

# *YOUNG CARERS IN IRELAND*

## *Family Carers Ireland Conference Nov 23, 2022*



# *Team*



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**IRISH RESEARCH COUNCIL**  
An Chomhairle um Thaighde in Éirinn



Family  
Carers  
Ireland

No one should have to care alone



**ISSU**  
IRISH SECOND-LEVEL  
STUDENTS' UNION

# ***YOUNGCARERS*** ***Project***



Institute  
for Social  
Science in the  
21st Century



**UCC**

University College Cork, Ireland  
Coláiste na hOllscoile Corcaigh



# Overview *Young Carers and FCI*



- **67,000** young carers in Ireland
- **FCI young carer supports:** young carer wellbeing service (assessment and action planning), schools programme, advocacy & lobbying, respite breaks, counselling, training, Sibshops, self care workshops, peer groups etc.
- Overall **aim** of the **YOUNGCARERS** is to explore the experiences and needs of young carers in Ireland, to co-design proposals for targeted supports to address the challenges young carers face.
- **FCI plan to use the research:**
  - 1. To inform and improve our own work with young carers.
  - 2. To improve representation of young carers in Ireland amongst policy-makers, allow for strong advocacy especially when the proposals are co-designed with the young people themselves.



# ***YOUNGCARERS***



# Young Carers in Ireland

## Young Carer (<18 years) (N = 83)

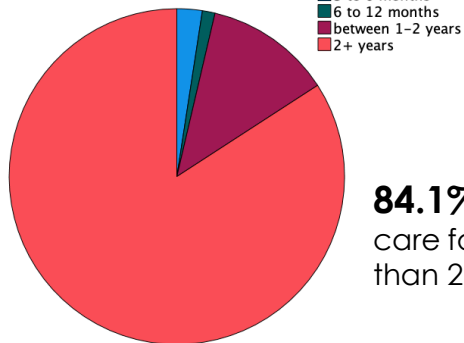
Mean<sub>age</sub> = 14.08 years



68.7% Female



85.4% living with care recipient



84.1% providing care for more than 2 years

## Young Adult Carer (18-24 yrs) (N = 48)

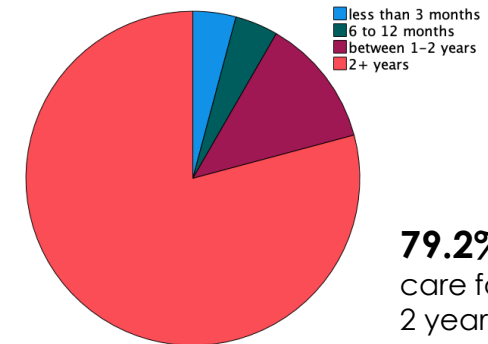
Mean<sub>age</sub> = 20.94 years



70.8% Female



87.5% living with care recipient



79.2% providing care for more than 2 years



87.7% Medical/Physical disability

23.66% Neurodiversity

8.4% Intellectual/Learning disability

7.63% Mental Health

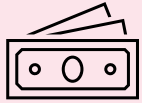
# Young Carer Well-being

	PANOC Positive score (< 12)		PANOC Negative score (> 8)	
	N	%	N	%
Young Carer	24	33.3%	24	33.3%
Young Adult Carer	14	33.3%	26	<b>57.1%</b>

Life Satisfaction of Carers		
	Young Carer (N = 59)	Young Adult Carer (N = 32)
<b>Very Satisfied</b>	20.3%	6.3%
<b>Satisfied</b>	67.8%	62.5%
<b>Dissatisfied</b>	8.5%	<b>28.1%</b>
<b>Very dissatisfied</b>	3.4%	3.1%

34.9% & 61.5%  
of YC & YAC  
feel **lonely**

# Support Needs

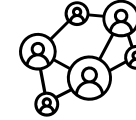


**13.3% & 35.4%** of YC's and YAC's want help with **money/finances**

**22.9% & 33.3%** of YC's and YAC's want **mental health** support



**13.3% & 16.7%** of YC's and YAC's want support **staying connected** to family/friends



**19.3% & 27.1%** of YC's and YAC's want support to **stay healthy**

**28.9% & 18.8%** of YC's and YAC's want help finding **ideas** for things to do at home

**21.7% & 29.2%** of YC's and YAC's want **educational** support



**21.7% & 31.3%** of YC's and YAC's want **a break**

“Having others who understand would help me cope better” (YC)

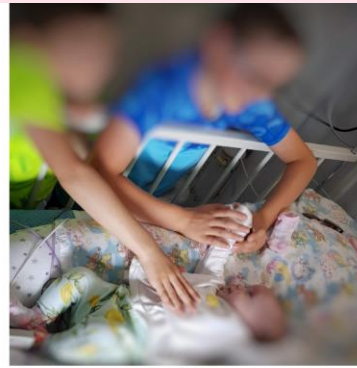
“I don't feel like I have any support at all. I started counselling.. I had to stop because even in the hour I took to myself once a week I was still needed.. being a carer is so **lonely**, I wish I got to live some of my life. I'm 24 and never had a night out ever” (YAC)

“Support for schools to teach how hard and worrying it can be” (YC)





Friendship   Live Laugh Love   Responsibilities



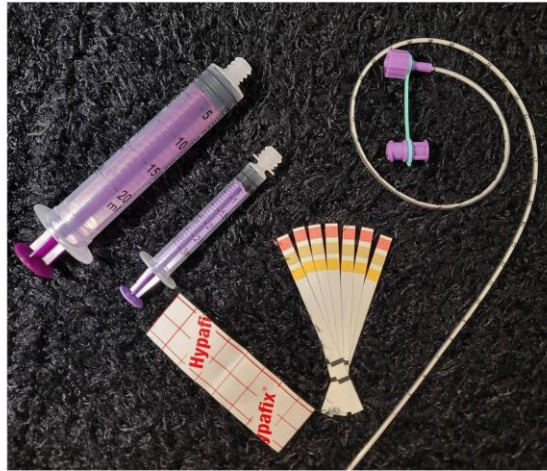
Family  
Appreciation

Comfort

Caring  
Love

Joy

Warriors





# *Workshop 3*

## *Co-creation of proposals for Young Carer Supports*

JAN 2023

## *Young Carers Parliament*

MARCH 2023







## *South Ros FRC*

*- Funding*

*- Who Qualifies*

*- Locations*

*- Access Points*

# Roscommon Young Carers Project





# Roscommon Young Carers Project



*- Aims*

*- Accessing Childhood*

*- Communication*

*- Self Care*

*- A Whole Family Approach – ‘the hours that should be ours’*

*- Fostering Futures*







# *Thank You*

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