



Australian Government

Workforce Australia



Transition to Work

Support for young carers – your pathway to work and education

Did you know there are over 390,000 young carers in Australia – people just like you who support family or friends every day?

Being a young carer often means putting others first, and that can make study or work feel out of reach. Transition to Work is here to help you take steps toward the career you want and to find ways to balance caring with your own personal goals.

What is Transition to Work?

Transition to Work is an intensive program for up to 18 months that helps young people aged 15 to 24, including young carers, to:

- get a job (including apprenticeships and traineeships)
- connect with education or training
- build practical skills and confidence
- access local community services.

The program can fit around your caring responsibilities – so it works for you.

 **Learn more:** [Transition to Work](#)

Who can join?

Transition to Work is a service for young people aged **15–24** who are eligible to work in Australia and may not have completed school, have disengaged from education/training, or identify as Aboriginal or Torres Strait Islander. They may have caring responsibilities, mental health issues, or limited work experience.

Young carers can **volunteer** to join Transition to Work if they're not currently enrolled in school/education or working more than 8 hours per week and not receiving a Centrelink payment*.

** Young carers receiving a Centrelink payment should [contact Services Australia](#) to see if they are eligible for Transition to Work*

How to join?

Contact the Transition to Work provider in your local area. They will confirm if you're eligible and help you get started.

 **Search for your local** [Transition to Work Provider](#)

What support will you get?

Together with your provider, you'll choose the right mix of activities and services to help you reach your goals. You will be expected to participate for up to 25 hours each week.

The type of support might include:

- help with job search, resumes, and interviews
- pre-employment and work readiness courses
- access to training and education
- assistance with licences and work equipment
- referrals to local services.

Not ready for Transition to Work yet?

If you're not ready for the intensive program but still want some support with work readiness, advice on education pathways or to find a job, there is help available.

Try Youth Advisory Sessions

You can speak to a Transition to Work provider for more information and advice.

The Youth Advisory Sessions support includes:

- Short-term career advice and support delivered by a Transition to Work provider
- Up to **3 one-hour sessions**
- Flexible: in-person, phone, or video
- Topics include job skills, career direction, and local services

 [Learn more: Youth Advisory Sessions](#)

Who can join?

- To participate in Youth Advisory Sessions, you must be:
- aged between **15-24 years**
- registered with Workforce Australia Online.

How do I sign up?

- Register for free with **Workforce Australia** using your myGov account.
- Contact your local [Transition to Work provider](#) to book a session.

 [For assistance and information on setting up your Workforce Australia online account - Register to get started - Workforce Australia for individuals](#)

**LIKE
SAM
START
YOUR
JOURNEY**

**With the Transition
to Work Program**



Through the Transition to Work program, Sam gained confidence and practical skills that helped him feel ready. He described the experience as “incredibly helpful” as the program connected him with employers who were understanding of his caring responsibilities and helped him gain the right experience and qualifications to land a flexible casual job that fits around his family commitments. Today, Sam feels positive about his future and proud of what he’s achieved