

Showcase of good practices for young carers

Eurocarers AGM, Porto, Portugal, 2 June 2022



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PARTNERS



**CARERS
TRUST**
SCOTLAND

Diakonie 
**Diakonisches Werk
Berlin Stadtmitte e.V.**


EUROCARERS
EUROPEAN ASSOCIATION
WORKING FOR CARERS


ANS
Anziani e non solo
società cooperativa sociale


édpa social cooperative
activities for
vulnerable groups

▶ AIMS OF THE PROJECT

Support social inclusion and engagement of young carers by helping young carers and professionals to adopt a whole family approach, where:

- members of the household (including the care-recipient) are encouraged to communicate openly about the illness and caring;
- the condition of the care-recipients is explained clearly to the younger members of the family;
- helping relationship are built within the family
- professionals are encouraged to take a whole family approach when working with care-recipients.



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▶ WHOLE FAMILY APPROACH

A whole family approach is built on the premise that **conditions that affect the family will have an impact on child development as will the direct experiences of the child.**

Whole family approaches provide a framework for looking at problems and creating more sustainable solutions – solutions that recognize that **what is good for the child is good for the family and vice versa.**

The Whole Family Approach is a family-led strategy which provides adults and children with the tools to set, plan for, and achieve their goals together.

It is preventive rather than crisis-driven.

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▶ OPEN DIALOGUE

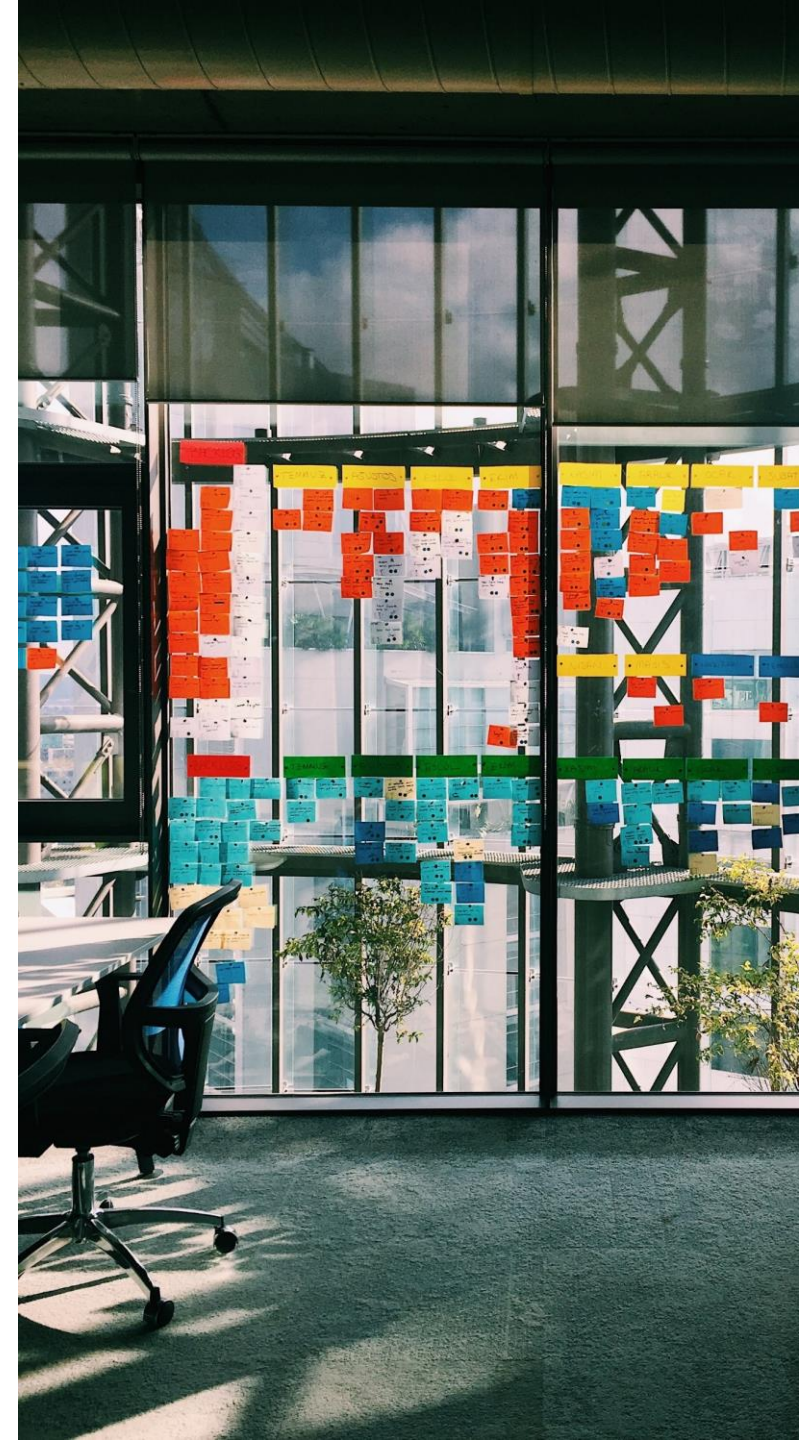
- The whole family approach promotes **open dialogue** within families **about the care relationship**: i.e clarifying how tasks can be rearranged within the family and where external support is needed. In the course of this, it is also possible to talk about how to deal with the disease development and its effects in the future.
- Open communication enables young carers to **be informed** about the disease and therefore to **reduce fears**.
- This allows the needs of Young Carers and their family members to be identified and the impact of caring responsibilities on the whole family to be revealed.
- This enables the question of what individual support is needed to avoid providing inappropriate care.



RESULTS

The TOGETHER project developed, tested and disseminated three intellectual outputs:

- **Awareness raising material** to inform children and adults about how important is to cooperate and be supportive with each other when there is a caring responsibility in the family
- A **training workshop curriculum for young carers and their families**, to support the creation of an open dialogue about the illness / condition of the care recipient, the impact on the young persons and how the whole family can respond to this
- An **e-learning programme for professionals** about how to promote a whole family approach for young carers and how to replicate the workshop elaborated



TRAINING WORKSHOP PROGRAMME

Topics and objectives

SESSION 1 “Our needs”

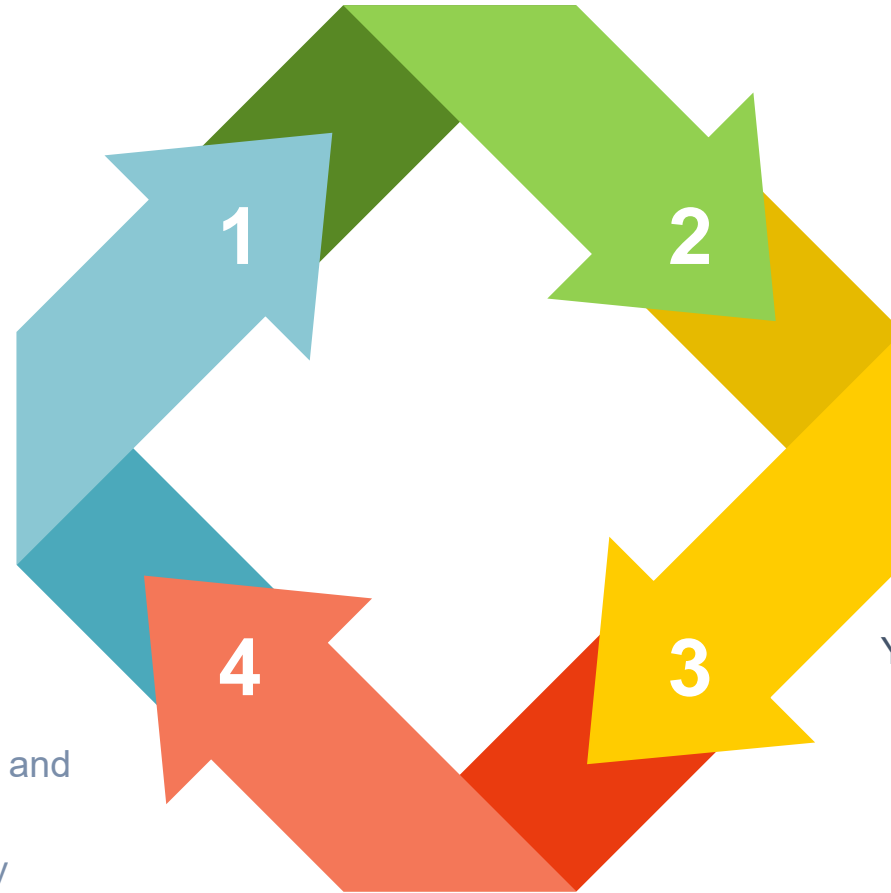
Young carers and family members together

- Know more about the workshop;
- Know more about young carers;
 - Getting to know each other;
 - Create a climate of trust;
- Becoming aware of own needs;
- Becoming aware of family members needs.

SESSION 4 “Our path together”

Young carers and family members together

- Becoming aware of other people’s emotions and thoughts relating to the caring activity;
- Facilitating communication among family members;
- Giving the chance to talk about caring activities (and emotions related) within the family.



SESSION 2 “Our emotions”

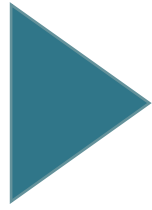
Young carers and family members separated in 2 different groups

- Increasing emotions self-awareness;
- Becoming aware of emotions related to caring activities;
- Sharing emotions within the group.

SESSION 3 “Our communication”

Young carers and family members separated in 2 different groups

- Becoming aware and reflecting on own communication style;
- Reflecting on family communication style;
- Being able to communicate my feelings and thoughts;
 - Practicing active listening.



E-LEARNING MODULES (1)

”

Module 1

The aim of this module is to **improve knowledge and awareness of young carers and the issues impacting these young people and their families**. This module will also explore **why taking a whole family approach** to supporting young carers is important.

Module 2

The module introduces practitioners to the **importance of awareness and self-identification of young carers**. It summarizes the process undertaken by the Together project partnership in creating awareness raising resources. It advises practitioners in using these resources effectively to support young carers using a whole family approach.

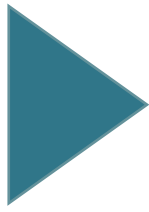


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E-LEARNING MODULES (2)

Module 3

The final objective is to **be able to deliver a series of interactive workshops for young carers and their families**, which aim to support the creation of an open dialogue about the care situation, the impact of caring on the young person and how the whole family can respond to this by helping relationship building within the family.

Module 4

Module 4 demonstrates the **importance of evaluation** and provides suggested tools to achieve this.

Module 5

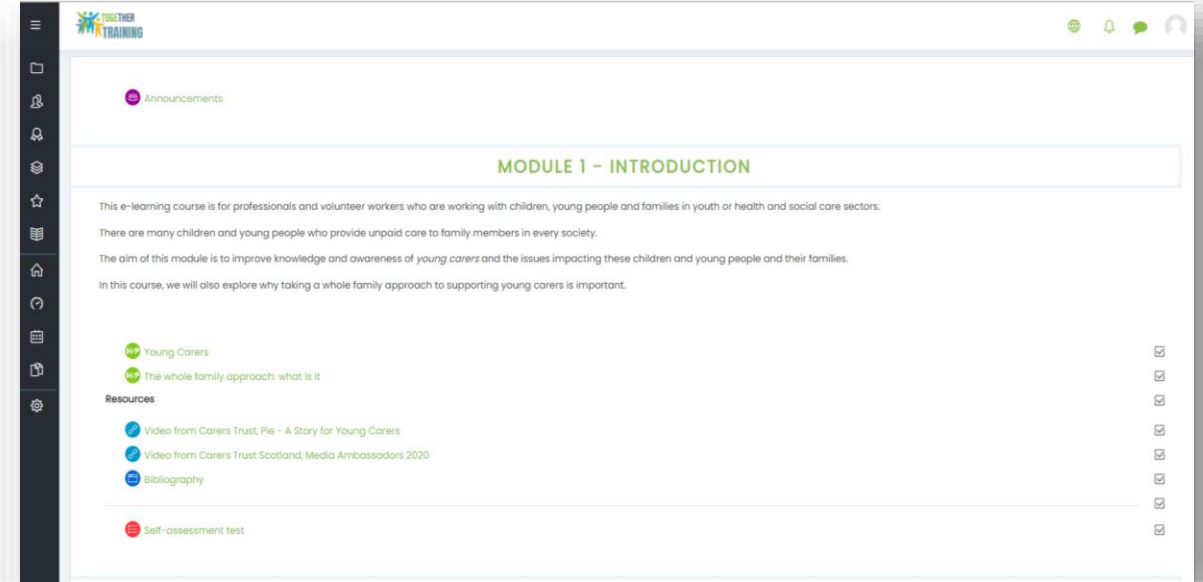
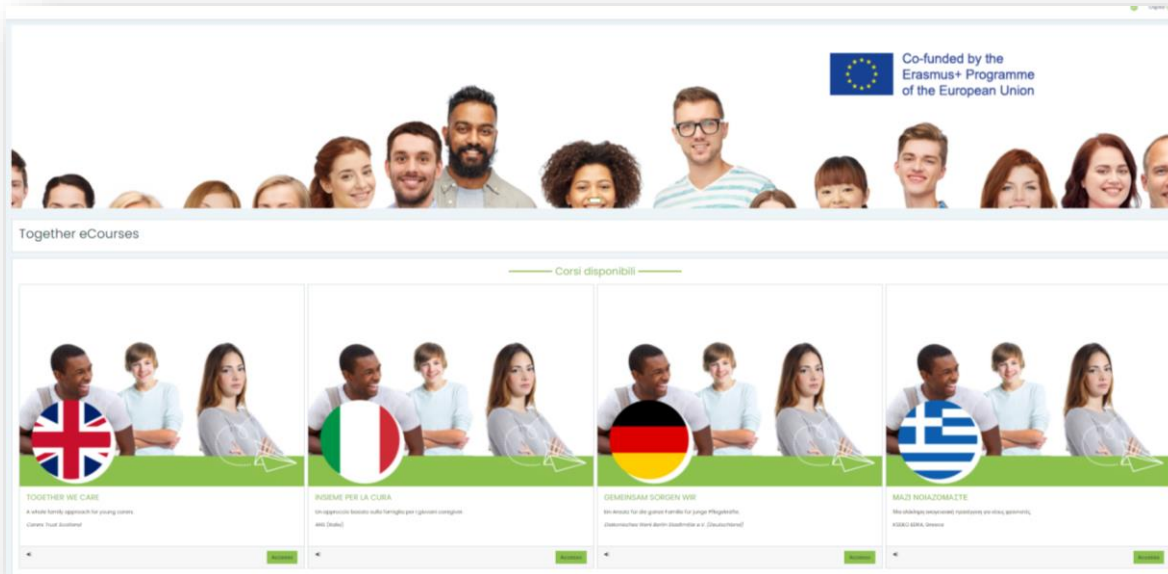
This module presents **good practice that exists across Europe** to address the needs of young carers. As well as practical examples, this module outlines the benefits of co-production and the added value of international collaboration and knowledge exchanges.



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 <https://togethereuproject.eu/training/>



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Jovens CUIDADORES

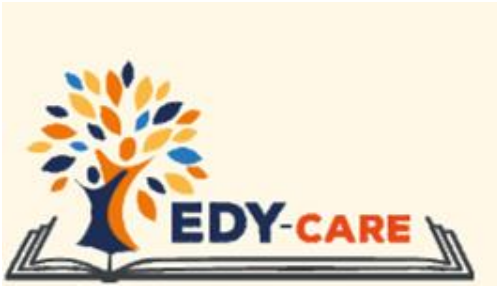


Reunião dia 08 junho 2021 (online)



Cofinanciado por:





2017

This project, Innovative School Education Methodologies and Tools for Guaranteeing Social Inclusion of Young Carers (EDY-CARE) aimed to **empower teachers and other school staff** (e.g., school nurses, psychologists, social workers, management) in upper secondary education (ISCED-3 level) to **recognise adolescent young carers** (16-19 years old) in classes and maximize their learning opportunities, while ensuring their social inclusion.



Project Coordinator
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OUR TEAM



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- Escola Básica da Madalena
- Agrupamento Gaia Nascente
- Escola Soares dos Reis
- Colégio de Gaia



Vila Nova de Gaia

Cuidadores Portugal aims to support 100 young carers

6080 students

- 2020/2021: 39
- 2021/2022: 86

- ✓ School Support
- ✓ Psychological Support
- ✓ Leisure and Sport Activities





Evaluation **by consulting company**
and by the **team**



Psychotherapy

House visit

Basic Kit

Interventions in School

Interventions in Health

Interventions in Social area

Studies support

Social media

Leisure activity

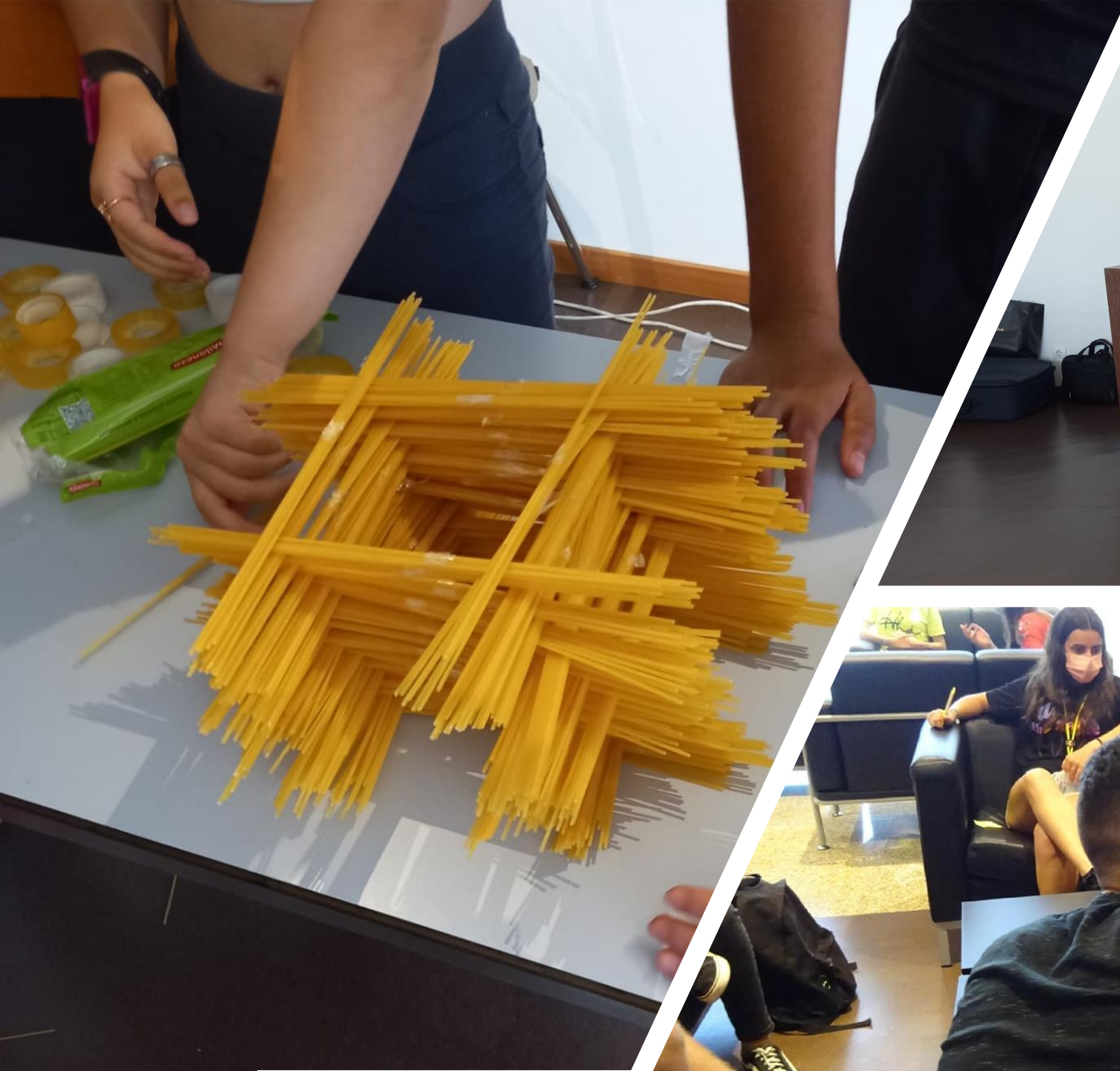


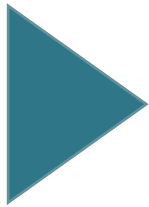


BASIC KIT

1. Time Management
2. Emotional Management and Mindfulness
3. Self concept and Self-esteem
4. Communication and conflicts
5. Problems Resolution







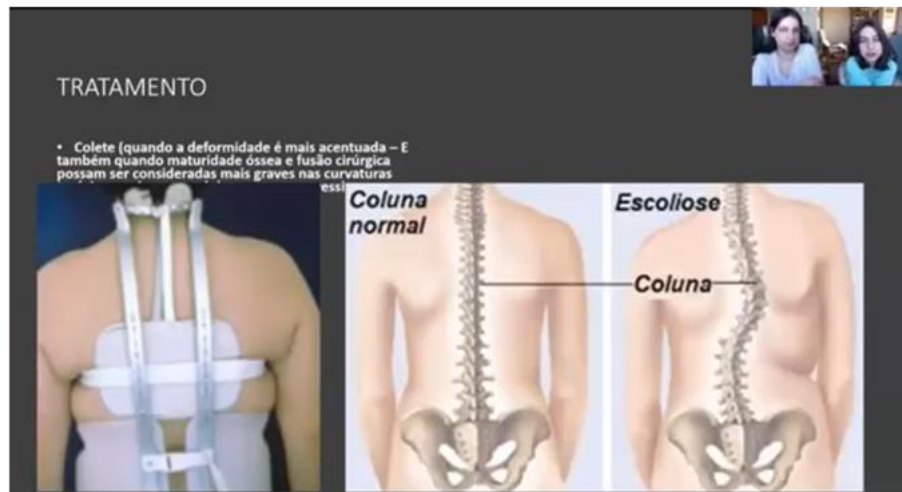
HEALTH INTERVENTIONS



Health Literacy



Epilepsia



Objetivos



ENSINAR E CAPACITAR

sobre os cuidados à ostomia de alimentação, na administração de alimentação e medicação (quando necessário).

RECOMENDAÇÕES E CUIDADOS

cuidados à pele e estoma, cuidados com a sonda/PEG, cuidados após a colocação do botão gástrico, sinais de alarme e precauções com a sonda.





Vacations

Vídeo: What means this Project Jovens Cuidadores to me?





Promoting mental health among adolescent young carers (aged 15-17) in Europe. The EU-funded ME-WE project

January 2018 – June 2021

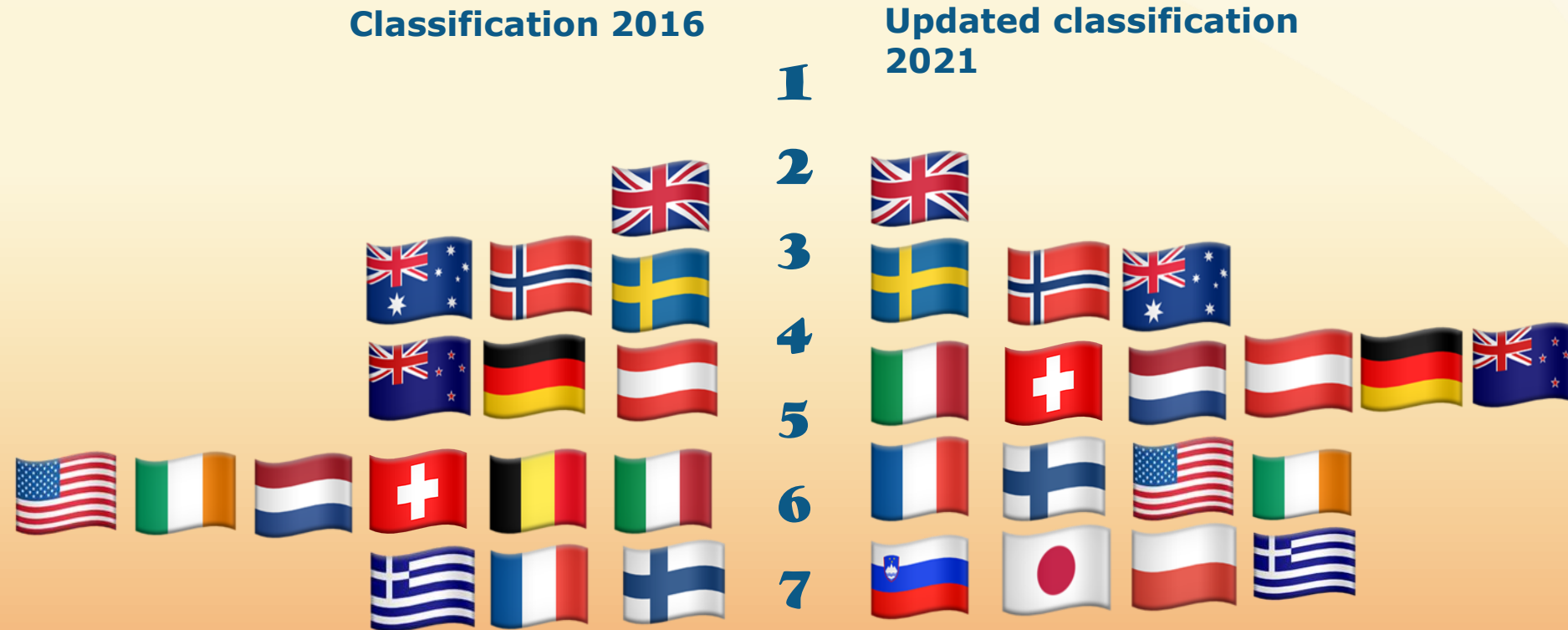
Sweden, The Netherlands, Italy, Slovenia, Switzerland, UK

<https://me-we.eu/>

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 754702



Becker & Leu Classification 2016, 2021



Leu, A., & Becker, S. (2016) A cross-national and comparative classification of in-country awareness and policy responses to 'young carers'. *Journal of Youth Studies*, 1-13.

Agnes Leu, Fabian Marc Pascal Berger, Malla Heino, Henk Herman Nap, Aurélie Untas, Licia Boccaletti, Feylyn Lewis, Daniel Phelps & Saul Becker (2022) The 2021 cross-national and comparative classification of in-country awareness and policy responses to 'young carers', *Journal of Youth Studies*, DOI: [10.1080/13676261.2022.2027899](https://doi.org/10.1080/13676261.2022.2027899)

ME-WE Online Survey (2018/19)

9,427 participants

Of which, 7,146 aged 15-17

2,099 AYCs aged 15-17

70% female; 27% male

Who receives care?

69% care for family member [mum, dad, grandparents, siblings]

16% care for >1 family member

53% care for close friend

22% care for family AND friend

Grandparent care is highest in Italy [72% cf 13% UK]

Family's health conditions

Physical disabilities 46%

Mental illness 40%

Cognitive impairments 26%

Addiction 10%

Friends: 69% have mental illness [82% UK cf 30% Italy]

ME-WE Online Survey (2018/19)

General findings

Amount of caring (MACA) varies between countries

Female AYC's do significantly more caring in Netherlands and UK

Both positive and negative adaptation is found

AYC's have lower state of wellbeing (Kidscreen) than non-carers [females have lowest]

Higher levels of caring (MACA) are associated with > school difficulties, bullying, mental health

Impacts

29% say their own **mental health** has deteriorated [country range 12-57%]

17% say **school performance** negatively affected [country range 9-38%]

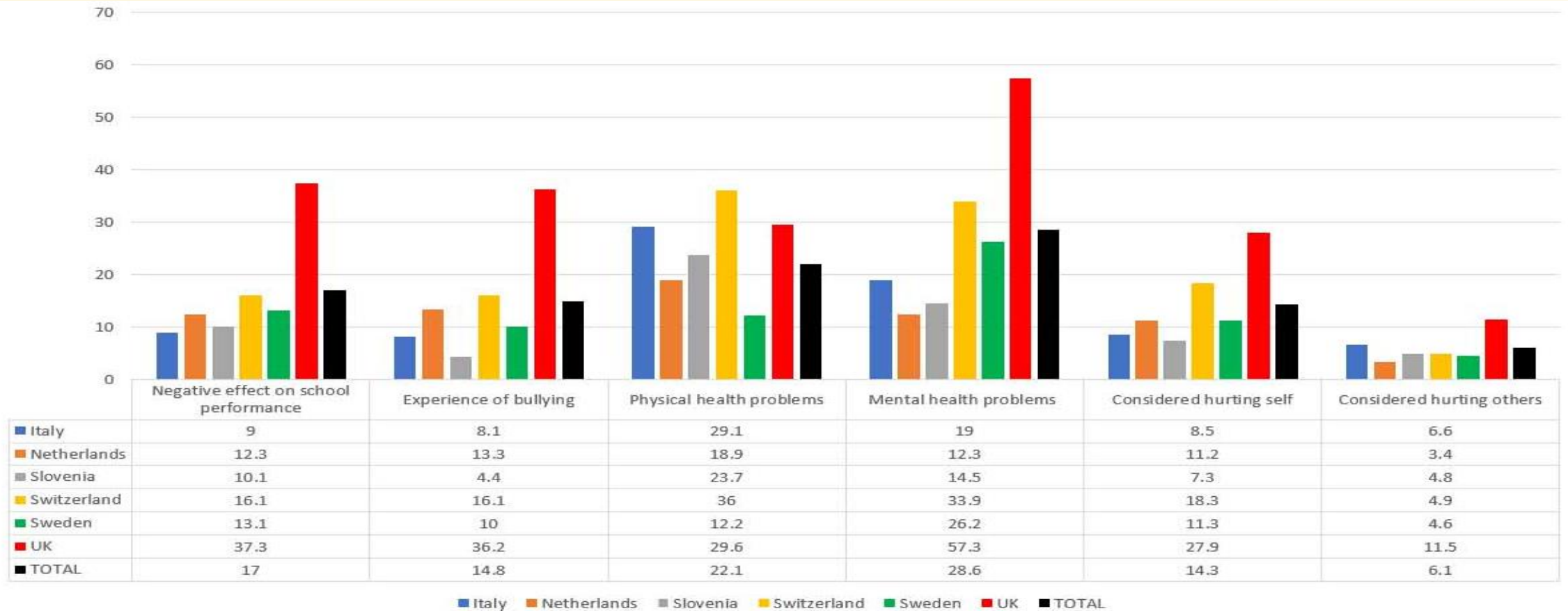
15% report being **bullied** [4-36%]

14% say they have thought about **hurting themselves** [range 7-28%]

6% say they have thought about **hurting others** [inc. person they care for] [range 3-12%]

What is the relationship between country-level responses and YC outcomes?

% of adolescent YCs who indicated they had experienced issues & difficulties due to their caring responsibilities (Source: Me-We research project)



The ME-WE intervention



- Psychosocial support, primary prevention intervention.
- Consists of ME-WE groups (online or face-to-face) and the ME-WE young carers' mobile app.
- Co-designed and developed together with young carers and professionals working with young carers in all six partner countries.

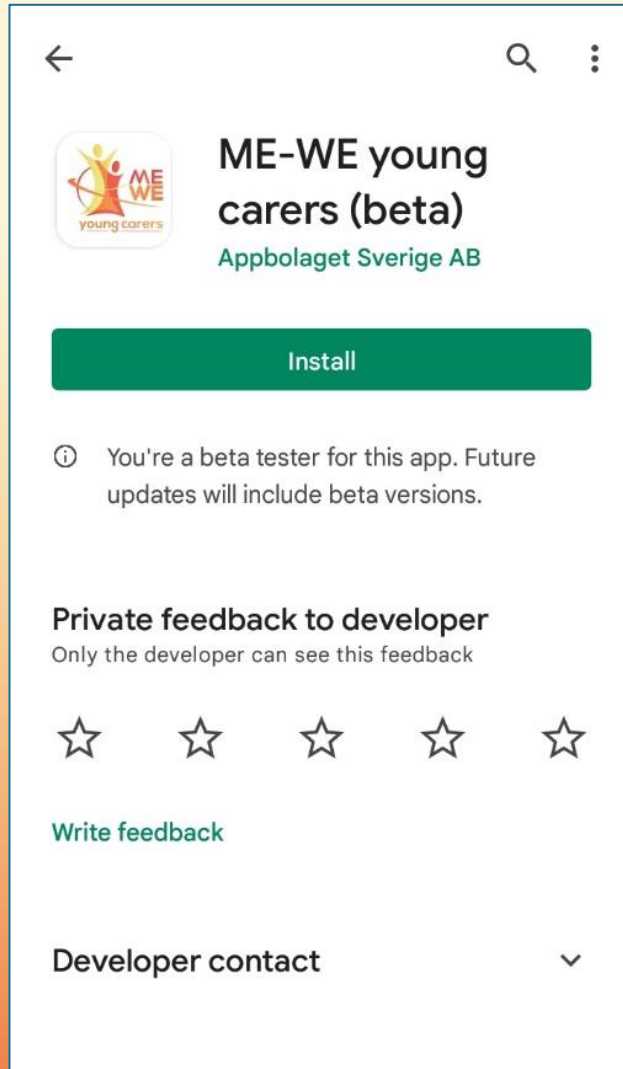
The ME-WE groups

Focus: strengthening adolescent young carers' resilience, by providing them with tools to handle difficult thoughts, get in contact with and notice their own feelings, grow and flourish, find meaningfulness and strength/energy, develop a flexible self-image and build strong social networks.

Consists of 7 group sessions (2 hours each, preferably one session per week), and a follow-up session after 3 months.

Online or face-to-face sessions.

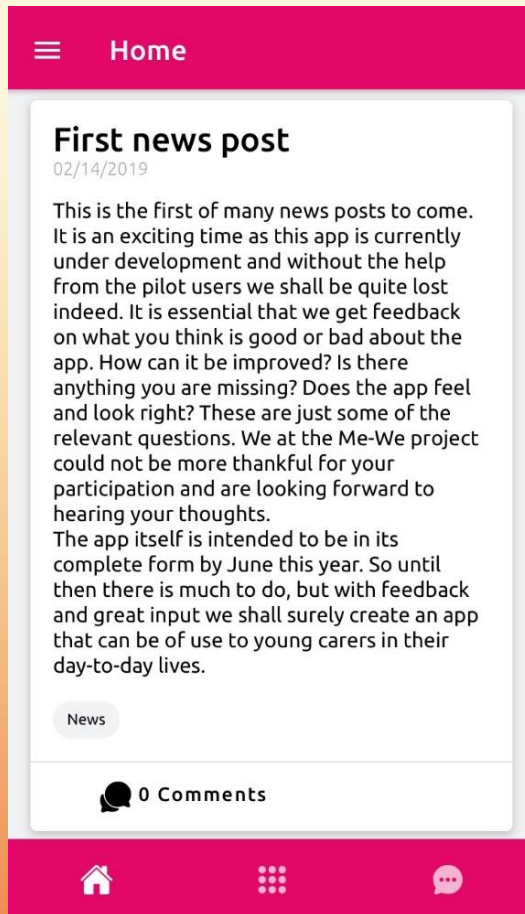
The ME-WE young carers' mobile app



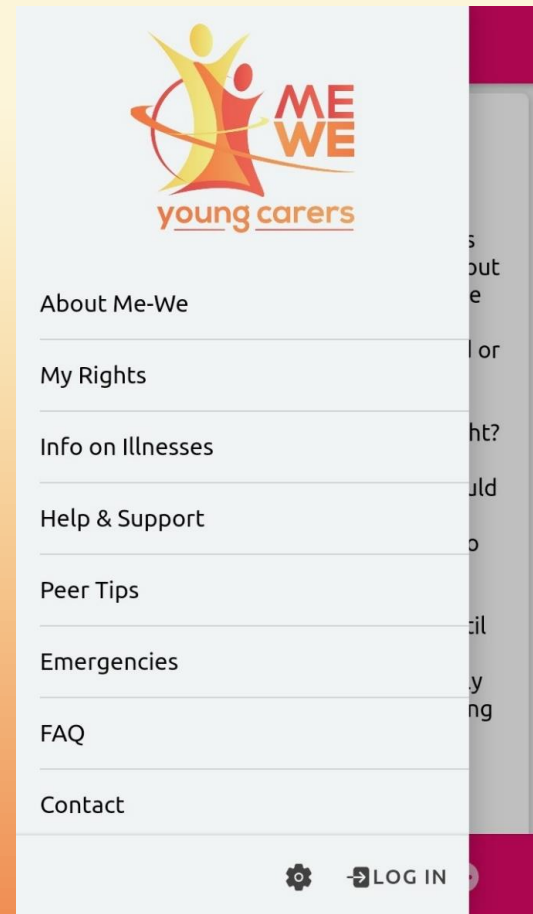
- Aims to deliver support for young carers at a distance.
- Is used in the ME-WE groups but can also function as a separate support for young carers who are not participants in ME-WE groups.
- Languages: Swedish, Italian, Dutch, Slovenian, German, French and English (i.e., languages spoken in the ME-WE partner countries).
- The app is publicly accessible at no cost via Google Play and App Store (in EU, EEA and EFTA states, and the UK).

Key features of the mobile app

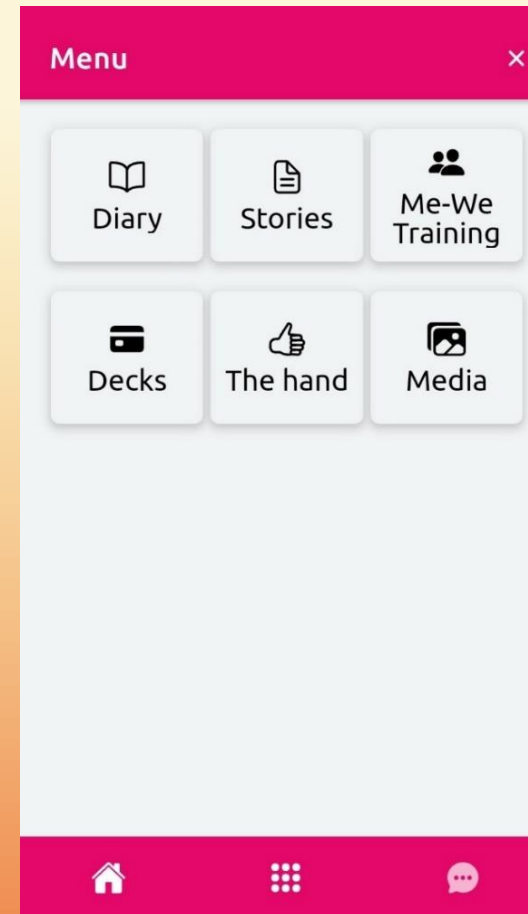
Home page



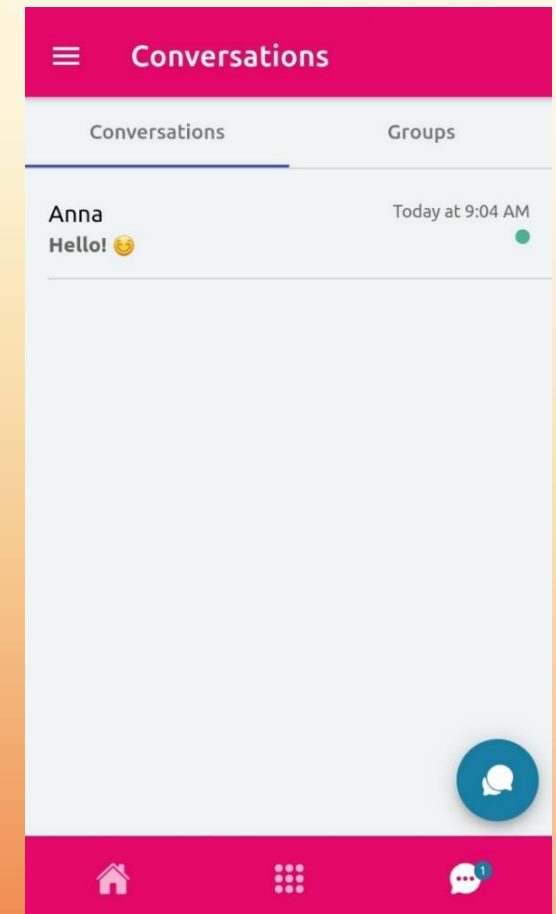
Information pages



Launchpad menu



Chat





THANK YOU!



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LEARN MORE ABOUT THE PROJECTS

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<https://me-we.eu/>