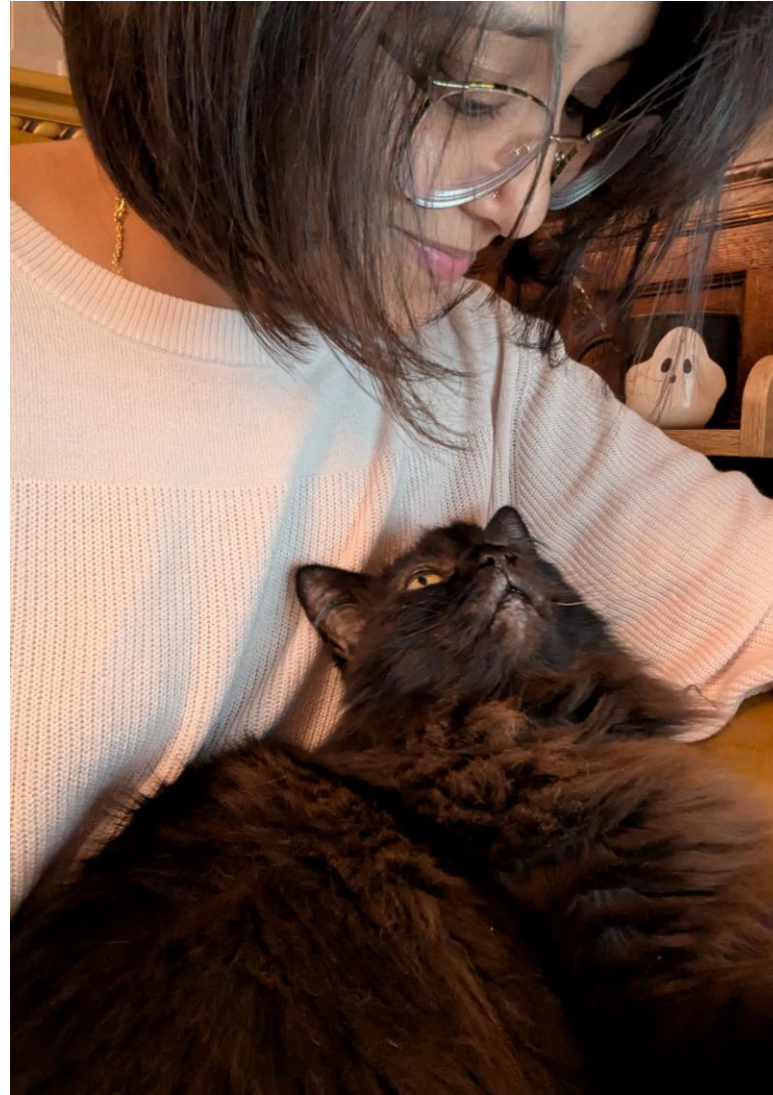


Using creative methods to
understand the needs and
priorities for Young Adult
Carers

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Background

Young adult carers (YACs) are young people who provide unpaid care, usually to a parent, sibling, grandparent, partner, or other relative or friend.

About 9% of young adults provided care in the UK¹

They provide £3.5 billion of unpaid care per year²

However, being a YAC comes at a high personal cost²⁻⁵

Why did we do this work?



YACs are underrepresented in carer research⁶⁻⁸



Unmet need and barriers for YACs to access support⁸



Better understanding = improved support for YACs^{9, 10}



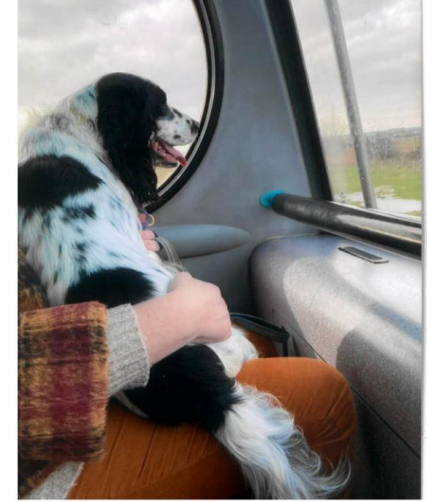
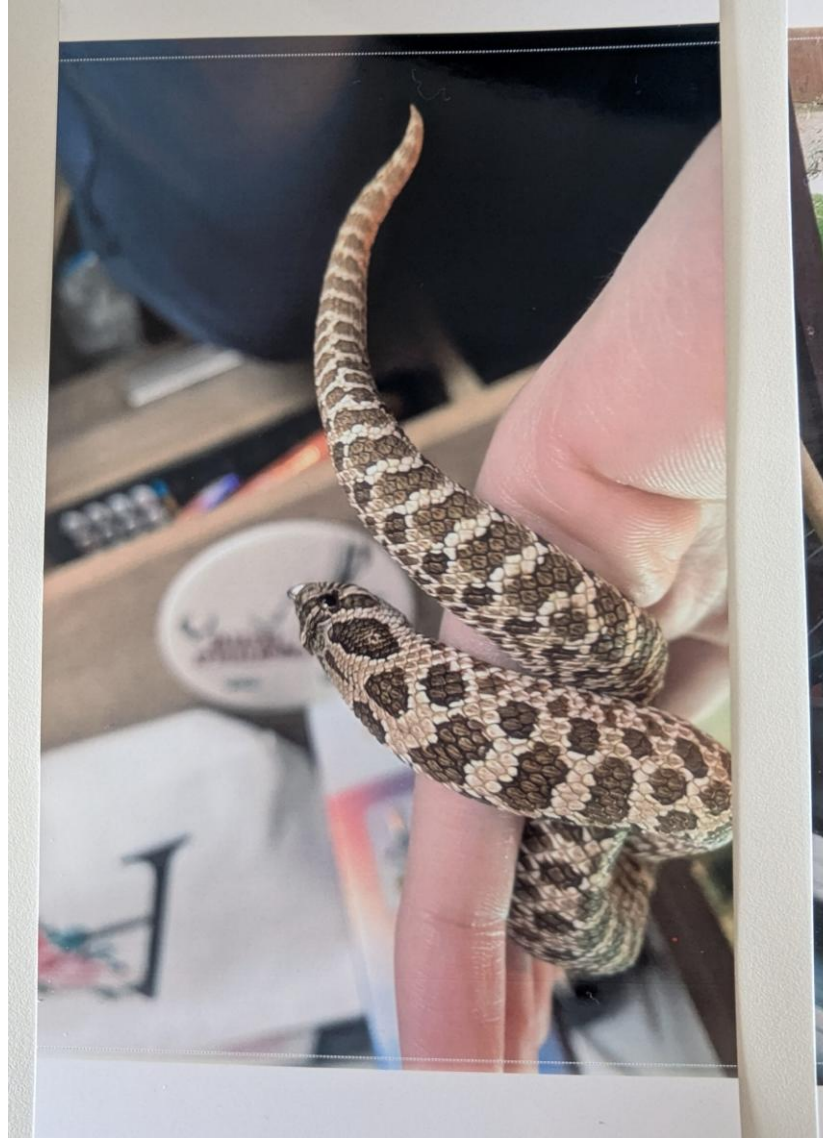
What support do YACs require, and how can future research address these support needs?

Phase 1: Use photo elicitation to explore and identify YAC needs for support and priorities for future research (*primary research*)

Phase 2: Co-produce a ranking of YAC priorities to guide future research. (*consultation*)

Phase 1: photo elicitation sessions

- 10 participants took part in 2 group sessions:
 - 8 female; 1 trans male, and 1 did not say
 - 5 aged 16-17, 2 were aged 18-19, 1 aged 24-25, and 1 did not say
- All chose to use photos they had already available on their smartphone.



Research priorities identified



School experience

- Identification and recognition in school
- Peer support and opportunities to socialise
- Better teacher and pastoral support
- Flexibility with deadlines and or attendance



Financial support

- Travel: transport for school and YAC related appointments,
- Personal: to pursue hobbies and interest outside of YAC role
- Bills/household: financial support for household bills



Identity beyond YAC role

- The need for space/support to explore own interests and ambitions
- Recognition of individual needs and support
- The role of services in supporting the development of identity



Transition/moving on

- Support to access and stay in further education or apprenticeships
- Support to find employment
- Making workplaces more accessible for those with caring responsibilities
- Support to continue providing care after leaving school



Health and wellbeing

- Better provisions to support and improve physical health
- Better access to support for emotional/psychological support
- Better ways to improve social support and reduce loneliness.

Phase 2: online discussion

- 5 participants:
 - 3 female; 2 male
 - 2 aged 16-17, 1 aged 18-19, 1 aged 20-21, and 1 aged 23-24
- Priorities ranked:
 1. Health and Wellbeing
 2. Financial Support
 3. Identity beyond YAC role
 4. Transition/moving on
 5. School Experience

	1	2	3
Priority 1: Health and Wellbeing	Better access to emotional/psychological support	Better ways to improve social support and reduce loneliness	Better provisions to support and improve physical health
Priority 2: Financial Support	Bills/household: financial support for household bills	Personal: to pursue hobbies and interests outside of YAC role	Travel: transport for school and YAC related appointments
Priority 3: Identity beyond YAC role	Support/space to explore own interests and ambitions	Recognition of individual needs and support	The role of support services in supporting the development of identity

Next steps

Analysis and
write up of photo
elicitation
workshops

Bid development

Thank you!

Any questions or comments?

Contact details

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