



Profiles, Needs, and Preferences of Adolescent Young Carers

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European Parliament Informal Carers Interest Group

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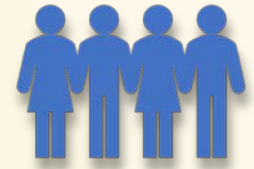
Online Survey with Adolescent Young Carers (ages 15-17 years old)



Survey Features

- Aim: To assess the extent of caring and its effects (impact on general wellbeing, work and education) for European adolescent young carers
- ***1,684 AYC's identified across 6 EU countries***

Identity and Condition of the Cared-for Person



The “typical” profile of a European adolescent young carer is a girl providing care for her mother with a physical disability.

Exceptions: In Italy, grandparents and specifically grandmothers possess the predominance of care needs. In Sweden and UK, significant care is provided by siblings.

Of those providing care to a non-family member, the majority of respondents indicated that they provide care for a close friend with a mental illness, with the exception of Italy.



Care Undertaken by AYCs

Type of caring activities: Domestic activity, household management, financial and practical management, personal care, emotional care, and sibling care.

When compared to their non-caring peers, AYCs perform greater amounts of caring activities in the home, and the differences are highly statistically significant. Overall, girls perform a greater amount of care activities compared to boys, however the statistical significance varies between countries.

Difficulties in school because of caring

The majority of AYC's were currently engaged in education at the time of the survey (over 90% of AYC's).

Italy

- 8% of AYC's report negative school performance (N=17)
- 6% of AYC's report bullying (N=12)

The Netherlands

- 13% of AYC's report negative school performance (N=17)
- 15% of AYC's report bullying (N=20)

Slovenia

- 10% of AYC's report negative school performance (N=26)
- 5% of AYC's report bullying (N=13)

Sweden

- 13% of AYC's report negative school performance (N=82)
- 10% of AYC's report bullying (N=67)

Switzerland

- 14% of AYC's report negative school performance (N=13)
- 15% of AYC's report bullying (N=12)

United Kingdom

- 22% of AYC's report negative school performance (N=94)
- 37% of AYC's report bullying (N=92)

Health difficulties due to caring

Italy

- 26% of AYC's report physical health problems (N=45)
- 17% of AYC's report mental health problems (N=30)

The Netherlands

- 20% of AYC's report physical health problems (N=18)
- 11% of AYC's report mental health problems (N=10)

Slovenia

- 24% of AYC's report physical health problems (N=53)
- 16% of AYC's report mental health problems (N=34)

Sweden

- 12% of AYC's report physical health problems (N=72)
- 26% of AYC's report mental health problems (N=152)

Switzerland

- 40% of AYC's report physical health problems (N=28)
- 33% of AYC's report mental health problems (N=23)

United Kingdom

- 30% of AYC's report physical health problems (N=55)
- 60% of AYC's report mental health problems (N=110)

Severe Mental Health Impacts Due to Caring: Self-harm and Harm to Others

Italy

- 8% of AYC's reported self-harming thoughts
- 6% of AYC's reported thoughts of harm to others

The Netherlands

- 11% of AYC's reported self-harming thoughts
- 4% of AYC's reported thoughts of harm to others

Slovenia

- 8% of AYC's reported self-harming thoughts
- 5% of AYC's reported thoughts of harm to others

Sweden

- 11% of AYC's reported self-harming thoughts
- 4% of AYC's reported thoughts of harm to others

Switzerland

- 21% of AYC's reported self-harming thoughts
- 5% of AYC's reported thoughts of harm to others

United Kingdom

- 30% of AYC's reported self-harming thoughts
- 12% of AYC's reported thoughts of harm to others

What Policy Recommendations Can We Make at an EU & National Level?

Combat

Combat the myth that young carers do not exist or only exist in small numbers: **Young carers DO exist & contribute significantly to our society!**

Recognize

Formally recognize the oft—overlooked unpaid care provided predominately by girls and young women and raise opportunities for their inclusion into education and employment

Protect

Protect the rights of particularly marginalized AYCs: migrant and refugee AYCs, BAME; Traveller, Gypsy, and Roma communities, and those caring for individuals with stigmatized conditions

Education & Employment Impacts & Policy Recommendations

In recognition that AYC's are at a higher risk of being NEET, create new and strengthen existing opportunities for apprenticeships; flexible working; and financial assistance for access to college and university

Furthering the EU's values of tolerance and respect, encourage member states to adopt stronger anti-bullying policies and legislations with specific mention of young carers as a protected group

Health Impacts & Policy Recommendations



Champion the role of connected (“joined-up”) health services to identify and support AYC’s.



General Practitioners, Emergency Room/A&E doctors, nurses, pharmacists can be excellent front-line contacts for AYC’s



Encourage member states to adopt “whole-family approach” policies to health care. Medical staff must assess AYC’s for impacts onto their mental and physical health

Severe Mental Health Impacts & Policy Recommendations

Barriers to AYC's accessing dedicated mental health support must be removed, e.g., wait times for mental health counselling can be months to years in the UK.

Member states must recognize the detrimental impact of the lack of long-term care systems and the austerity period onto mental health of its most vulnerable citizens: ***State-sponsored mental health care must be well-funded.***

Supporting AYC's to Hope & Thrive

Our View



AYCs have a right to self-determination, including the right to care if they desire to do so.



A focus on the negative impacts of caring serves as a strong motivator to urge society to act, *however,*

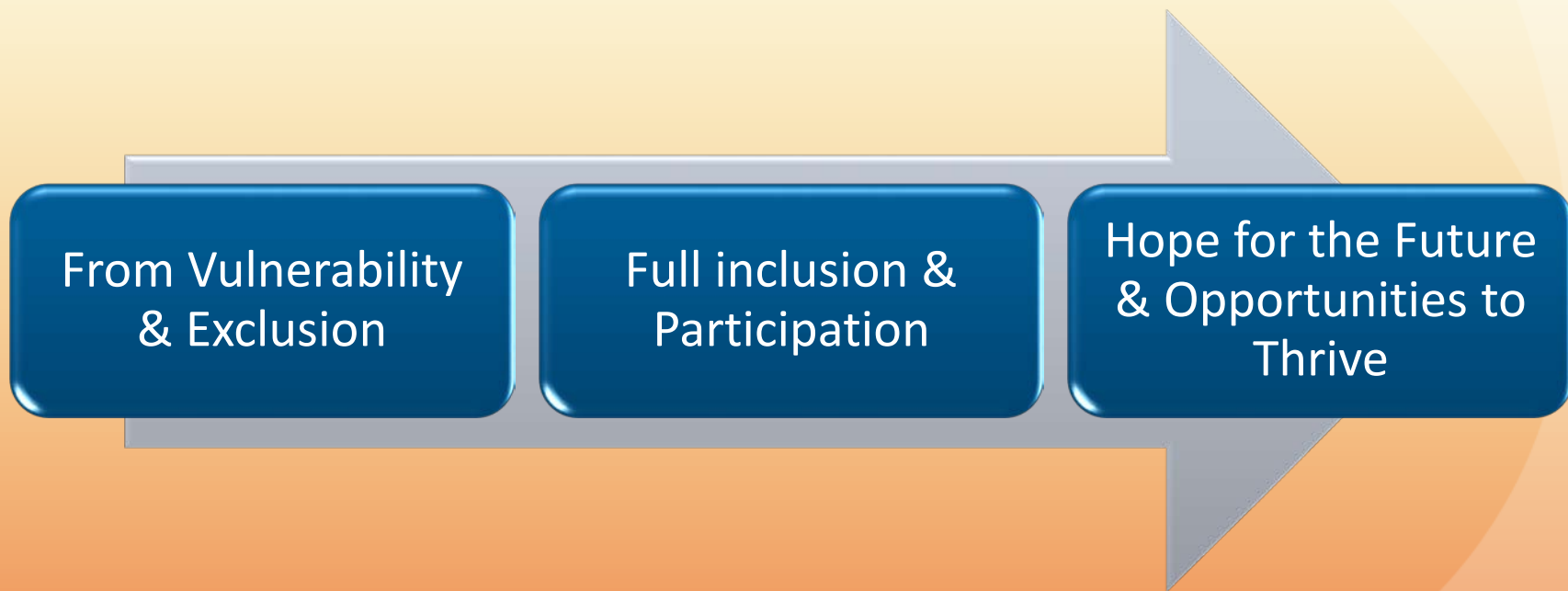


We must not overlook the positives of caring, both individually and as a society



We must also place burden on the lack of State recognition, support, and services which have led AYC's to take up inappropriate amounts and activities in caring

Moving European Adolescent Young Carers....



Thank You!

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