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YOUNG CARERS

Young carers are still very much invisible.

On one hand, significant proportion of young carers have not disclosed their caring responsibilities to their school, they are no more likely to be in contact with social services than are their peers, and only a minority have had an assessment of their needs or been informed about sources of help.

On the other hand, **many families do not recognise their children as ‘carers’, some children do not recognise or identify with the role, and there can be a degree of reluctance, even anxiety, among families in disclosing caring responsibilities.**



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TOGETHER

▶ WHOLE FAMILY APPROACH

- Sometimes a care situation comes abruptly, sometimes it is a slow process. Depending on the type of illness and the family situation, the family must therefore adapt the entire family system.
- In addition to the new tasks related to the illness, tasks that the ill person used to take on must be reallocated, or activities together are not always possible as before.
- On top of the organisational aspects, there is also the worry about the sick person, which puts a heavy burden on all family members.



▶ 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.



▶ OPEN DIALOGUE

- If families do not talk openly about the caring relationship, caring responsibilities may be taken on without any discussion of free choice.
- If parents do not regularly talk to their children about their needs and give them the opportunity to signal feelings of stress and overload, young people will suffer from the caregiving role.
- The whole family approach offers a solution to this. It promotes open dialogue within families about the care relationship.



▶ 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.



▶ 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 relationships are built within the family
- professionals are encouraged to take a whole family approach when working with care-recipients.



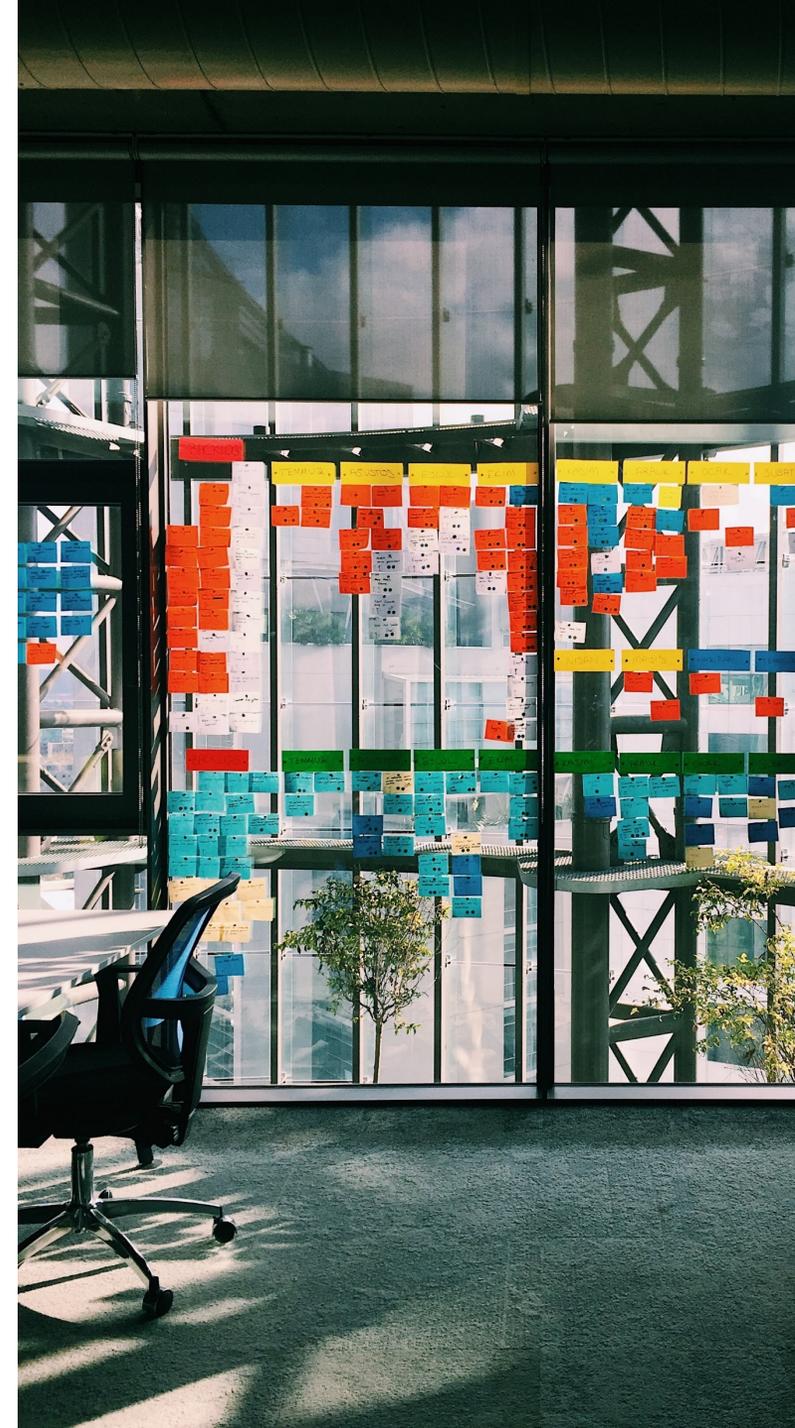
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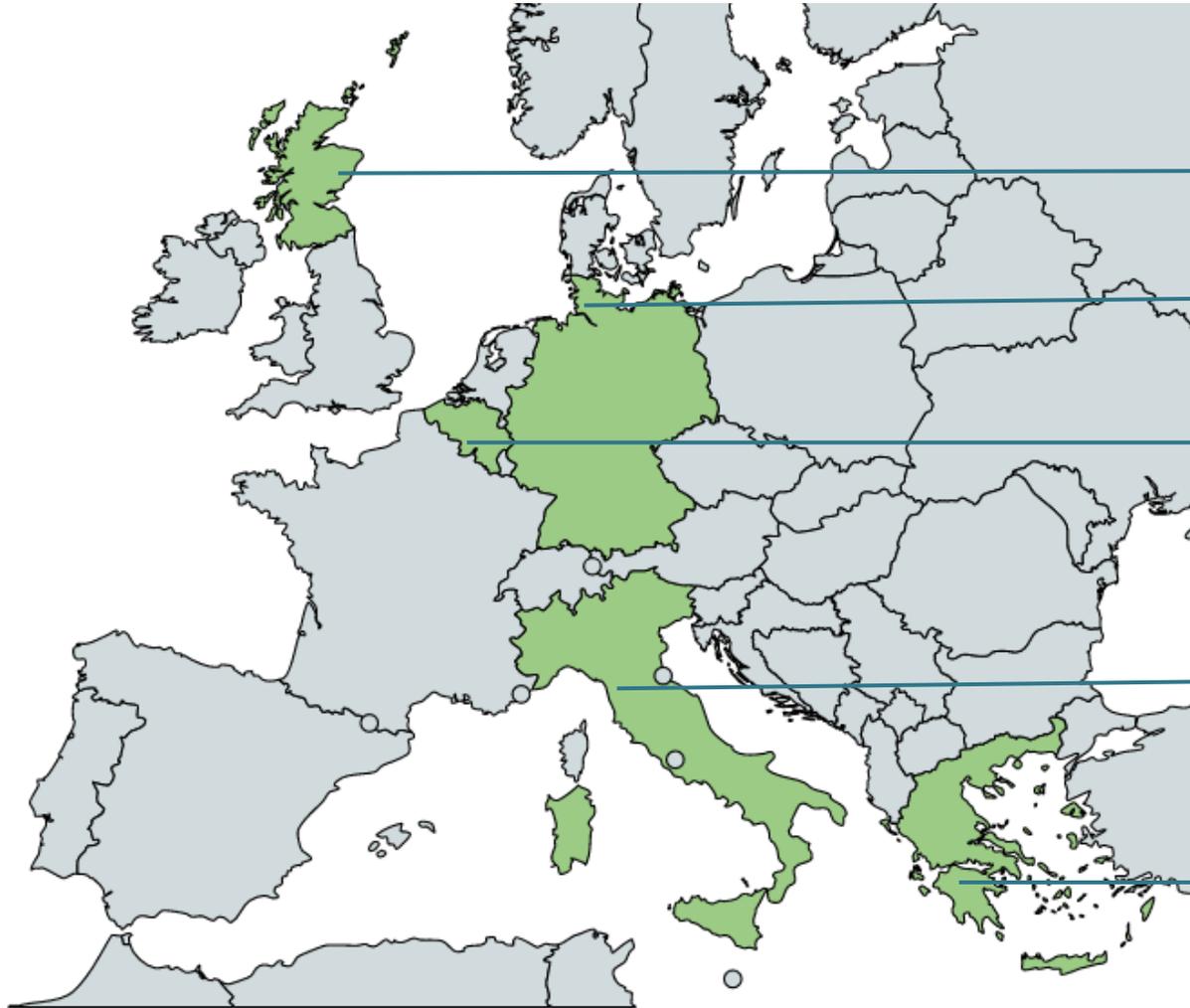
▶ RESULTS

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

- Awareness rising 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



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THANK YOU



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