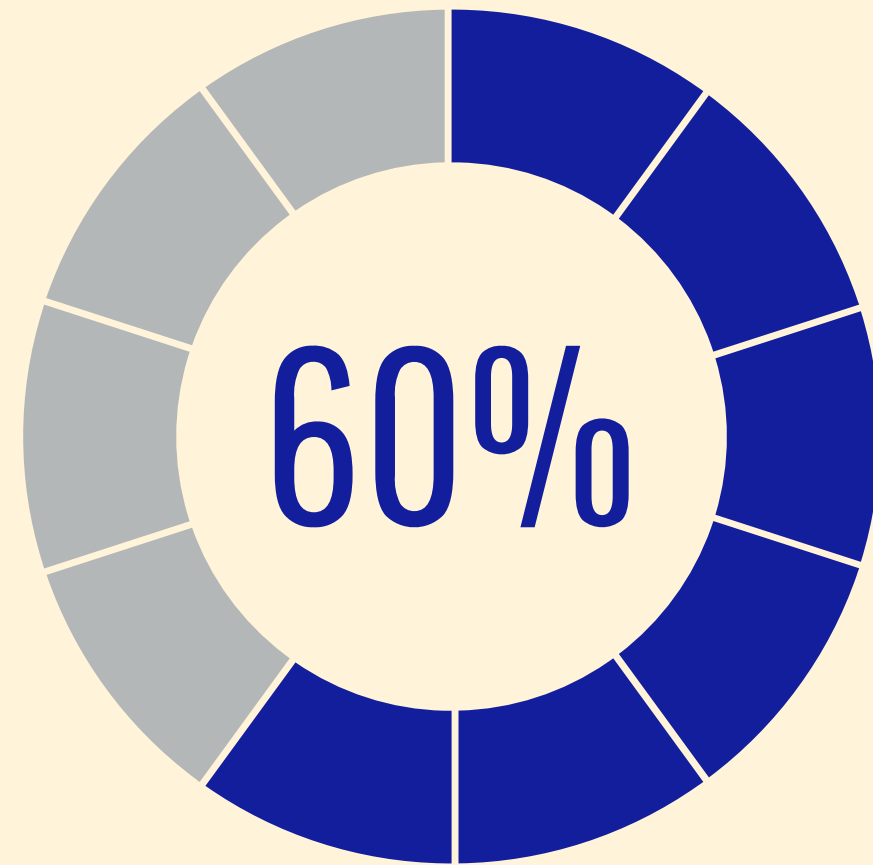
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Agir contre la maladie mentale  
Action on mental illness



# 14-27 hours a week caregiving



have sleep disorders, back pain, poorer lifestyle habits, and are more likely to have a mental health disorder or anxiety

Discuss: What are their strengths?

# What does this look like at school?

- Distracted, tired, or have physical pains
- Homework late or sloppy
- Social isolation
- Bullying
- Absenteeism (1-2 days / month)
- Dropping out, struggling in school



# Do they...



- Have a sibling or parent with a disability?
- Seem very mature for their age?
- Seem secretive about their family, or family situation?
- Not participate in school trips or extracurricular activities?
- Have parents who are less engaged?

# Examples

RAANM pilot in Montreal

- Champions in 6 Schools
- Outreach kiosques

[www.raanm.net/jeunes -proches -aidants/](http://www.raanm.net/jeunes-proches-aidants/)

Young Carers in School Program (UK)

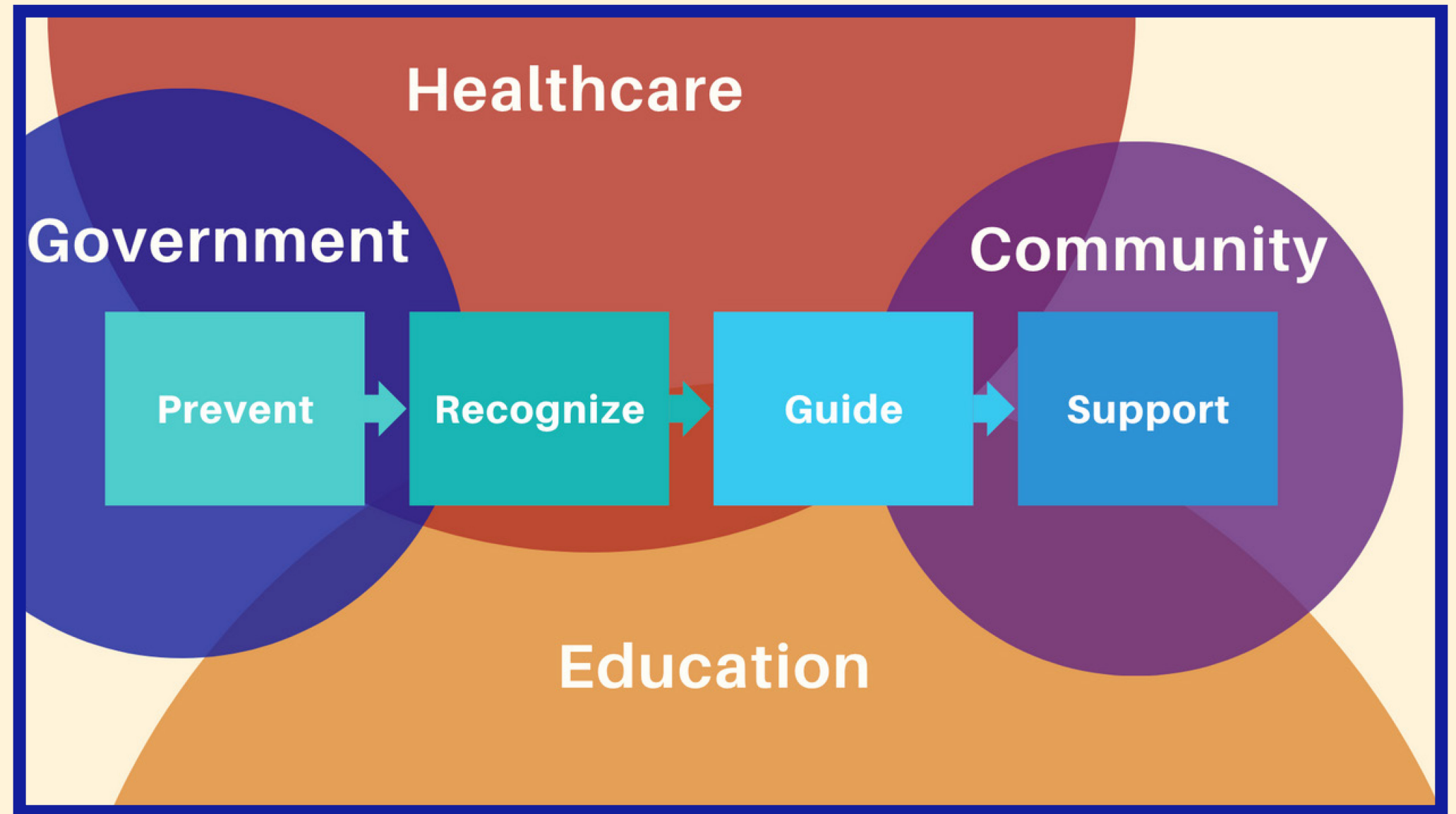
- Program with awareness and support toolkits
- 500 schools have completed the program
- Schools receive an accreditation and awards

<https://youngcarersinschools.com/>

# Discuss: What's your role?

The young carer experience crosses all these domains, and they need support from each one.

What's realistic from your experience?



# Things to Do Today

- Be understanding and flexible: uncertainty and last-minute upsets can interfere with due dates and classwork
- Lessen the impact of absences
- Work around their routine: Favour lunch over the end of the day
- Allow them to stay in contact with family if they are worried
- Suggest a personalized support plan
- Keep parents engaged: consider accessibility and worries



# Small Steps

- Talk about young caregivers, explicitly say caregiving is a valid reason for some accommodations
- Awareness campaign
- In-class presentations on young carers
- Trainings for teachers and staff

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Is someone close to you struggling with their mental health, a disability, or problems related to substance use, language barriers, or ageing?

Whether you care about them or for them, **you may be a young carer**, and we can help.

AMIQUEBEC.ORG/YOUNGCARERS

514.486.1448

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# Toward Larger Change

- Ensure policies explicitly mention young carers
- Mandate or structurally include trainings for staff
- Including young carers in the curriculum
- A young carers champion in every school
- Pilot services or supports specific to your student body

# Discuss:

What can you do?

What do you need to do it?



# Resources

[Find a Service for a Young Carer](#)

[Find Information for a Young Carer](#)

[Books about and for young carers \(p47\)](#)

## AMI-Quebec Services

[Kids Impacting Kids: Helping Parents Cope](#)

[November 23](#)

[Caring Kids: Expressing Big Feelings about Home](#)

[December 7](#)

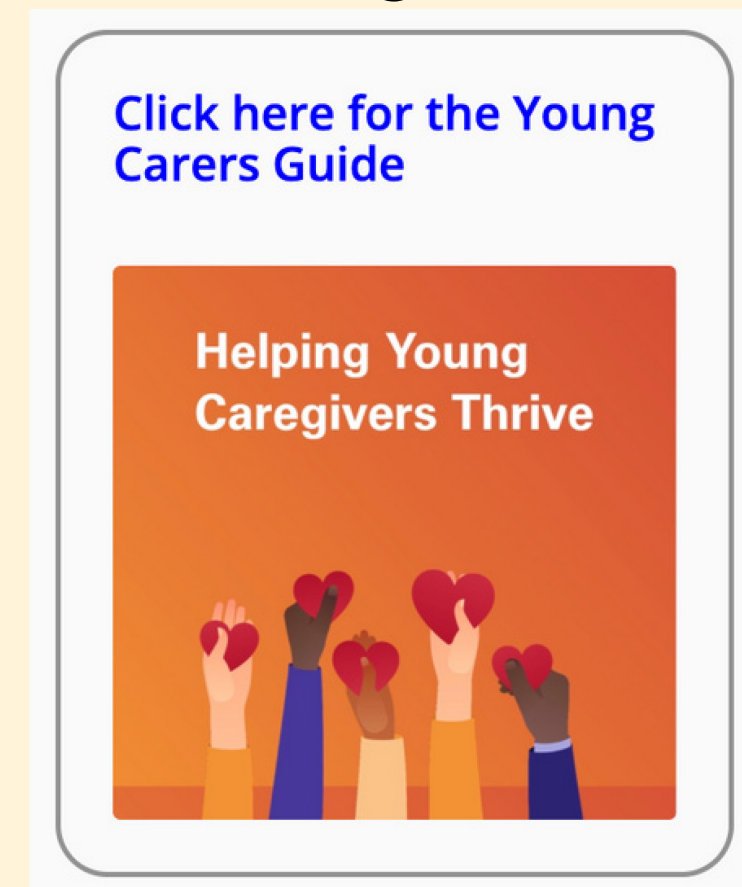
[Monthly Support Group for 18-30 year old mental](#)

[health caregivers](#)

Further information

[amiquebec.org/youngcarers](http://amiquebec.org/youngcarers)

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# Stay Involved

**AMI's Young Carers Working Group**

**Studies and Youth Advisory:**

Do you have students who could get involved?

**Book a classroom or staff presentation  
[youngcarers@amiquebec.org](mailto:youngcarers@amiquebec.org)**

## Young Carers Action Plan

