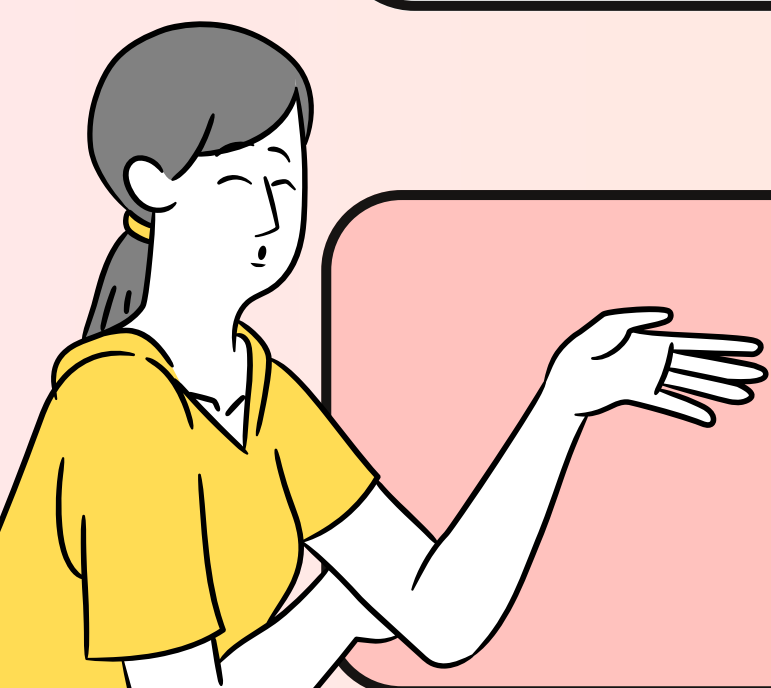


How to be taken seriously as a young caregiver

As a young caregiver, it may be challenging to speak up. People may not explain things to you clearly. Here are some things you can do to change that.



Speak up

Ask questions when you do not understand and raise your concerns when you do not agree.

Keep following up if your concerns are being ignored. It is good to ask questions.

Be determined



Do your own research



Be open and take a step forward. Useful resources are available online to boost your own knowledge.

