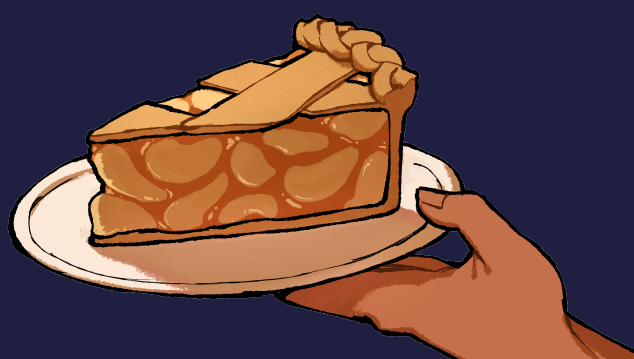


SUPPORTING CAREGIVERS UNDER THE AGE OF 25



A toolkit for Canadian healthcare providers to recognize and support young carers

About the project

RISE-UP

This toolkit is part of a research project at the University Health Network called **RISE-UP** (Recognizing, Identifying and Supporting the Engagement of Youth Providing Care).

Survey

A Swiss survey was adapted and sent to healthcare providers across Canada to assess their ability to identify, recognize and support young carers in their practice.

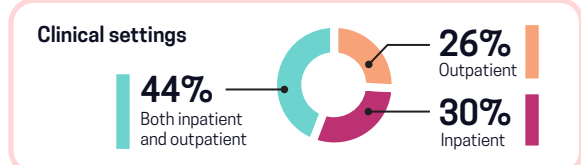
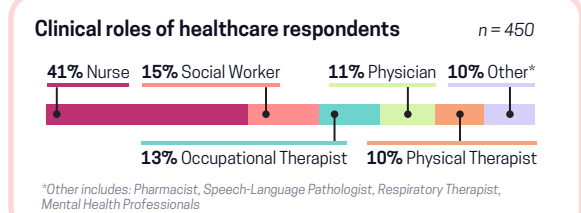
Toolkit

The development of the toolkit was informed by the survey results and through a series of co-design workshops with young carers, healthcare providers and caregiving organizations.

The goal of the toolkit is to help Canadian healthcare providers recognize and support young carers they encounter in their practice.

Data from the survey

Survey results are highlighted in pink. See below for examples:

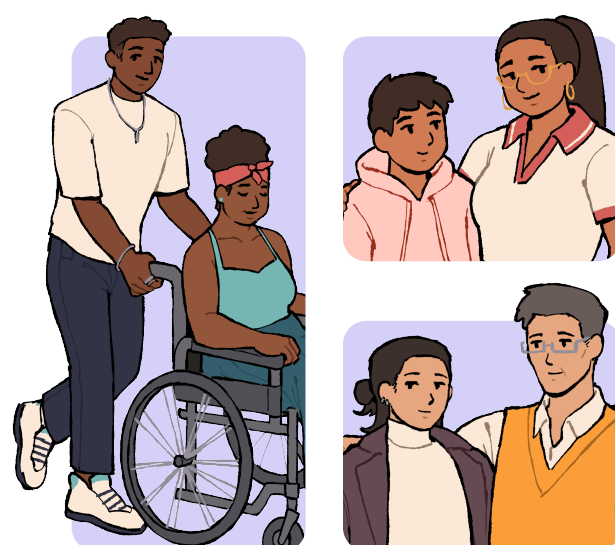


Who are young carers?

Young carers are people under the age of 25 who provide significant and ongoing unpaid care and support to a family member or loved one.

What differentiates young carers?

Young people can take on significant care responsibilities, but are often not recognized for their caring roles. This lack of recognition, combined with the challenges that come with being a young person (for example: school, work, social life, family dynamics and life transitions) represent the unique challenges and difficulties of being a young carer.



Survey respondents familiar with the term "young carer/caregiver" were **6.1x** more likely to be able to support young carers in their practice.

Awareness building is an important step to better supporting young carers.

Toolkit metaphor and acronym

PASS THE PIE

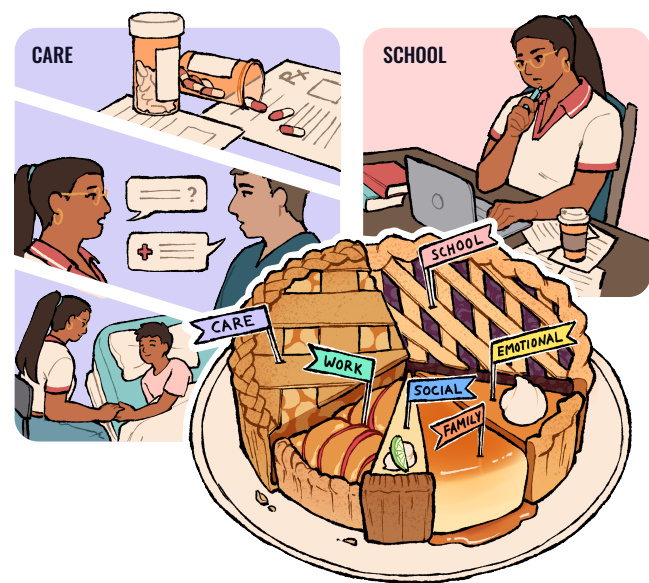
Within the toolkit, a metaphor and acronym was co-designed to help healthcare providers learn about the roles, responsibilities and nuances that come with being a young carer.

"**PASS the PIE**" refers to the pie metaphor. Each letter of **PIE** and **PASS** are accompanied by questions and statements to guide healthcare providers.

- PIE** Recognize the young carer, learn what is on their plate
- PASS** Support the young carer, pass along their slices

Recognizing young carers: PIE

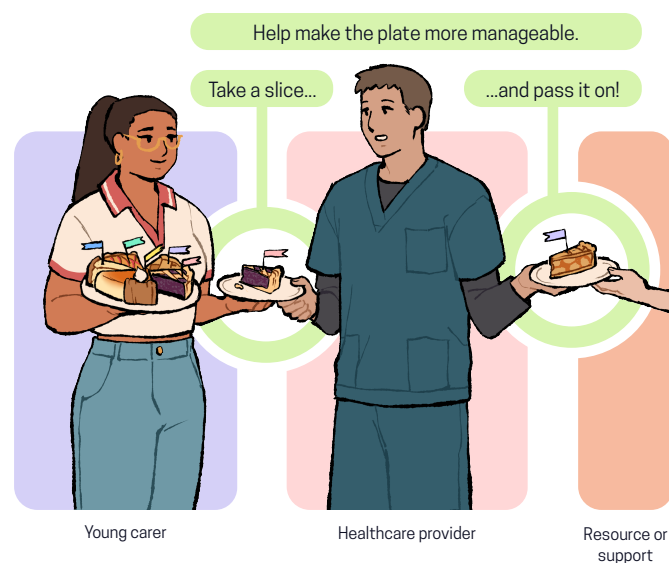
Young carers often have a lot on their plate. It can be an unmanageable amount. Learn about the different pieces of **PIE** they may have.



- P Proximity** Who is within close proximity to the patient? Who provides care support?
- I Intensity** How intense are the responsibilities of the young carer?
- E Effect** What is the effect of caregiving on the young carer?

Supporting young carers: PASS

Help young carers manage what is on their plate and **PASS** those slices to resources that can support them and their loved one.



- P Partner** Understand the expertise young carers have as caregivers. Where appropriate, partner with them as a member of the care team.
- A Affirm** Listen to their story without judgement. Affirm their experiences.
- S Systems** Work with the young carer and the healthcare team to determine what type of support is desired.
- S Support**

Resources

At the end of the toolkit, there is a resource table for supports and services that healthcare providers can refer young carers to.

The first page of the resources section is shown on the right. ▶

Project Funders



Project Leads

Dr. Karen Okrainec
 Isabelle Caven

Design & Illustration

Nichole Zhou



Scan the QR code to see the full toolkit.

See the toolkit for a full list of project contributors.