



## **Comparing Young Adult Carers in Ireland, Scotland, Italy, Germany, Netherlands**

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# Response on questionnaires

## Ireland

7 responses were received. 4 work directly with young carers, 1 is involved in building capacity and interest within the wider NGO sector to develop support services and 2 have a general interest in the carers area.

## Scotland

4 respondents: a coordinator from The Scottish Young Carers Services Alliance representing a network of 38 young carers services. Young Adult Carers Workers, UPBEET project, Dundee Carers Centre – a bespoke young adult carers service delivering a range of support to this young adult carers since 2006. The Young Carers Festival Coordinator and a Scottish Mental health Coordinator

## Italy

14 questionnaires collected: 2 members of condition-specific associations (Anfass and X fragile), 2 members of associations related to YAC (“I fiori sulla luna” and “Comitato Siblings Onlus”), 9 experts working in the social health sector in Emilia Romagna and Lombardia Regions (Social workers in Carpi District, local health authority supervisor, psychologist expert of carers self-help group management, public household services coordinator of Cesena)

## Germany

Germany used the professional networks of the TOYAC Germany group to find potential experts for the questionnaire. 6 respondents: 4 of them can be classified as ‘practical experts’ due to their work experience with young carers or carers in general. 2 experts can be classified as ‘research experts’ due to their research and publishing activities in the area of young carers, mainly children.

## The Netherlands

The questionnaires were filled in by MOVISIE as the organisation who has an overview of the activities on national YAC activities and by a Dutch researcher and an expert on YAC.

# Striking results

- Scotland, Netherlands: awareness of YAC's.
- Italy: YAC's are largely invisible. Family problems have to be solved within the family.
- In Ireland and Germany: little focus on YAC's, more on older people.
- Risk factors:
  - Psychiatric, drugs or alcohol problems of the care recipient
  - Duration of the illness
  - Few coping skills
  - Isolation

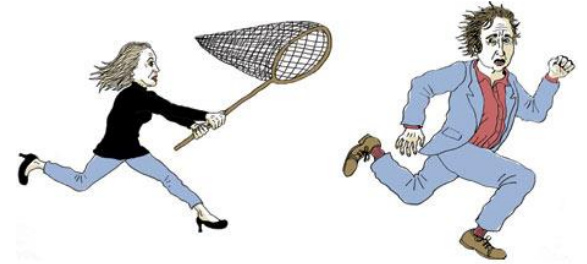


# Policies



- Scotland: the national Young Carers Strategy ‘Getting It Right for Young Carers’. All carers have a statutory right to assessment of their needs.
- In the Netherlands a national law, the Dutch Social Support Act, aims at improving the local service provision to citizens and clients, including family.
- In Italy, Germany and Ireland there are no specific policies. However there are services for adult carers, but not specific for YAC’s.

# Approaching YAC's



- Most countries; Ireland, Italy and Germany don't yet use strategies to reach YAC's or are beginning to address the issue.

**Ireland: “there seems to be a blockage in recognizing that there is an issue and secondly an unwillingness to do any real work around it.”**

- In Scotland there is a specific strategy for young adult carers named ‘Getting It Right for Young Carers’.
- The Netherlands: some attention by organisations, some schools and health organisations. However: small scale and can therefore only be seen as a start.

# Little focus



Because:

- YAC's are *invisible*. They won't ask for help easily.
- The *impact* of caring on young adults is quite *unknown*.
- Caregiving is a *taboo*.

**One respondent from Germany said: "it's a family problem, not a society problem"**

- Caring for older people is more recognised.

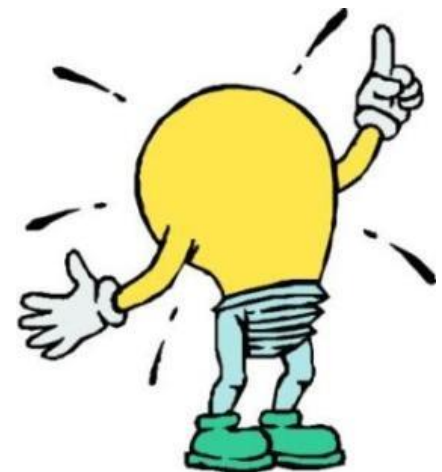
# Protective factors

- More awareness of young adult carers
- Italy, Germany and The Netherlands stress that social support by the network of YAC's is important because they are an important resource and can help with coping
- Financial support (Italy, Germany, Ireland)
- Respite (Germany)



# Good practices

- Scotland: Youth Employment Strategy – Employer Recruitment Incentive
- The Netherlands: effective intervention ‘KOPP groups’.  
For YAC (age 4-22) who care for a parent with a psychiatric disability or (an) addiction(s).





# Learn more

More information on TOYAC and young adult carers in Europe available at:

[www.youngadultcarers.eu](http://www.youngadultcarers.eu)