

# Spotlight on Young Caring

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AJN-Ambassador Young Caring  
EUSUHM 2015



# Disclosure

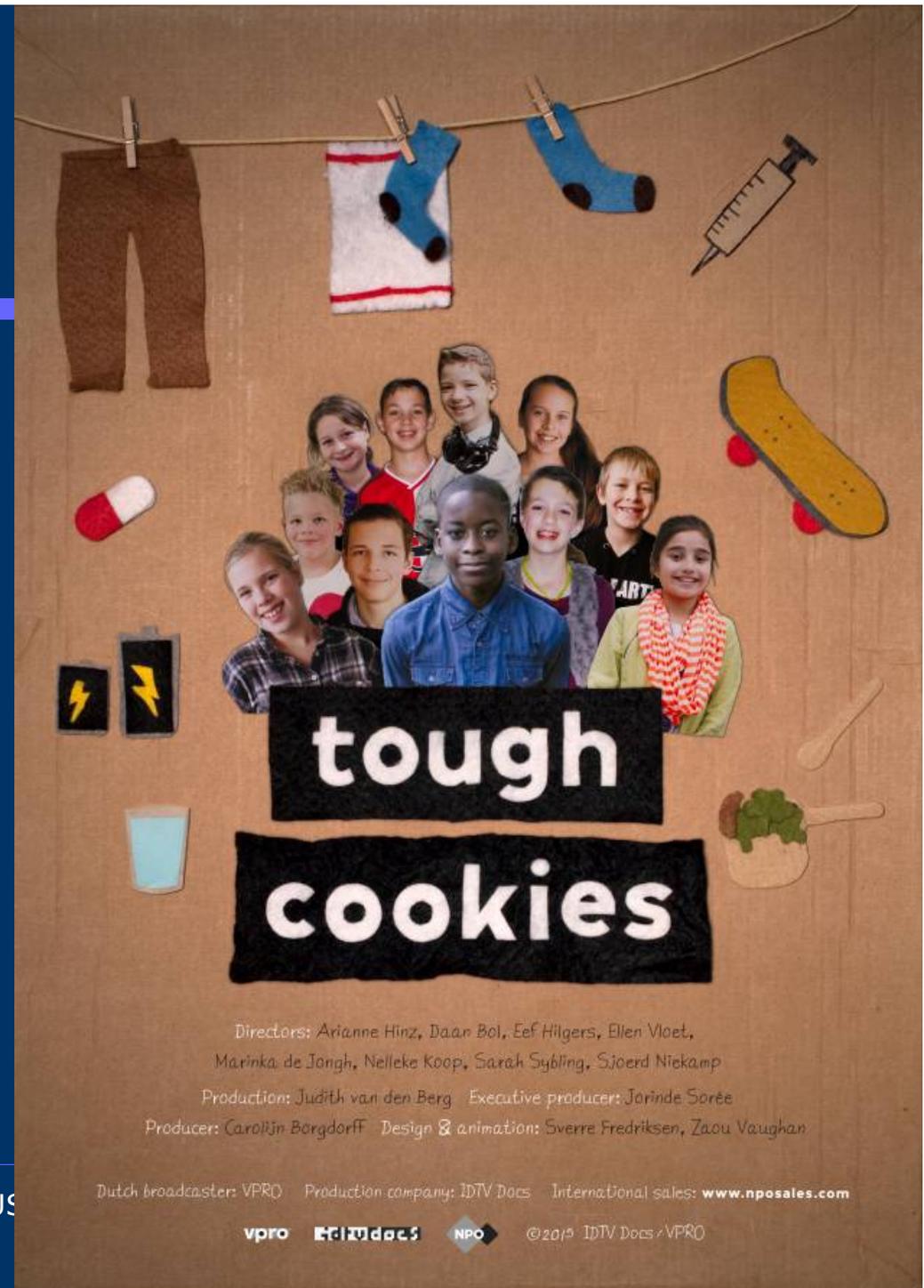
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- ❑ No conflict of interest
- ❑ Subtitles Bikkels Educatieclips thanks to AJN and IDTV Docs



# Tough Cookies (NL-Bikkels)

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EUS

# Who?

## Young Carers

Children of all ages, parent or sibling with:

- Physical illness
- Mental disorder
- Addiction
- Physical disability
- Intellectual disability



# What? Young Caring

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- Care for, looking after....
  - Worries, fear about ....
  - Lack of .....
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- Stress, coping
  - Balancing care and parenting
  - Complex emotions, shame and guilt

# Why? Prevalance NL

□ 10-25%

□ 38,5%



EUSUHM 2105

# Why? At risk

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## ❑ MENTAL PROBLEMS

- PARENTAL ADDICTION: 10X
- PARENTAL MENTAL ILLNESS : 3-4X
- PARENTAL CHRONICAL ILLNESS: >10%
- PARENTAL CANCER: 25% PTSS

## ❑ NEGATIVE SCHOOL OUTCOME, HEALTH ISSUES

## ❑ FAMILY DYSFUNCTION, CHILD ABUSE

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# Blind Spot

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Focus on illness/ill family member  
'No problem!'

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# Youth Health Care

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- Recognition
- Acknowledgement
- Monitoring
- Support and therapy
  
- Prevention

# Prevention

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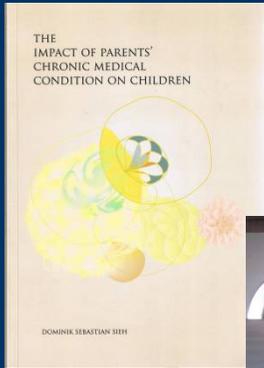
- Open communication
- Information
- Healthy coping strategies
- Child-parent-family

'How are you doing?'

# Ambassador Young Caring

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1. What is a young carer
  2. At school
  3. Trust
  4. How do children react?
  5. Giving information
  6. Talking helps
  7. Daily life
  8. One's own life
  
  9. Interview with lector  
Informal Care



# Spotlight on Young Caring



# Thank you!

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