



An EPYC Adventure the Challenges and Successes of EPYC in Ireland

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



Funded by the
Erasmus+ Programme
of the European Union

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

WHAT IS EPYC?

- Funded under 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

WHY EPYC?

Young Carers are at risk of:

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

WHAT DO THE EXPERTS SAY?

Saul Becker

- 2013, online survey of young carers in the UK.
- 295 respondents aged from 14-25 years.
- 78% female.
- 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.

WHAT DO THE EXPERTS SAY?

Eurocarers

- “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.”
- **This could mean 6 million children across Europe are providing family care but not receiving the support they need**

WHAT ABOUT IRELAND?

The Irish Health Behaviour in School-aged Children (HBSC) Study 2014

- Question on caring responsibilities, and reported 56,118, (or 11.3% of 10-17 year olds) to be providing care across Ireland

Census 2016

- 1.9% of all carers, 3,800 children, as being aged under 15 years

WHY THE DISPARITY?

- Self reporting vs familial reporting
- Acknowledgement of caring role vs “part of family life”
- Family fear of “official” interventions
- Young people don’t want to feel different
- Young carers are often “seldom heard”

WHAT IS NATIONAL POLICY?

- National Strategy on Children and Young People's Participation in Decision-making, 2015–2020 (DCYA)
- Better Outcomes Brighter Futures, The National Policy Framework for Children & Young People 2014–2020 (DCYA)
- The National Carers' Strategy: Recognised, Supported, Empowered (Dept Health 2012)
- National Youth Strategy 2015–2020 (DCYA)

PRACTICE RESOURCES IN IRELAND

- 8 Steps to Inclusive Youth Work – promoting best quality and inclusive practice in youth work settings (2016, National Youth Council of Ireland)
- Look Again, Think Again (2014, Crosscare)
- 50 Key Messages: Supporting Parents to Improve Outcomes for Children (2013, TUSLA Child and Family Agency)
- Access All Areas – chapter 12 (2012, National Youth Council of Ireland)

EPYC IN IRELAND

Young Carer Interest Group

- Care Alliance Ireland
- Crosscare
- West Cork Carers
- City of Dublin Education and Training Board

Youth Professionals

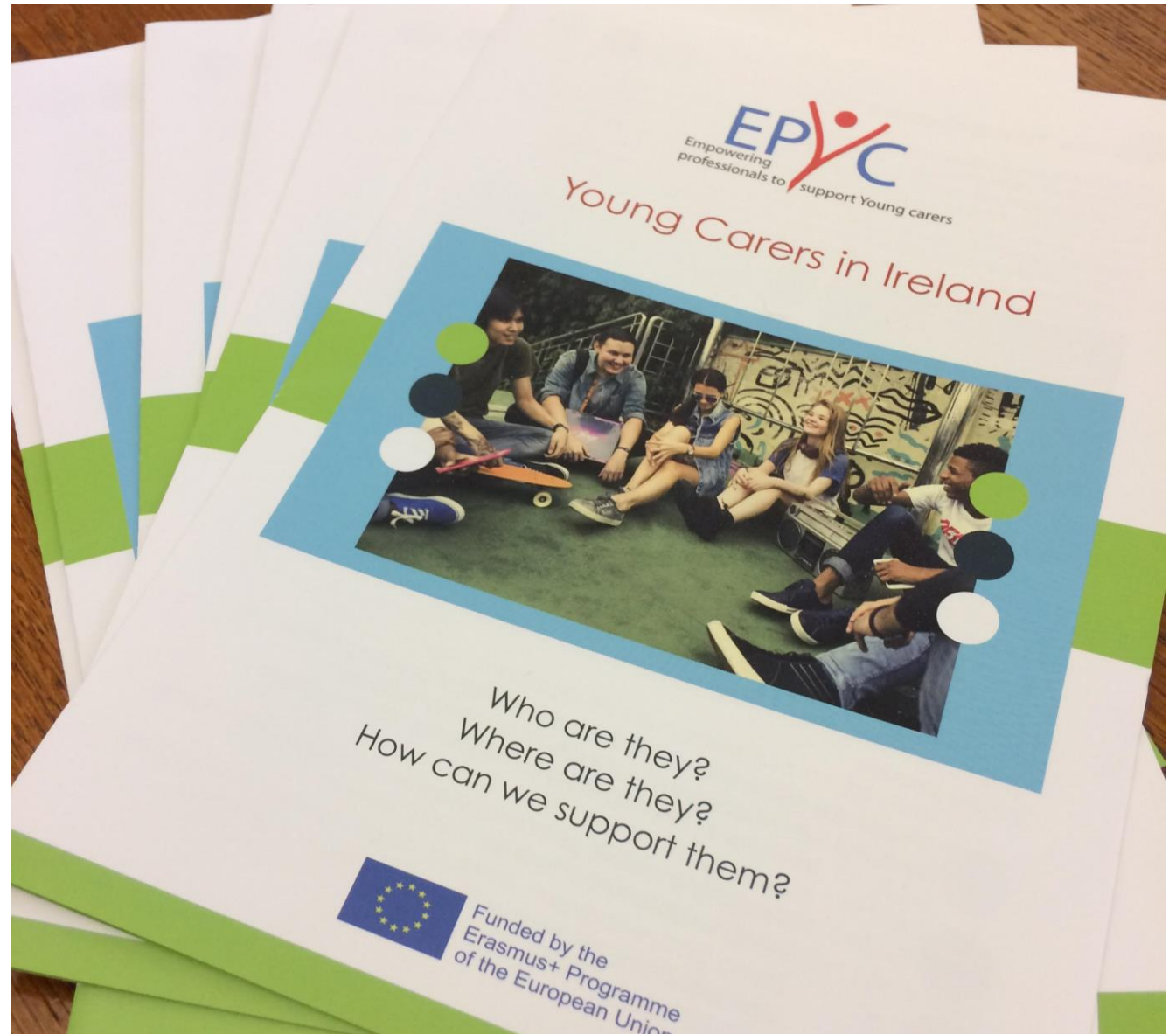
- Irish Girl Guides
- Foroige
- Scouting Ireland
- Youth services nationally

THE EPYC EXPERIENCE

- Engagement with young carer supporters has been difficult
- Engagement with young carers has been even more difficult
- Lack of understanding among “the public” about young carers
- Lack of understanding among volunteer youth leaders
- Strained resources for youth leaders
- Lack of ringfenced budget from official channels
- Volunteer organisations have almost no current capacity to train/educate leaders
- Young carers are not a priority for volunteer organisations

AWARENESS

- Short introductory leaflet
- Basic information on recognising the signs of young carers
- Basic advice on supporting young carers
- Signposting to additional more comprehensive support



YOUNG CARER REPORT

- Snapshot of young adult carer experience in Ireland
- Background to policy in Ireland
- Some information on EPYC project
- Provide context for youth leaders and those working around young people who may have additional caring responsibilities

http://carealliance.ie/publications_youngcarers



COMMON CHALLENGES FACING EPYC PARTNERS

Children aren't carers

Show us the data

We'll believe it when we see it

We know about them but...

There are more urgent problems

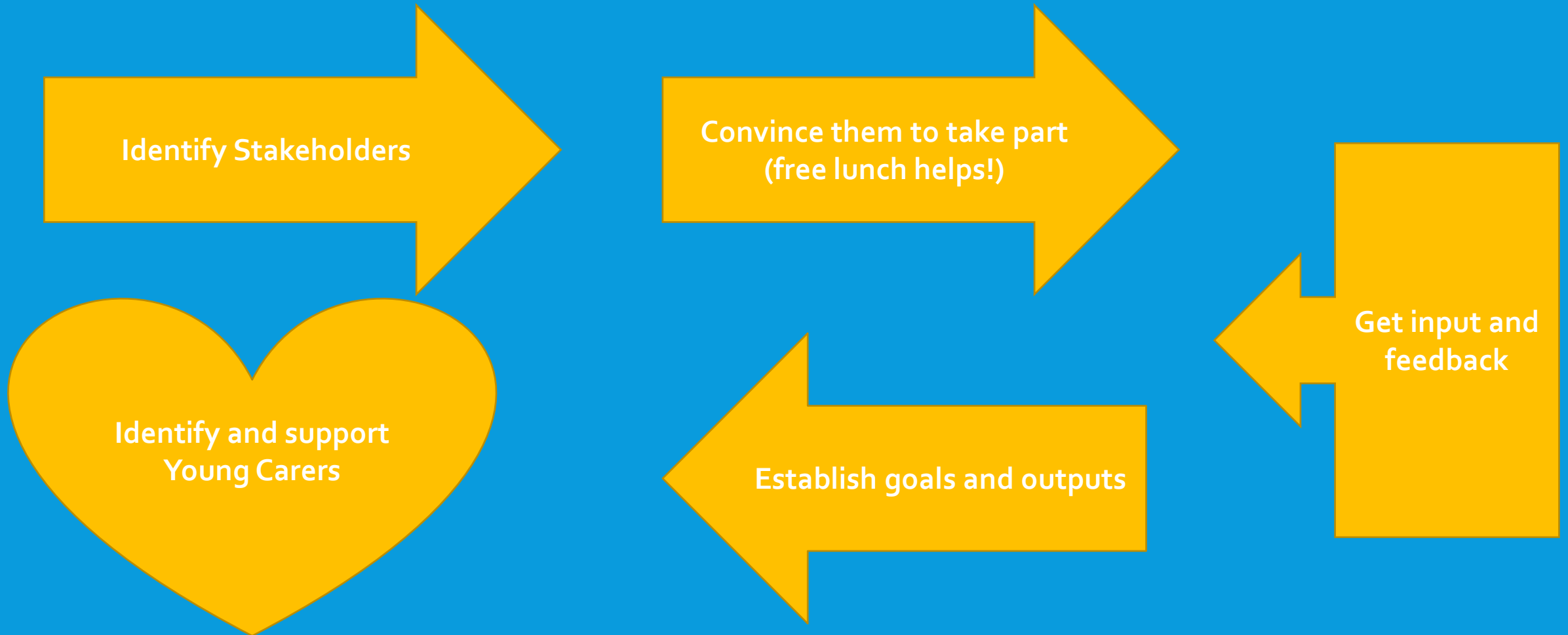
We don't know how to support them

Lack of co-operation and communication between services

Information silos

Slip through the cracks

HOW TO MAKE IT WORK



HOW TO BUILD NETWORKS

Analyse what is in place 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?

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

Form a
working
group

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”)

WHERE TO FIND EPYC



#EPYCPROJECT

epyc@diakonie-stadtmitte.de

www.ep-yc.org

Access tools and database

EPYC Empowering Professionals to support Young Carers

Funded by the Erasmus+ Programme of the European Union

HOME ABOUT THE PROJECT OUTPUTS EVENTS AND MEETINGS PARTNERS DATA BASE NEWSLETTER

HOME > DATA BASE

Data Base of the resources and available tools

About this data base

You can contact the project partners via Email if you have any further questions or would like to propose adding a specific resource: epyc@diakonie-stadtmitte.de

Search: Country Ireland Search Clear

Search engine: Select a category and fill out the key word in the form. Use "relevant keywords" category for a global search in the data base.
Data base Click on the Resource title to open the record.

Total Records Found: 10, showing 10 per page

Output	Language	Name of resource	Format - key words	Who is the audience/target group?	What is the main purpose of the resource?
Output 1	English	West Cork Young Carers pamphlet	flyer	School children	awareness raising, self-identification of Young Carers
Output 1	English	West Cork Young Carers pamphlet	flyer	School children	awareness raising, self-identification of Young Carers
Output 1	English	West Cork Young Carers briefing information to schools	briefing paper	Schools - Staff	awareness raising
Output 1	English	West Cork Young Carers information poster	poster	school children	awareness raising, self-identification of Young Carers
Output 1	English	Briefing note for young people - A Study of Young Carers in the Irish Population	Report, research	Young Carers	research dissemination, education,



Funded by the Erasmus+ Programme of the European Union