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COMBATING INVISIBILITY OF YOUNG CARERS THROUGH THE TOGETHER PROJECT

Results of an innovative project to raise awareness and support young carers with a whole family approach

Studies of the many caring roles and responsibilities that young carers take on have shown that whilst these can have a positive effect, a range of evidence demonstrates the negative impact of caring on health outcomes, social activity, educational engagement and employment opportunities for young carers (Aldridge, 2008; Becker, 2007). Many young carers remain unidentified and unsupported within their families and by professionals.

Based on this information, since April 2020 the Erasmus+ Together project has been working through a trans-national approach to develop tools and interventions to support the social inclusion and engagement of young carers in Germany, Italy, Greece and Scotland, with the support of EuroCarers, the umbrella network of unpaid carers' organisations. Throughout the project, which comes to an end in March 2022, partners have developed specific resources aimed at supporting young carers and helping professionals to adopt a whole family approach, encouraging open communication about illness and care in order to improve relationships within the family.

ALL PROJECT OUTPUTS HAVE BEEN DEVELOPED AND TESTED BY THE TARGET GROUPS IN VARIOUS NATIONAL CONTEXTS AND ARE CURRENTLY AVAILABLE ON THE PROJECT WEBSITE AT THE FOLLOWING [LINK](#), WHERE YOU CAN FIND:

- a database containing different awareness raising and support resources and tools;
- resources in partner languages adapted to the various national contexts involved to promote the identification of young carers and the whole family approach;
- a workshop model to engage young carers and family members in open communication about the impact unpaid caring has on their lives;
- an e-learning and digital booklet course aimed at professionals to support them to use the resources and evaluate the impact.

THE FINAL DISSEMINATION EVENTS OF THE TOGETHER PROJECT RESULTS

During March 2022, a series of final conferences will be held both nationally and internationally to disseminate the results achieved through the Together project. The purpose of these events will be to highlight the impact of the project on the lives of young carers and encourage the continued use of the resources developed beyond March 2022. The events target young carer services, youth workers, social workers, healthcare professionals and wider stakeholders. On 7 March, Carers Trust Scotland hosted an in-person conference with young carer services. 16 practitioners from

12 services across Scotland attended, with five members of the Carers Trust Scotland team. Practitioners learned more about the Together project and participated in wider group discussions about whole family working. Facilitators from the whole family workshop pilot presented on their experiences and how this has inspired wider family working. An organisation who deliver whole family camps also presented to share this work with practitioners and invite referrals to their summer camps. Evaluations of the event indicate that all attendees found the event informative, benefitted from wider group discussions and are interested to use the project materials in their own work.

As this was Carers Trust Scotland's first in-person event in two years, we were mindful about supporting practitioners' participation. For those who were uncomfortable to attend in person, we have shared presentations and resources via email to 51 young carer services.

Practitioners will also be invited to attend the final international event, where the project partners will present on the project work and their experiences, while external experts will contribute to build an overview on the topic and give inputs for future working strategies to improve the current situation of young carers.

The final international conference will take place online on March 18th from 08:30 -11:30. Practitioners can register to attend this event through the following [link](#).



NOTES TO EDITORS

To find out more about the project, please visit our project website www.togethereuproject.eu.

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