

Let's Stay Together: Awareness Raising Resources

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Awareness Raising Material

- Lack of communication in the family home may be due to a lack of awareness and identification of young carers.
- Children and young people may not identify with the label.
- Families may not recognise their children as 'carers' and there can be a degree of reluctance among families in disclosing caring responsibilities.

Awareness Raising Material

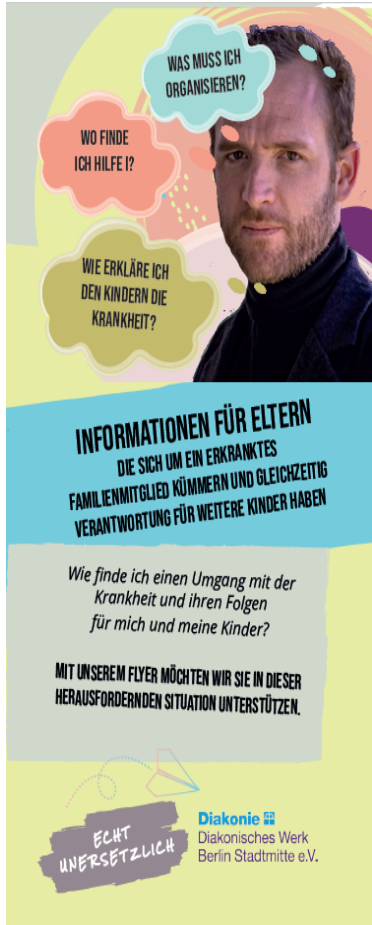
- to young carers about the importance of understanding more about their parent or family member's illness, discuss it in the family, and find a supportive adult to talk to.
- to parents and family members to help them understand how caring for someone who has an illness, disability, mental health problem or an addiction problem can affect these children and young people's lives.
- to youth workers and other professionals to raise awareness and help them understand the impact of young caring and what they could do to better support these young people with a whole family approach.

1. Desk based research: project database.
2. Consultation with young carers, families and practitioners.

‘As a young carer, I struggle to speak to my family as I see them on a daily basis so it’s awkward.’

‘Equipped to have that conversation is a difficult ask of practitioners, often you are commenting on how people are living their family lives.’

- These resources remind young carers and their families that they are not alone. They aim to provide useful information and support for families, and to encourage families to speak openly with one another about the caring role.
- For practitioners, these resources demonstrate that lasting positive change and support is more sustainable when working with the whole family.



WAS MUSS ICH ORGANISIEREN?

WO FINDE ICH HILFE?

WIE ERKLÄRE ICH DEN KINDERN DIE KRANKHEIT?

INFORMATIONEN FÜR ELTERN

DIE SICH UM EIN ERKRANKTES FAMILIENMITGLIED KÜMMERN UND GLEICHZEITIG VERANTWORTUNG FÜR WEITERE KINDER HABEN

Wie finde ich einen Umgang mit der Krankheit und ihren Folgen für mich und meine Kinder?

MIT UNSEREM FLYER MÜCHTEN WIR SIE IN DIESER HERAUSFORDERNDEN SITUATION UNTERSTÜTZEN.

ECHT UNERSETZLICH

Diakonie
Diakonisches Werk
Berlin Stadtmitte e.V.

ESSERE UN GIOVANE CAREGIVER : UNA QUESTIONE DI FAMIGLIA



INFORMAZIONI, CONSIGLI E CONTATTI UTILI

per la promozione della comunicazione aperta all'interno della famiglia

ANS

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TOGETHER
a whole family approach
for young carers

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CARD TWO
I want to be able to talk to my family about my caring role

CARD TWO
What impact does a caring role have on young people?

CARD THREE
How do I start that conversation?

CARD ONE
How does caring make you feel?

CARD FOUR
How do I start that conversation?

CARD ONE
Who are young carers?

ΜΙΑ ΜΕΡΑ ΣΤΗ ΖΩΗ ΕΝΟΣ ΝΕΑΡΟΥ ΦΡΟΝΤΙΣΤΗ



**NEAΡΟΣ/Η ΦΡΟΝΤΙΣΤΗΣ/ΤΡΙΑ:
ΜΙΑ ΟΙΚΟΓΕΝΕΙΑΚΗ ΥΠΟΘΕΣΗ**

ΠΩΣ ΕΠΗΡΕΑΖΕΤΑΙ Η ΖΩΗ ΤΟΥ ΝΕΑΡΟΥ/ΗΣ ΦΡΟΝΤΙΣΤΗ/ΤΡΙΑΣ

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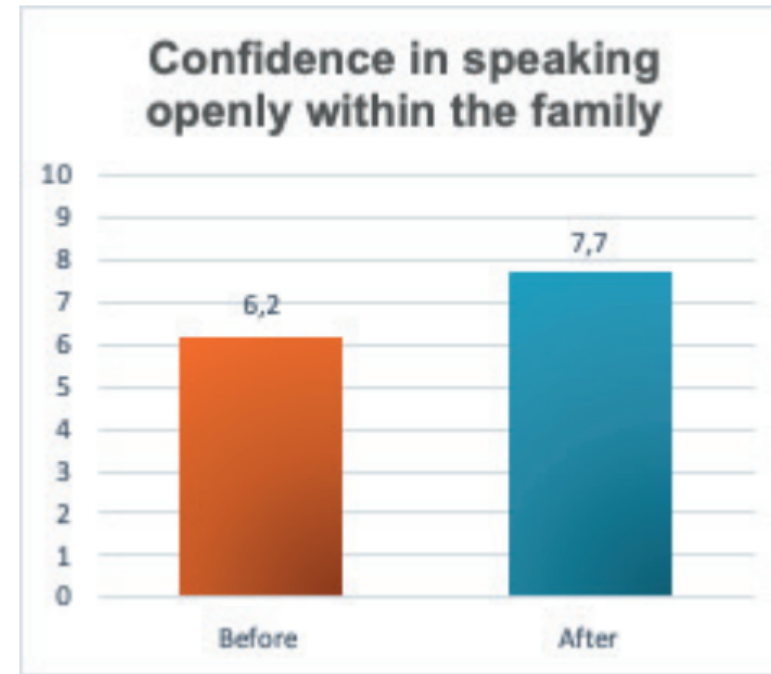
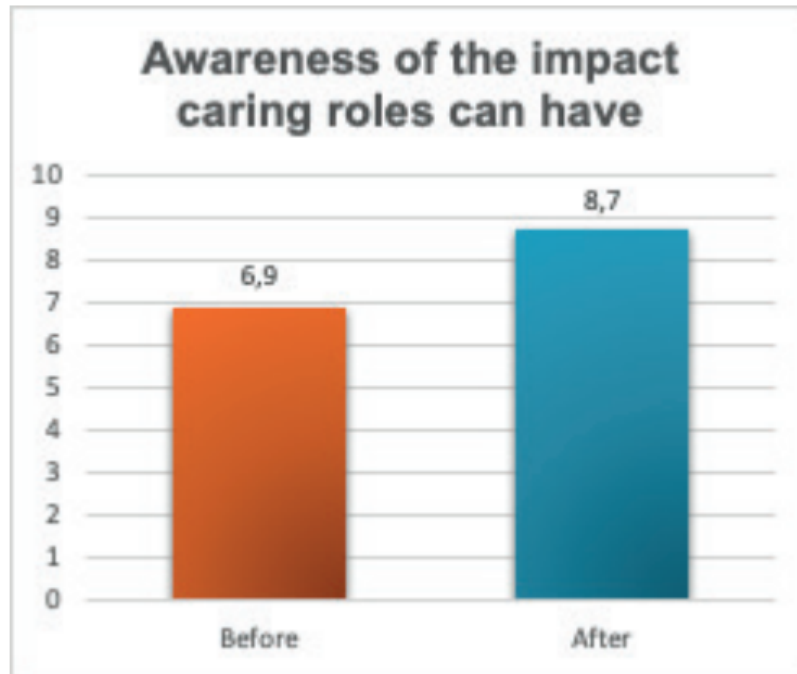
Impact

Pilot received over 100 responses across 5 partners:

- 24 young carers aged 13 – 25.
- 19 family members.
- 64 practitioners across 18 professions, such as teachers, social workers and psychologists.

‘I learned that there are many families in a similar situation to mine and that I am not alone because there are people who can help me.’ Family member, Italy.

‘I think the tips on talking are great – many forget that children hear everything and have a right to information.’ Family member, Germany.

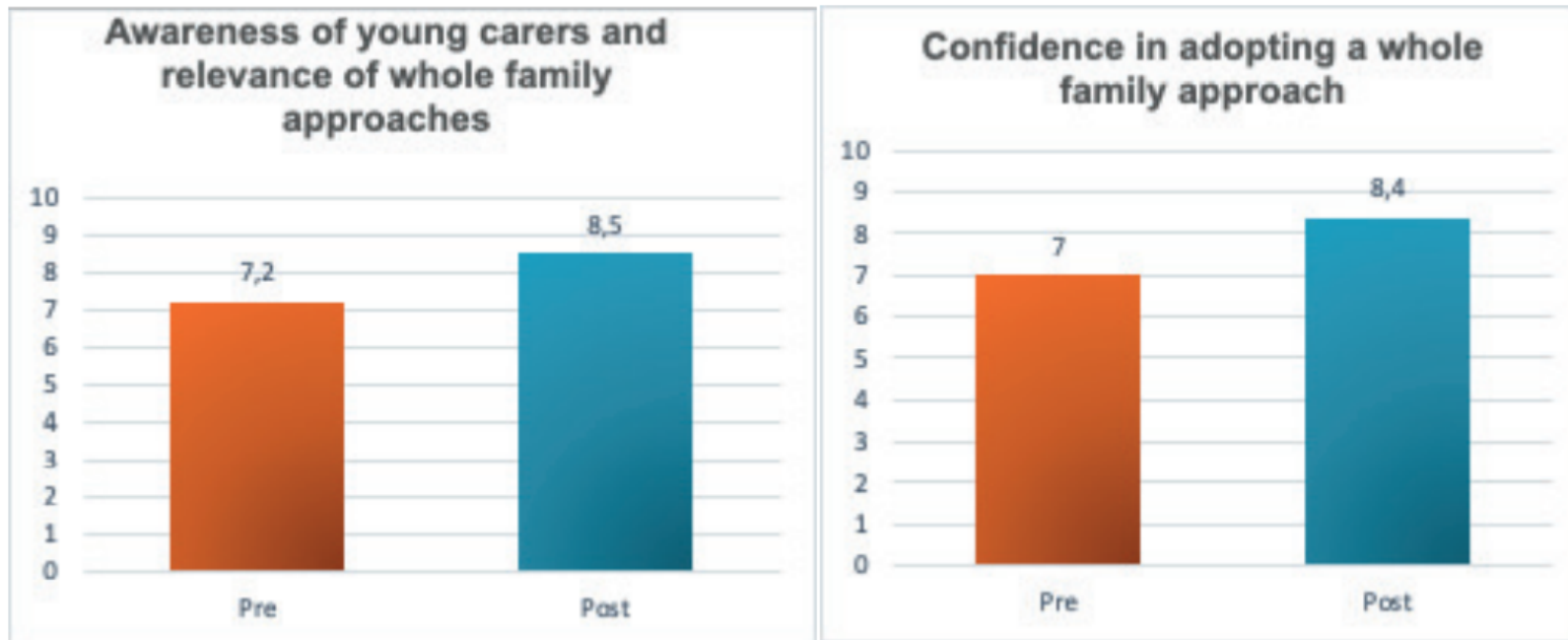


‘It helped me to reflect on the complexity of aspects to be taken into account when working with young caregivers and their families.’

Psychologist, Italy.

‘Excellent guidance, great to have a guide to follow, to provide consistent approach.’ Support Worker, Scotland.

‘Because of my profession I am already aware of the issue, however the material is really informative.’ Occupational Therapist, Greece.



Thank you!

If you have questions about this work, please
get in touch nbell@carers.org

 @CarersTrustScot

 @carers

You can also download all resources on our
Together project website:
<https://togethereuproject.eu/>,

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