



Young Carers Awareness Day

01-25-18 🍁 #YCAD

1 in 4 young people aged 15-29 provide care to a family member or friend



1,900,000 27% of Canada's youth are young carers



8% of young carers provide care to someone with a mental illness



Education is adversely affected for 1 in 5 caregivers enrolled in school



Young carers provide an average of 14 hours of care per week











One-third of young carers report being worried, anxious and tired

Please share this information with your colleagues, community, and young carers.

Tips for Healthcare Professionals¹

Some of your patients have young caregivers in their families. Young carers are often involved with aspects of a family member's care and can be affected by the situation in many ways themselves.

CONSIDER THE FOLLOWING:

-  Acknowledge the young person with a simple, "Hi".
-  Identify young carers by asking patients about their caregivers, or ask appropriately when youth are present.
-  Ask young carers, "How are you today?" Or, "Do you need help with anything?" Be sincere because it is not the words you choose but the caring behind them.
-  Be honest and transparent with young carers when they ask questions about their family member's health, care plan, and other needs.
-  Provide information that is age appropriate so that young carers can understand what is going on and how to properly care for their family member if they need to. Provide information about what to expect in the short- and long-term, including future care needs if applicable.
-  Develop a crisis plan with the young carer for an emergency situation, including people who can be called any time of day or night.
-  Provide young carers with information about relevant community support.
-  Don't underestimate the impact you're having as a caring adult.



Distributed by Changing CARE: Embrace, an initiative of Cornwall Hospital's Community Addiction and Mental Health Centre with Cornwall & District Family Support Group



¹ Information adapted from <https://youngcarersproject.wordpress.com/ways-to-support-a-young-carer/tips-for-healthcare-professionals/>