

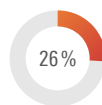
# Supporting the development of young caregivers



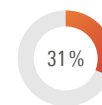
## Who are they?



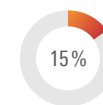
50% have been doing it for more than 7 years



26% became a caregiver between ages 6 and 12



31% are helped by a parent



15% are alone as a caregiver

6 → 25 years old

14 → 27 hours of care per week



Supporting their parent, grandparent, sibling or their parent who is an informal caregiver

Disability, physical or mental illness, addiction, old age



69,8% are girls

+

## Positive implications for young caregivers

✓ Feeling of being needed

✓ Problem solving, organization

✓ Compassion

✓ Life skills

✓ Strong family bond

✓ Autonomy

✓ Maturity

✓ Self-esteem

✓ Partnership relationship with non-sick parent

## Negative impacts on young caregivers

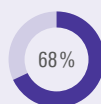
⚙️ Isolation

⚙️ Concerns

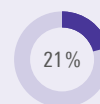
⚙️ Mental and physical health problems

⚙️ Addictions

⚙️ Bullying



fear poor school performance



miss 1-2 days of school per month

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## How can we support them?



- Value the positive aspects of young caregivers
- Believe and understand the young caregiver's situation
- Ensure confidentiality with the caregiver
- Encourage support and family communication
- Offer respite for leisure activities
- Respect their right to be young
- Offer flexibility and homework support
- Increase home care for the person they care for
- Destigmatize mental disorders, disabilities, illness, addictions and aging
- Provide affection and care