## ★Do you know "Young Carers"? ★



Although there is no legal definition, it is generally defined as "children under the age of 18 who routinely perform household chores and family care that adults are supposed to be responsible for."

Carrying excessive burdens that are not appropriate for your age may affect your academic performance, career path, and friendships. Also, some children feel that their situation is taken for granted and cannot send out an SOS.



Doing household chores such as shopping, cooking, cleaning, and doing laundry on behalf of a family member with a disability or

illness



Taking care of younger siblings on behalf of family



Taking care of or watching over a sibling with a disability or illness



Always caring for the family by keeping an eye on them, watching over them, and speaking to



Interpreting for families where Japanese is not their first language or families with disabilities



Working to support the household and helping family members with disabilities or illness



Dealing with families with alcohol, drug and gambling problems



Caring for family members
with chronic illnesses such as
cancer, incurable diseases,
and mental illnesses



Taking care of a family member with a disability



Assisting family members with disabilities or illnesses in bathing and going to the toilet.

★In order to promote a correct understanding of Young Carers, we will introduce some of the posters drawn by students who belong to the art club and sculpture club of junior high schools in Anjo City.













## Consultation desk for Young Carers.

• Child-rearing Support Division Child and Family Section (Main government building 1st floor)

Telephone Number: 0566-71-2272 (Direct Line)

Weekdays 8:30 am to 5:15 pm (excluding year-end and New Year holidays)

Child guidance center consultation hotline (Ministry of Health, Labor and Welfare)

Telephone Number: 0120-189-783 (Free Dial)

24-hour reception (Open all year round) 

\*\*Toll free

● 24-hour children's SOS dial (Ministry of Education, Culture, Sports, Science and Technology)

Telephone Number: 0120-0-78310 (フリーダイヤル)

24-hour reception (Open all year round) 

\*Toll free