

# Successful strategies to support young carers



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# What do experts say on promising strategies?

## 1. Delphi study, 2 rounds

Experts from academia, policy and health/social care

10 EU countries:

- Sweden (n=10)
- Switzerland (n=10)
- United Kingdom (n=11)
- Italy (n=10)
- Slovenia (n=9)
- Netherlands (n=10/9)
- European level (n=6)

## 2. Rating & ranking study among experts & young carers



# Visibility and awareness

- Lack of visibility and awareness in all countries
- Highest in the UK and Sweden
- Visibility and awareness are increasing, in particular at local/regional levels
- Improving awareness:
  - Television programs
  - Social network campaigns



# Current interventions

## IDENTIFICATION

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Self-tests/assessment,  
social contacts,  
experts/mentors...

## INFORMATION

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Diseases, YC ID, laws,  
respite, interventions,  
education...

## CONTACT & CONNECT

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Constant dialogue, social  
support, whole family,  
peers

## ACCESS TO MENTORS

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School, fellow-sufferers,  
social care...

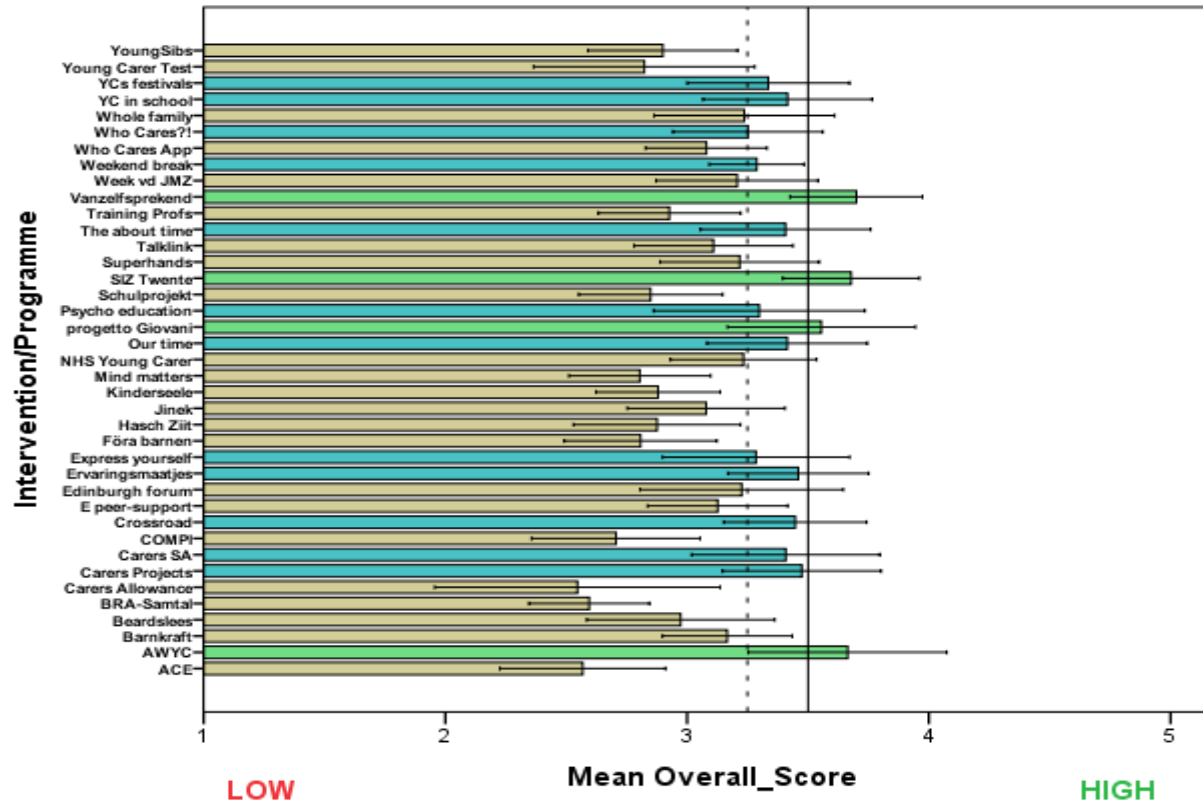
## RESPITE/FUN

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Break, camps, online  
forums, organize events...

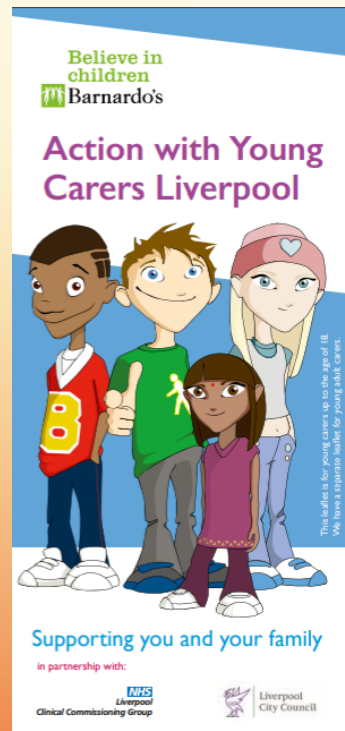


# Results Rating & Ranking



# 1) Bernardo's Action With Young Carers

- Project from the UK
- Social welfare organization
- Activities:
  - Family-centred work;
  - One-to-one support;
  - Peer support;
  - Guidance in education, employment and training.
- **Strengths according to young carers:**
  - Help for the 'looked after' person
  - Mediating family conflicts
  - Problem solving
  - Laid back and fun
  - Forming friendship, respite and recognition



## 2) SIZ Twente & Vanzelfsprekend

- 2 projects from the Netherlands
- Social welfare organizations
- Offer several activities:
  - Buddy program
  - Fun activities
  - Courses
  - One-to-one

### Strengths according to young carers:

- Not being pitied
- Engaging parents
- Low threshold
- Not problematizing



### 3) Resourceful Adolescent Program(RAP-A)

- Second generation cognitive-behavioural therapy
  - Program developed in Australia.
  - 11 sessions
- Pilot: the 11 sessions of the RAP-A model with recreational activities
  - in a 3-day camp.

#### **Strengths according to young carers:**

##### 1.Coping self-efficacy:

- affect regulation
- interpersonal functioning
- confidence and recognition of strenghts

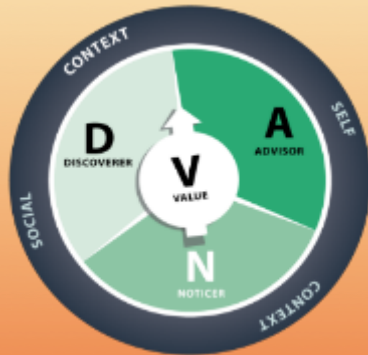
##### 2. Social benefits:

- opportunity for respite
- opportunity for social engagement



# 4) DNA-V Model

- Third generation cognitive-behavioural therapy
- 7 sessions



## General objectives:

- Reducing Impact of Risk
- Reducing Negative Chain Reactions
- Promoting Self Esteem and Self Efficacy
- Providing Opportunities
- Promoting development of a social network
- Providing a safe space for relief (respite)



# The Me-We model

- Based on the DNA-V model
- 7 sessions
  1. Face-to-face approach
  2. Blended approach (mobile app)
- Evaluation of effectiveness



# Future needs

- Awareness
  - Shared common definition of young carers
    - Caring for and caring about
    - Early identification
    - Insight in actual number of young carers
- Support
  - Whole family approach
  - Integration in care/social system
  - Co-design with young carers



# Thank you!



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