

Hiroshima NOW

10

2024

English No. 30

Have you heard about Young Carers?

ヤングケアラーを知っていますか 「ひろしま市民と市政」9月1日号 (P3)

Young carers are children or young people who provide long-term nursing and other essential daily support to their families. Local governments are working harder to support these individuals. To further this support it is important to deepen understanding of young carers in the surrounding adults, and to have them take notice of the burdens of young carers and any sudden developments in their lives.

Inquiries: *Kodomo Seishōnen Shien Bu* Tel. 082-504-2973

◆ Young carers are these sorts of children and young people:

- Those who do chores on behalf of disabled or ailing family members
- Those who look after young siblings on behalf of their family
- Those who look after disabled or ailing members of their family
- Those who interpret for family members for whom Japanese is not the first language
- Those who, to protect their family's income, work, or assist disabled or ailing family members with their work

◆ What concerns are there for young carers?

Daily occupation with household tasks and looking after family can cause:

- Lateness, having to leave early, as well as absences at school. Having little time at home for study or schoolwork. Giving up on dreams of higher education, or other effects on career path choice.
- Inability to attend school clubs, or otherwise spend time with friends and peers after school or on weekends and holidays.
- Only being able to work limited hours, being unable to pursue a job at a previously sought workplace or in a previously attractive profession.
- Profound stress.

■ **Consultation Services** Please note that consultations are in Japanese.

▶ Children and Families Support Center (*Kodomo Katei Sentā*)

- Each center is located inside the Community Support Division (*Chi'iki Sasaeai Ka*) of your local ward office.
- Support services available for children and youths up to 18.

Ward	Telephone	Hours
Naka	082-504-2739	Monday to Friday 8:30 am-5:15 pm Closed: National holidays, August 6, 12/29-1/3
Higashi	082-568-7794	
Minami	082-250-4160	
Nishi	082-294-6519	
Asaminami	082-831-5017	
Asakita	082-819-0639	
Aki	082-821-2827	
Saeki	082-943-9773	

▶ **Hiroshima City Youth Counselling Center (*Seishōnen Sōgō Sōdan Sentā*)**

Tel: 082-242-2117

Hours: Monday to Saturday 9 am-5 pm

Closed: Sundays, national holidays, August 6, and December 29-January 3

▶ **Children's Counselling Center, Wakakusa (*Kodomo no Sōdan Sentā Wakakusa*)**

- Support services available for children and youths up to 18.

Tel: 082-263-3058

Hours: Everyday excluding Wednesdays 10 am-7 pm

Closed: Wednesdays and December 29-January 3

▶ **Children's Counselling Center (*Jidō Sōdansho*)**

Tel: 082-263-0694

Hours: Monday to Friday 8:30 am-5:15 pm

Closed: Saturdays, Sundays, national holidays, August 6, and December 29-January 3

Note: The Center offers child abuse counselling and accepts reports of abuse over the phone 24 hours a day.



If you are not confident in your Japanese, please contact the office below:

Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

Opening Days and Hours: Monday to Friday 9 am-4 pm

Closed: Saturdays, Sundays, national holidays, August 6, and December 29-January 3

Available Languages: Chinese, Portuguese, Spanish, Vietnamese, English, and Filipino

Filipino language is only available on Fridays and the 1st and 3rd Wednesday of the month.