

International Conference “Youth-led Solutions to Unemployment: The Voices of Young, Marginalised Carers”

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Findings from the Care2Work activities in Greece

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Introduction

- ▶ The presentation summarizes the main findings from the activities of the “Care2Work” project which were implemented in Greece, from May 2015 to April 2017.
- ▶ The key activities implemented in Greece are:
 - ▶ **Research study** (desk research and fieldwork)
 - ▶ **Pilot training activities** addressed to young carers and professionals, which include a) **face-to-face** and b) **online training**



Key Findings from the Research Study



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Key findings from the desk research

Definition of carer:

- ▶ The concept of “carer”, in particular that of “informal carer” or “unpaid carer” is associated with the term of “family caregiver” or “family carer”;
- ▶ the term refers to those people who provide care or assistance to other family members;
- ▶ the family carers are:
 - ▶ spouses,
 - ▶ children,
 - ▶ brothers and sisters.

Key findings from the desk research

Reasons for becoming a carer:

- ▶ Greek families consider it a duty and a feature of the Greek tradition;
- ▶ limited assistance and support by the State as a consequence of the economic crisis;
- ▶ Greek families cannot afford the caring expenses, as result of the economic crisis in Greece; last years, there is an increase of the number of the people who take care of their family members.

Key findings from the desk research

Young carers in Greece who belong to ethnic groups and ethnic minorities:

- ▶ The one and only officially recognized minority in Greece is the Muslim:
 - ▶ It is located in Northern Greece
 - ▶ It numbers about 114.000 people.
 - ▶ Has its own traditions and languages.
- ▶ Minority ethnic groups in Greece are consisted of the economic migrants:
 - ▶ They landed in Greece in the 1990s and the 2000s.
 - ▶ Most of them come from Albania, Bulgaria and Romania.
 - ▶ More recent immigrant groups include people from Africa and Asia.
 - ▶ The phenomenon of migration is rather recent in contemporary Greece, in comparison to other European countries.



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there are still no increasing needs for care to the migrants'



Key findings from the fieldwork

Fieldwork:

- ▶ The fieldwork provided very important information about the young carers from ethnic groups and ethnic minorities.
- ▶ It included:
 - ▶ 4 face to face interviews with young carers coming from Nigeria, Sierra Leone and Bulgaria and one member of the Greek Muslim minority;
 - ▶ 5 face to face interviews with experts and relevant professionals.

Key findings from the fieldwork

Demographic features of the young carers:

- ▶ 25 to 35 years old.
- ▶ Most of them are women, mainly married women.
- ▶ They are members of the Greek Muslim minority and
- ▶ economic migrants coming from Albania, Bulgaria, Romania, Ukraine, Georgia and African countries.
- ▶ Many of the young migrants were born in Greece in the 1990s.
- ▶ Some young migrants came to Greece in the 2000s.
- ▶ Few of them are graduates from schools of secondary or higher education, particularly those from the Balkan countries.
- ▶ Most of the young carers are totally unskilled and primary school graduates, mostly those from African countries and the carers of the Muslim minority.
- ▶ Most of them are unemployed and face many difficulties in finding a



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Key findings from the fieldwork

Reasons for becoming carers:

- ▶ The financial difficulties faced by their families.
- ▶ Inability to access the welfare system, also because they cannot speak the Greek language.
- ▶ They believe that it is a moral obligation to take care of their families' members.

Key findings from the fieldwork

Problems and obstacles faced by young carers as regards their role as carers:

- ▶ They do not have specific knowledge and have never been trained on how to take care of the people in need.
- ▶ They do not know where and how to find information in order to improve their competences.
- ▶ They do not know the Greek language.
- ▶ They do not have the time or the mood to improve themselves as carers, because of the frustration they feel.
- ▶ They never ask for psychological support, because it is not common to their culture and customs to ask this kind of support.
- ▶ They face many financial problems.

Key findings from the fieldwork

Problems and needs of young carers as young people and as members of ethnic groups and ethnic minorities:

- ▶ They live socially isolated.
- ▶ They have fewer possibilities for personal development and employability.
- ▶ They are heavily affected by unemployment.
- ▶ Their educational needs are large, mainly of those who live away from urban centres.
- ▶ The Greek language is a problem to their access to employment and professional development.
- ▶ Young carers from the Muslim minority residing in villages inhabited by people of the same religion and language face stronger problems.
- ▶ The educational level of this group is very low, they usually drop out of elementary school and work in agricultural works.
- ▶ Most of them have no time for personal and social life.



Key Findings from the Face-to-Face Training



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Key findings from the face-to-face training

- ▶ The “Training workshop for youth workers and young people” took place in Athens, on the period from the 14th to 19th of November 2016 and was attended by 19 persons.
- ▶ The training put special emphasis on cross learning, mobility and cultural awareness, as it brought together youth workers and young people from Greece, Italy, Sweden and the United Kingdom.
- ▶ The aim of the training was to:
 - ▶ raise awareness and increase knowledge among professionals and young people about young BAME carers;
 - ▶ contribute to the empowerment of the young participants in their role as young carers and to viewing themselves and their skills as an important resource for future employment and/or further education opportunities;
 - ▶ provide the participants with a deeper insight into how the soft skills can work and what benefits they mean in an educational or working context.

Key findings from the face-to-face training

The participants attended the following sessions in a 6-day training:

- ▶ 1st day: Introductory session to the training workshop for youth workers and young people
- ▶ 2nd day: Care2Work Empowering Professionals Training Workshop
- ▶ 3rd day: Conflict Management & Stress Management
- ▶ 4th day: Motivation
- ▶ 5th day: Teamwork
- ▶ 6th day: Empathy

Key findings from the face-to-face training

According to the evaluation of the training workshop, the participants:

- ▶ improved their knowledge and understanding about BAME carers;
- ▶ increased their knowledge on the soft skills presented;
- ▶ found that these soft skills are very important and applicable in a workplace, in higher education or other life situation;
- ▶ stated that the workshop met their expectations and the overall opinion on the workshop was very good.



Key Findings from the Online Training



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Key findings from the online training

- ▶ In total 66 participants from Greece attended the experimentation phase of the online training
- ▶ 3 online courses were available in the Greek language

Key findings from the online training: “Empowering Professionals to work with Young Carers from Minority Ethnic Groups”

Course: “Empowering Professionals to work with Young Carers from Minority Ethnic Groups”:

- ▶ The course aims to explore the skills and competences that young carers from minority ethnic groups gain through their experiences of caring for family members, such as resilience, perception, empathy and problem solving.
- ▶ It is designed to provide professionals working directly with young carers with key tools and resources that would further help them empower young carers to transfer these skills into other key areas of their lives.
- ▶ In total, 22 persons attended this e-course.
- ▶ The participants stated that they improved their understanding and awareness on the needs of young BAME carers
- ▶ They gave a positive feedback on the course.

Key findings from the online training: “Communication: learn how to communicate in the most efficient way”

Course: “Communication: learn how to communicate in the most efficient way”:

- ▶ The course targets young people with caring responsibilities.
- ▶ It aims to strengthen their communications skills, so as to help them in their caring role as well as in their life and work.
- ▶ The course is composed of 3 main units, which include exercises, theoretical background on communication and the essential communication skills of a young carer.
- ▶ 22 young people took part to this e-course.
- ▶ Participants stated that the course met their expectations;
- ▶ they appreciated the course because it was “very simple”, “understandable”, “essential”, “with interesting and well organized information”.

Key findings from the online training: “Teamwork”

Course: “Teamwork”:

- ▶ The course targets young people with caring responsibilities.
- ▶ It aims to strengthen their teamwork skills, so as to help them in their caring role as well as in their life and work.
- ▶ The course is composed of 2 main units, which include exercises and theoretical background on teamwork.
- ▶ 22 young people participated in this e-course.
- ▶ Participants gave a good evaluation to the course.
- ▶ All of them stated that teamwork could be viewed as a resource for them personally.



Conclusions

Conclusions

- ▶ Young carers, especially those coming from ethnic groups and ethnic minorities, is a group which has not been studied in depth in Greece.
- ▶ There are almost no data on the young carers and their needs;
- ▶ also there is no legal or policy framework and no support to the carers by the state.
- ▶ Some limited activities implemented by NGOs funded through EU programmes are of course considerable but are not adequate to cover the increasing needs of the young carers in Greece.
- ▶ The “Care2Work” project has been the very first step in providing some basic knowledge on the topic;
- ▶ the project also, through its training programme, offers young carers in Greece the chance to better understand and improve the skills that have already developed through their caring.
- ▶ It gave KMOP the chance to expand its knowledge on the topic of the young carers, especially of those who belong to ethnic groups and minorities.



Recommendations



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Recommendations

- ▶ Development of a specific national strategy for young carers
- ▶ Specific educational and counselling/ employment programmes addressed to young carers, organised by both public and private organisations.
- ▶ Actions for the utilisation of the skills and competences that the young people have acquired as carers.
- ▶ Information about the supporting programmes and creation of informative materials in the languages of the young carers.
- ▶ Networking and cooperation among stakeholders, organisations and relevant actors who could support these groups.
- ▶ Raising awareness activities about young carers so as to improve their social integration.



Thank you for your attention!



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