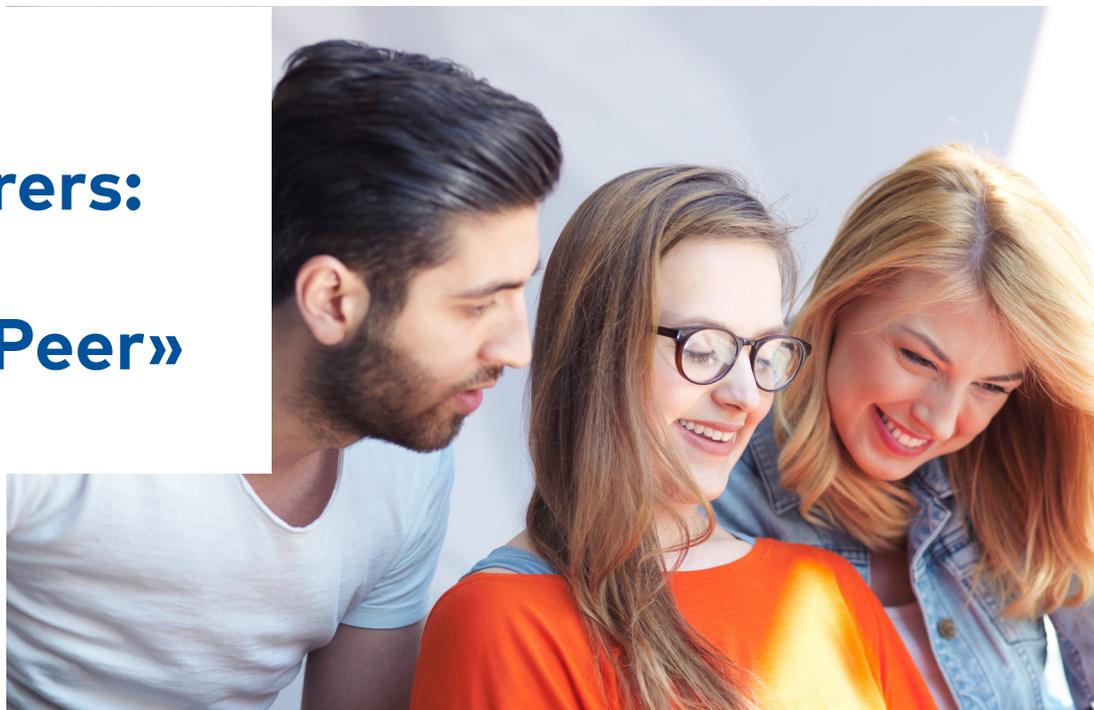


Young Carers: Project «Peer-to-Peer»



In Switzerland, too, there are children, adolescents and young adults who provide care for close relatives. The Careum School of Health conducts research on the topic of «young carers», develops concrete support measures and contributes to raise awareness among professionals in education and social services.

When parents, siblings or grandparents become physically or mentally ill or even pass, childhood ceases to be carefree. Often, children and adolescents then shoulder tasks that adults normally should take on: they care for and look after their relatives – and sometimes even care tasks such as administering medication or setting transfusions. Most of the time their teachers or training

supervisors are not even aware what they do in addition to school and training. There are many reasons why young people take on a supporting role: Because other relatives are missing or are unable to take on the responsibility or because there is a lack of suitable and affordable professional care arrangements.

Research wants to support

The internationally accepted technical terms «young carers» (under 18 years of age) and «young adult carers» (under 25) originate from Great Britain, the country of origin of the Young Carers research. For Switzerland, the Careum School of Health has been investigating the situation of young carers with a variety of research and development projects since 2014. Currently, we are working on the prototype of a web-based network map for young carers and professionals, which lists all offerings that support young carers. Furthermore, «get-togethers» are offered: low-threshold, professionally accompanied exchange meetings for young carers, set up and accompanied by the research team of the university.

New project: «Peer to Peer»

Young carers often feel alone in their situation and hardly take advantage of any help. It is therefore even more important that they have access to low-threshold services and to meet other young people in similar situations.



Research supports caring and supportive young people with fact-based data.

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The planned pilot project «Peer-to-Peer: Counseling of Young Carers by Young Carers» of the Careum School of Health (duration: July 2022–June 2023) is pursuing a new approach throughout Switzerland. Together with young carers a low-threshold and personal counseling offer is being developed, tested and evaluated. Interested and affected young people are trained for counseling and test the web-based network map at the same time.

In this way, young carers personally support other young carers with answers, reports on their experiences, tips and advice. On the one hand, the project enables young carers to actively help develop a service for their target group and to act as peer counselors, and on the other hand to benefit from this new service in Switzerland themselves.



Peer to peer: Young carers advise young carers.



Detailed information

→ www.careum-hochschule.ch/Young-Carers

Careum Hochschule Gesundheit

Gloriastrasse 18a, CH-8006 Zürich

T +41 43 222 63 01

youngcarers@careum-hochschule.ch

www.careum-hochschule.ch

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