



Supporting Professionals to Support Young Carers - an EU Experience

Denise Dunne, Liam O'Sullivan – Care Alliance Ireland
Benjamin Salzmann – Diakonisches Werk Berlin Stadtmitte e.V.

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WHAT IS EPYC?

[WWW.EP-YC.ORG](http://www.ep-yc.org)

- Funded under European Union 'Erasmus+ strategic partnerships – "youth"
- Transnational project to develop and share innovative practices and promote co-operation
- Duration: August 2016 – July 2018.
- Target audience: Youth professionals

Develop a
toolkit

Educate and
raise
awareness

Connect
stakeholders
in an active
network

Empower
stakeholders
to become
multipliers



Funded by the
Erasmus+ Programme
of the European Union

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PROJECT PARTNERS



Austria: Austrian Red Cross

Germany: Diakonisches Werk Berlin
Stadmitte.V.

Italy: ANS Anziani e non solo &
Professional Institute Versari Macrelli

Ireland: Care Alliance Ireland

UK: Carers Trust Scotland

WHY YOUNG CARERS MATTER?

Young Carers are at risk of:

- Social Isolation
- Physical health issues
- Mental health issues
- Limited opportunities for education and work

REPORTED EXPERIENCE

Becker (2013) Young carers reported providing “very high” levels of caring.

- Main care burden being emotional, domestic and household.
- They also reported that while their physical health was “good”, they experienced difficulties with mental health.
- Significant association with days of absence; leaving early; being late; being called home.

EUROCARERS DATA

- “Young carers across Europe carry out, often on a regular basis, significant or substantial caring tasks and assume a level of responsibility that would usually be associated with an adult. Although there are no precise figures about how many young carers there are across Europe today, data suggests that about *7-8% of children in Europe will have caregiving responsibilities.*
- These are children who are largely invisible to public authorities, social policy and interventions from health and social care services.”
- Upto 6m children

SOME RESPONSES FROM STATE AND NGO ORGANISATIONS

Children aren't carers

We know about them but...

Lack of co-operation and communication between services

Show us the data

There are more urgent problems

Information silos

We'll believe it when we see it

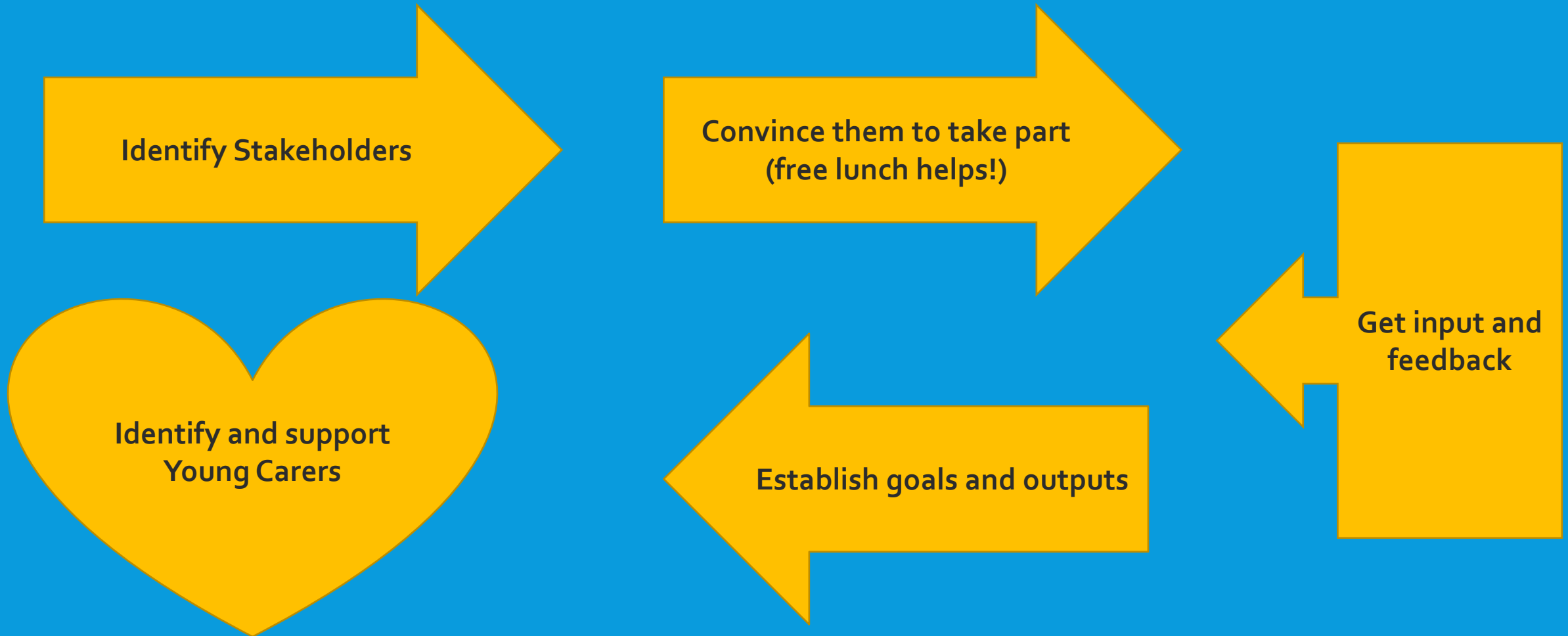
We don't know how to support them

Slip through the cracks

DATABASE CONTENT

- 87 separate resources
- Three Languages (Italian, English, German)
- IO 1 (Intellectual Output One) Awareness Raising Resources- for example Posters, fliers,
- IO 2 (Intellectual Output Two) – Assessment Tools – for example scales, questionnaires,
- IO3 – Reports on Learning from various pilot projects.
- http://www.ep-yc.org/data_base/

BUILDING RELATIONSHIPS AND COLLABORATION



CHALLENGES

- BUY IN FROM LOCAL/NATIONAL ORGANISATIONS
- LOCATING/SHARING OF RESOURCES
- ICT/TECHNOLOGY
- COPYRIGHT ISSUES
- LANGUAGE BARRIERS – TRANSLATION
- DISSEMINATION
- MEASURING IMPACT OF PROJECT
- PART-TIME NATURE OF RESOURCING

MEASURING SUCCESS

- PARTNERS COMMUNICATING EFFECTIVELY !
- DELIVER ON OUTPUTS PER CONTRACT
 - COMPREHENSIVE SELECTION OF USEFUL TOOLS AND RESOURCES
 - REFLECTIVE LEARNING FROM PILOT PROJECTS
- DOWNLOADS/UNIQUE USERS
- USE OF RESOURCES/TOOLS
- PROFESSIONALS ENGAGEMENT ON THE ISSUE
- LEGACY OUTCOMES – RELATIONSHIPS – ONGOING COLLABORATION?
- IMPACT ON YOUNG CARERS?

SOME IDEAS ON APPROACHES

- Identify what is in place already and how that can support Young Carers
- How and where are young carers already recognized in these systems?
- Where are professionals already assessing caring roles in young people?
- What happens when professionals discover a caring role?
- Are there specific courses of action in progress that focus on the caring role?
- Find champions within organisations (personal experience of being a young carer)

CONTINUE TO BUILD NETWORKS!

Build
resonance
with the topic

Regular
contact with
interested
parties

Become a
trusted voice
on the issues

Bring
Stakeholders
together

Raise public
awareness

Stakeholders
must have
"permission"
to engage
(Sponsors?)

Form a
working
group
-quick wins?

AND BEYOND THAT...

Empower youth representatives and / or young carers

- Youth representatives are often very motivated and competent
- They can support your work politically by lobbying for this issue as well

Empower professionals

- Raise awareness and build competence
- Support them with tools and materials to work with young carers
- Show where to refer young carers to (take the fear of “having to solve it all”)



Contact Details ;

<http://www.ep-yc.org/>

epyc@diakonie-stadtmitte.

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Thank-you !