Young Carers Voices – International perspectives

Thursday 8th and Friday 9th June

The ‘Hidden’ virtual photo exhibition will begin at 8:55am BST

Day 2 – Friday 9th June 2023
Young Carers Voices – International perspectives

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‘Hidden’ and ‘Hidden Canada’ virtual photo exhibition

Photography:
Max Alexander/
Hospice Toronto;
Max Alexander/
The Children’s Society

http://www.maxalexander.com/
Background music – Song written and performed by young carers/young adult carers from Care for the Carers “Time to Shine project” See the chat for lyrics
Care For The Carers (cftc.org.uk)
Welcome to the ‘Hidden’ (England) and ‘Hidden Canada’ virtual photo exhibition.

The webinar will start at 9:00am BST
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The webinar will start at 9:00am BST
Thank you for joining the ‘Hidden’ and ‘Hidden Canada’ virtual photo exhibition.

The webinar will start at 9:00am BST
“We want a strong national young carers network so Government can hear us and so we can have a BIG SAY in what happens and be involved in making decisions about policies.”

Rebecca, Rwanda

www.carers.org/youngcarersvoices
Housekeeping

- This session will be recorded and will be made available along with the slides after the events.
- Please keep yourself on mute if not speaking.
- Do introduce yourself in the chat and create links.
- If you are on Twitter - #youngcarersvoices @CarersTrust @YCAliance @commonwealthsec @CwlthSocWk
- If you want to share anything after the event or have any more questions – youngcarersalliance@carers.org
- All presentations will be available after the event from www.carers.org/youngcarersvoices
Jamboard

➢ We will be using Jamboard to capture follow-up questions/comments/plegdes.
➢ Feel free to use post-it notes as we go through the event
➢ Please use the link in the chat to access
➢ Quick questions which can be answered via the chat can be posted in the Zoom chat.

“We ask that we are listened to and our views and culture are respected.”
Day 2 - Agenda

- Welcome and setting the scene
- Welcome from the Commonwealth Secretariat
- Keynote – Professor Saul Becker
- Voices from New Zealand
- Voices from Australia
- Voices from Nepal, India and Bangladesh
- A message from Oritsé Williams
- Voices from Kenya
- Voices from Japan
- Voices from Nigeria
- Wrap-up

Follow-up questions, comments, pledges – use the Jamboard (link is in the chat)
Welcome from the Commonwealth Organisation of Social Work

Sylvia Daisy
Chair
Commonwealth Organisation of Social Work

“We should have our physical health and emotional needs acknowledged and assessed.”
Welcome from the Commonwealth Organisation of Social Work
Welcome from the Commonwealth Secretariat

Layne Robinson,
Head of Social Policy Development
The Commonwealth Secretariat

“We should have our physical health and emotional needs acknowledged and assessed.”
Setting the scene…

More than 45% of young carers said they looked after a family member on almost a daily basis and 17% said they cared for someone three to five days a week. On average, students spent four hours a day on caregiving, while 10% answered that they spent over seven hours on care daily.

**Do You Care for a Family Member?**

- Second-year junior high students: Yes (50%) No (50%)
- Second-year high school students: Yes (60%) No (40%)

Created by Nippon.com based on a Ministry of Health, Labor, and Welfare research report into the conditions of young carers.

Excerpts from the United States Congress:

**H. CON. RES.**

Expressing support for the designation of the week of November 13 through November 19, 2022, as “National Carers Youth Work” to raise awareness and encourage national recognition of children and adolescents under 18 years of age who serve as a primary or secondary caregiver for a family or household member.

IN THE HOUSE OF REPRESENTATIVES

Ms. Lois Frankel of Florida submitted the following concurrent resolution, which was referred to the Committee on:

**CONCURRENT RESOLUTION**

Expressing support for the designation of the week of November 13 through November 19, 2022, as “National Carers Youth Work” to raise awareness and encourage national recognition of children and adolescents under 18 years of age who serve as a primary or secondary caregiver for a family or household member.
Commonwealth Young Carers Charter

➢ The work started with a symposium in 2006

➢ Young carers wanted their voices heard and needs recognised by governments

➢ Consultation with young carers across 10 Commonwealth countries has led to a draft charter

➢ Aim is to be signed off at Heads of Government meeting in Samoa 2024
The 10 charter requests:

- Respected and heard
- Do not face discrimination
- Acknowledge health & emotional needs
- Right to assessment of own needs
- Support for the person being cared for
- Practical support & help
- Protected from psycho-logical & physical harm
- Right to education
- Right to relax
- Home which is suitable & safe

To find out more about the Commonwealth Young Carers Charter: View the charter at - [Young Carers – COSW](http://www.csw.org.uk)
DavidNJones@PeopleNeedPeople.org.uk

How can the charter support the work you are doing in your country???
Keynote speech

“We should have a right to an assessment of our needs separate from the needs of the person we care for”

Professor Saul Becker, Pro-Vice-Chancellor for the Faculty of Health and Education, Manchester Metropolitan University
Keynote speaker – Professor Saul Becker, Faculty Pro-Vice-Chancellor & Founding Director of the Institute for Children’s Futures, Faculty of Health & Education, Manchester Metropolitan University
Dr Lauren Donnan and Te Rina Ruru-Pelasio
Camp Unity

“We should have the right support given to the person we care for, so we don’t have to provide excessive care which impacts on our own health and wellbeing.”
Important context:
• Indigenous Māori.
• Te Tiriti o Waitangi (The Treaty of Waitangi).
• Diversity – the largest city Auckland = 4th most diverse city in the world with 39% of its population born overseas (IOM, 2015).
• Major ethic groups = Māori, Pacific, Pākehā (European), Asian, Middle Eastern (Statistics New Zealand, 2014).
• Child and disability poverty.
• Educational disparity.
Young carers are tamariki (children) and rangatahi (youth) aged up to 25 years who physically, emotionally, socially, and/or spiritually support a whānau/aiga (family) member for or due to disability, illness, mental illness, substance misuse, or advanced age, or due to socio-economic factors resulting in tamariki taking on care.

Missing:
• Significant and ongoing.
• Parentification/adult-like.
HIDDEN YOUNG CARERS

• Natural care roles
• Large/extended whānau/aiga group
• Services that don’t reflect whānau (family) need
• No awareness of young carers – can’t identify
• No support for young carers

"I left school really young, [age] 15...I was miserable... No one knew what I was really going through...that I'm so busy at home...They just saw shitty grades, where I would wag classes, forge notes. They saw me as a badass, but...as much as it didn't look like it, I just wanted help." - Grace
WHAT DO WE KNOW?

40,000+

Young Carers aged 15-24yrs in New Zealand (MSD, 2019).

• Similar male : female.
• Highest among Pacific and Māori.
• More likely high deprivation.

But …
What do we know?

Short- and long-term impacts

- Poor mental health
- Negative emotional wellbeing
- Low educational achievement
- Higher likelihood not to be in education, training or employment (NEET) (Donnan, 2020).
- No support services.
Aim: **Recognise and support** carers.
Target population x 4: Young carers.

- Action 1.3: Create a **fund to research** the needs of young carers.
- Action 1.4: **Improve data** about young carers.
- Action 1.5: Support the inclusion of young carers in **policy development**.
- Action 3.1: Identify and support young carers, their families, whānau and aiga to access the **support** they need.
TWO young carers took part in Mahi Aroha consultation survey (out of 603 carers).
**Camp Unity:** We envision a New Zealand where all Young Carers will be flourishing by learning to love who they are and understand their potential is limitless.

<table>
<thead>
<tr>
<th>Camps</th>
<th>a safe space to connect with others who understand, have freedom to express themselves, and to heal</th>
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<tbody>
<tr>
<td><strong>Young Leaders</strong></td>
<td>Young Carers will become leaders of their own lives and have a vision for their futures.</td>
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<tr>
<td><strong>Mentoring / Tutoring</strong></td>
<td>Young Carers have access to support to make their aspirations reality.</td>
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<td><strong>Relationship/ Community Engagement</strong></td>
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<td><strong>Respite</strong></td>
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<td><strong>Advocacy, Policy and Research</strong></td>
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VOICES OF YOUNG CARERS

I felt seen, heard & understood as a young carer.

A place my child can be herself free from judgement.

Meeting people in similar situations.

Seeing everyone connect & feel like part of a community.

Making friends with people who understand.

What did you get out of camp?

What did you find most helpful?

To have a well deserved break from responsibilities.

The importance of self-care.

I never felt so peaceful & understood.

To keep working on health & wellbeing, mentally, physically spiritually.

To deepen the links I have created at camp.

Getting out of my comfort zone & feeling safe to do so.

Overcoming my fears.

writing really helps process & say things that are tough for others to hear.

Confidence boost with my anxiety.

Feeling part of something empowering.

@UWEILLUSTRATORS
VOICES OF WHĀNAU (FAMILY)

“I am now able to take her to counselling and she feels she can finally talk about things.”

“If it wasn’t for this valuable camp my daughter would never have unlocked the pain she had been holding on to for so long.”
ADVOCACY, POLICY AND RESEARCH

THE COMMONWEALTH CHARTER FOR YOUNG CARERS

Young carers from across the Commonwealth have developed this Charter, grounded in the United Nations Convention on the Rights of the Child.

“It is important to involve young carers in all aspects of policy making and decision making. We have a voice - listen to us!”

AS YOUNG CARERS FROM AROUND THE COMMONWEALTH WE ASK THAT WE:

• Are listened to and our views and culture are respected.

“ABOVE ALL ASK US WHAT WE NEED AND LISTEN TO US!”
Thank you

Dr. Lauren Donnan laurendonnan@hotmail.com
Te Rina Ruru-Pelasio terina.ruru-pelasio@campunity.org.nz
We should have the right support given to the person we care for, so we don’t have to provide excessive care which impacts on our own health and wellbeing.
Young Carers’ Voices:
Australian perspectives on awareness raising, advocacy and service delivery

Sarah Judd-Lam and Madeleine Buchner
We acknowledge the Traditional Custodians of the land we are presenting from today and pay our respect to Elders past and present and to all First Nations people.
About Carers NSW

Carers NSW is the peak non-government organisation for carers in the Australian state of New South Wales (NSW).

We are part of the National Carer Network and a member of Carers Australia.

Our vision is an Australia that values and supports all carers. Our goals are to:

• Be a leading carer organisation in which carers have confidence
• Actively promote carer recognition and support
• Actively support carers to navigate a changing service landscape that will be characterised by ongoing policy reform
• Promote connected community experiences and opportunities for carers that are inclusive of diverse carer groups
• Lead and advocate for carer-specific and carer-inclusive policy making, research and service delivery
• Continue to be a quality-driven, responsive and carer-focused organisation.
About Little Dreamers

OUR MISSION

We are a non-profit organisation working towards an equal world for Young Carers.

Little Dreamers delivers empowering support programs to improve the quality of life for young people aged 4 to 25 with a caring role.

These programs target each of our five main impact areas:
★ Identity
★ Health and wellbeing
★ Social connection
★ Education and employment
★ Financial literacy
Young carers are children and young people aged 25 years and under.

Up to date, representative population data on young carers is limited, especially for young carers under the age of 15 years.

An estimated 178,650 Australians aged 15-25 years (1 in 10) are young carers.

Approximately 18,600 (8%) are the primary carer for the person they care for.

School engagement, school completion and engagement in higher education are lower among young carers.

*Australian Bureau of Statistics 2018 Survey of Disability, Ageing and Carers
**Hamilton and Redmond (2020); Warren and Edwards (2017); Hill and Thomson (2011)
Support for young carers

Services for the person they care for

- National Disability Insurance Scheme (under 65 years)
- My Aged Care (65+ years)
- Mental health and health care services

Services for young carers themselves

- Carer Gateway services (e.g. counselling, respite, peer support) delivered through organisations that include Carers NSW and Little Dreamers
- Young Carer Bursary (to assist with educational expenses)
- Carers Australia and State and Territory Carer Organisation young carer initiatives, e.g. Carers NSW Young Carer program
- Not-for-profit organisations providing other services e.g. Little Dreamers
OUR PROGRAMS

DREAM EXPERIENCE
HOLIDAY PROGRAM
BIG DREAMERS
MENTORING AND TUTORING
HOUR OF POWER
LEVEL UP
THE DREAMERS HUB
PEER SUPPORT

THE YOUNG CARER PROJECT
THE YOUNG CARER JOB READINESS PROJECT
THE YOUNG CARER ADVOCACY PROJECT
Young carers’ voices: Initiatives

Carers NSW Young Carer program

- **Young Carer Awareness Training** for school teachers, co-delivered with a young carer
- **YC Bytes podcasts**, with young carer guests and hosts ([ycbytes.buzzsprout.com/](https://ycbytes.buzzsprout.com/))
- **Young Carer Advisory Group**, which raises issues and ideas, reviews resources and co-develops projects
- **Carer Representation Program**
- **Research** about young carers:
  - Biennial National Carer Survey
  - Young Carer Research Project (2020)
  - Carer Knowledge Exchange
Young carers in their own words
The Statement for Australia’s Carers

2 – “Children and young people who are carers should have the same rights as all children and young people and should be supported to reach their full potential.”

Along with carers of other ages, young carers should:

- Their contributions, relationships and needs should be recognised (3, 5, 6)
- They should be given timely and appropriate support to optimise their health, wellbeing, economic wellbeing and community participation (4, 9, 10)
- They should be included by service providers and treated with respect (7, 8)

Public service care agencies must reflect these principles in developing, implementing, providing or evaluating care supports.
Cwth Young Carers Charter

Young carers’ responses (Carers NSW)

“I sometimes feel that I have been seen only as a young carer rather than a young person… such a charter would benefit a massive amount not just for the carers, but also for the people that they care for.” - Male young carer, 18 years (NSW)

“There have been times when I have faced discrimination from community, due to being a YC…Having a document like this would be extremely beneficial as YC’s is not only in Australia but all over the world who share similar views, needs & rights.” - Male young carer, 22 years (NSW)

“I resonate with the sentence on young carers being young people first and foremost…I think [the charter] could be used as a guiding principle for policies…using these principles as criteria to evaluate the impact of proposed policies.” - Female young carer, 24 years (NSW)
**Young carers’ responses (Little Dreamers)**

“I really think these outlines for Young Carers will help many of us in the future if they are fully implemented… It will be great if these points are there for future generations so that people who aren't carers can understand us and our positions better to a point that they can help us when needed.” - **Kirsten**, Young Carer, 17, Vic

“My job as a young carer makes me feel different and makes things harder for me to achieve… The charter would offer access to services that could help me mentally and emotionally which would be amazing.” - **Alisha**, Young Carer, 13, QLD

“I believe this charter could support young carers by giving us security that we have access to all this support and knowledge. We have a voice to be used.” - **Bella**, Young Carer, 14, QLD
Thank you!

Find out more

Carers NSW
www.carersnsw.org.au
sarahj@carersnsw.org.au

Little Dreamers
www.littledreamers.org.au
madeleine@littledreamers.org.au

Carer Gateway
www.carergateway.gov.au

Young Carer Bursary

Statement for Australia’s Carers
Young Carers Voices – Nepal, India, and Bangladesh

Ruth Patil
Carers Worldwide

“We should have practical support and help offered including respite care.”
Young Carers Voices from India, Nepal and Bangladesh
WHO WE ARE AND WHO WE WORK WITH

Carers Worldwide is the only organisation exclusively and strategically raising awareness of the needs of unpaid family carers in low and middle income countries

• We work with carers of all ages
• India, Nepal and Bangladesh
• Over 20,000 carers
• Approximately 10% are young carers
NEEDS OF YOUNG CARERS IN LOW AND MIDDLE INCOME COUNTRIES

Costs of Caring on Young Carers include:

- Missed education
- Effects on Health
- Emotional Wellbeing
- Stress
- Isolation
- Possible exposure to situations of violence
“I love my sister and I love looking after her, but I miss having time for myself. I cannot go to school as my father works long hours as a rickshaw puller. If I get a chance to have some time off, I will smile.”

Hadia, aged 15
WHAT YOUNG CARERS TELL US

“My father supported our family but three years ago, he became unwell. Our family was broken. I did not know what to do.”

Laxmi, aged 17
“My mother is physically disabled. I have to do everything for her and all the household work. I could not express my problems to anyone.”

Sushila, aged 23
WHAT YOUNG CARERS TELL US

“I can’t relate to what my friends talk about. I often have to put my life on hold. Sometimes I feel jealous that she gets all the attention.”

Archita, aged 17
WHAT YOUNG CARERS TELL US

“Other girls can talk to their mothers. I can’t. My mother is mentally ill and I have nobody to talk to.”

Sharmila, aged 14
WHAT YOUNG CARERS TELL US

Video of Kakoly, aged 16, being interviewed by Moinul from the Centre for Disability in Development
HOW WE SUPPORT YOUNG CARERS

Sensitise and train partner organisations and other stakeholders who come into contact with young carers:

- Partner staff
- Teachers
- Local Health Workers
- Community Volunteers
HOW WE SUPPORT YOUNG CARERS

Facilitate a range of services:

- Identification and discussion with family members/community
- Counselling
- Integration back into school
- Support with uniform, books, tuition
- Young carers clubs
- Alternative care facilities
HOW WE SUPPORT YOUNG CARERS

Advocacy and Policy:

- Community
- Education providers
- Local Government
- National and international NGOs
THE IMPACT ON YOUNG CARERS

“Now I can get advice and I understand more.”

“I can share my problems and I get help to find solutions.”

“I get on better with my sister now I get a break.”

“Talking with the others in the group gives me courage.”

“Getting extra help with Maths has helped me a lot.”

“I am smiling a lot more now!”
Stay Connected...

Website: www.carersworldwide.org

Facebook, Instagram, Twitter, LinkedIn, YouTube: @CarersWorldwide
Young Carers Voices – International perspectives

Thursday 8th and Friday 9th June

A message from Oritsé Williams

Singer-songwriter; Member of the band JLS; Former young carer; Commonwealth Young Carer Champion
“Please think how to make allowances for lack of some qualifications and look at the basic skills that young carers have.”

Ernest Mwangi
Victoria’s story

My name is Victoria Mwihaki.

I am happy for the opportunity of being in the after-school club for young carers. Being in this club has given me a chance to interact with other young carers facing similar challenges as me and also provided a platform to share experiences and situations.

The club has also raised awareness to teachers and fellow students to understand us and the situations we are in.

Since we are now better understood, we are now confident to attend school without the fear and worry of being victimized or being perceived as different.

I am grateful for this and would ask for the clubs to extend to the community.
Travis’ story

My name is Travis Wairegi and I am 12 years.
I am proud being in the after-school clubs because I am able to express myself without fear about the challenges I face as a young carer. I have gained knowledge and guidance which have enabled me to make informed decisions about my future.
Also, my academic performance has improved since I have gained courage seeing am not alone in this situation.
I have exchanged ideas with fellow students and teachers and am glad they understand the challenges and situations we face.
"We should have the right to education, time to focus on our studies and be offered real choices in accessing further education and future aspirations."

Young Carers Action Research Project (YCARP, Japan)
Mao Saito (Professor, Ritsumeikan University)
Yuki Kameyama (young adult carer)
Toi Hirai (young adult carer)
Yu Kasai (young adult carer)
Takuya Takeishi (supporter)
The current situation and issues surrounding young carers in Japan, and our project team, YCARP.

Young Carers Action Research Project : YCARP,
Ritsumeikan University
Mao Saito, Yuki Kameyama, Toi Hirai,
Takuya Takeishi. Yu Kasai

[Email](mailto:carersactionresearchproject@gmail.com)
[Website](https://y-carp.wixsite.com/my-site)
Research trip to the UK (13-19 Feb.)
Research trip to the UK (13-19 Feb.)
1. Trends and issues in Japan concerning Young Carers
(1) Visualization of Young Carers

- Fact-finding surveys conducted by local authorities and the government between 2020 and 2022

  1 in 15 primary school students
  1 in 17 secondary school students
  1 in 25 high school students
  1 in 16 university students

https://www.jri.co.jp/MediaLibrary/file/column/opinion/detail/2021_13332.pdf
● Problems persisting past 'children' under 18 years of age.

Barriers and difficulties encountered in caring for or looking after someone (NHK survey)

Higher education(36.2%)
Employment(24.4%)
Got engaged or married(13.2%)

(https://www.nhk.or.jp/shutoken/wr/20220506b.html)
(2) Social problems and moves towards support.

- Murder by young adult carers.

  Suma Ward, Kobe City (October 2019).
  In her first year of working, a woman murdered her grandmother with dementia, who lived with her.
  (https://mainichi.jp/articles/20201028/k00/00m/040/074000c)

  Otsu City, Shiga Prefecture (August 2021).
  A 17-year-old brother murdered his 6-year-old sister whom he was taking care of.
● Accelerating media coverage (2020-)

The serialization of 'Young Carers' by the Mainichi Newspaper Reporting Team
Enact ordinances to supporting young carers at the local government level

No laws for supporting all-age carers in national level

Carer support bylaws (March 2020-)
The Establishment of consultation services
Support for housework and childcare
Specialized coordinators for young carers
The move of the Japanese government

- March 2021
  Started a project team to support young carers.

- March 2022.
  Published a manual on support through multi-agency, multi-professional collaboration.

- May 2022
  Indicated the direction that support would be provided by Children and Families Agency.
  https://www.yomiuri.co.jp/politics/20220531-OYT1T50109/

- April 2023
  Started support by Children and Families Agency.
  https://www.cfa.go.jp/policies/young-carer/
(3) Issues in media coverage and support.

① Superficial support to young carers.
   → Issue of lack of support for those who need care.
   → Issue of lack of support for carers.
   → The need for support for the whole family.

② Lacking social interest in Young Adult Carers,
   Children: protected. Adults: self-responsible?
③ The problem of stereotypical portrayal in the media.
   - Children in difficult circumstances/children who are doing their best.
     → The portrayal of children in particularly difficult circumstances tends to reinforce the responsibility of parental care.

   - Emphasis on images of physical care and housework.
     → Narrow understanding of care. The invisibility of diverse care.

https://youtu.be/lML15qQxYfM
2. Introduction about YCARP
Young Carers Action Research Project (2021～)

〇 Action research-based project initiated in September 2021.
〇 The members are Young Carers, Young Adult Carers, and supporters.
〇 Monthly online meetings.
The Nippon Foundation grant program.
Development of a comprehensive Young Carers/Young Adult Carers support model with children and young people as rights-agents.
YCARP 1st anniversary event
Listening to the 'voices' of children and young people
(11 September 2022)

The film “Me and my younger brother” screening & talk show by director Takagi

Lectures & panel discussions on child advocacy
Autumn camp for Young Adult Carers
(15-16 Oct 2022, Utano Youth Hostel)
Career events for Young Adult Carers
(Saturday 28 January 2023, held online)

Part 1.
Job hunting seminar for Young Adult Carers.

Part 2.
Experiences of carers: “what to think about when you’re not sure whether to care for yourself or your life”.
Discussion on topics such as careers, housing, relationships, etc.
Thinking with Young Adult Carers, professional development course for supporting Young Carers and Young Adult Carers
(12-13 November and 17-18 December 2022)
Young Carers Action Day in Japan
(25 February and 4 March 2023)

Lecture by Saul Becker

Lecture by Sara Gowen (Sheffield Young Carers) and a 13-year-old young carer
Question from YCARP to everyone

- To what extent is supported in place in your country/region for young carers and young adult carers to distance themselves from their care role?

- When we visited the UK in February, we heard that support for young adult carers is less developed than for young carers. What is the situation in your country/region regarding this?

- How is the term young carer defined in your country/community/supporting organisation? Is there any debate on the definition? In Japan, the term young carer, defined as a child under 18 years of age, is prevalent, with less focus on carers over 18 years of age.
Thank you for your listening!!

Young Carers Action Research Project: YCARP,
Ritsumeikan University

carersactionresearchproject@gmail.com
https://y-carp.wixsite.com/my-site
Young Carers Voices - Nigeria

Nigeria Young Carers

“We should be protected from psychological and physical harm.”
Day 2 – Thank you and next steps

www.youngcarersalliance.org
Young Carers – COSW

“We should have a home that is suitable and safe for us and our family.”

Portraits: Max Alexander/Hospice Toronto; Max Alexander/The Children’s Society