

# Sweden Care2Work - ERASMUS+project

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# Initially in Care2Work

- a literature review included children as next of kin/young BAME carers
- 35 non-governmental organizations, other authorities – provided an overview about the support given
- young carers and professionals working with these groups were interviewed
- the first report and the conference in Italy



# Young Carers or Children as Next of Kin

Children and young people (<18 years) who provide care or support to another family member but also grandparents or other relatives

The legislation and the welfare system in Sweden makes the group a hidden population, and no specific supportive systems have been developed.



# Workshops Young BAME Carers

## Motivation and Perception (n=3)

- an 'eye opener'
- helped each other find situations in which the soft skills could be a strength, a strength they felt they had
- met others who were in the same situation, now they understood that they were not alone in 'having it like this'



# Workshop for Professionals

Young carers' strengths and skills (n=5)

- new perspective on young carers' strengths and skills as a result of their caring experiences
- an 'eye-opener' - important to raise the issue



# Online Courses

- 14-15 (of 20) participated in each course
- brought an awareness among Young Carers about their own strengths and soft skills
- increased understanding among professionals about young carers' soft skills
- user friendliness and content can be improved



# Key recommendations - national level

- More attention throughout the welfare system
- Provide alternative schooling and make up for lost schooling
- Enable young carers to be aware of their strengths/skills, and use them to increase access to further/higher education/work
- Better support to entire families or entire informal networks of support for young carers
- Increased knowledge of the cultural approach and in relation to legislation
- Decision makers and politicians at local, regional and national level need better knowledge/understanding
- Professionals, work with supporting young people can also see and reach out to young carers

# Key recommendations – EU level

- Care2Work shows how readily available ICT can be used to help provide information, education and also support
- More research and development work is needed in this area to provide more sensitive and innovative forms of support for young carers
- Important to reach out and support professionals working with young carers in all educational settings



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