

The Impact Isolation can have on Young Carers

Isolation can be defined as:

The lack of meaningful relationships and social connections, leading to feelings of marginality and/or exclusion.

A young carer is:

'Someone under 18 who helps look after a relative, or a friend, who is ill, disabled or misuses drugs or alcohol'
(Carers Trust, 2015)

This presentation will cover:

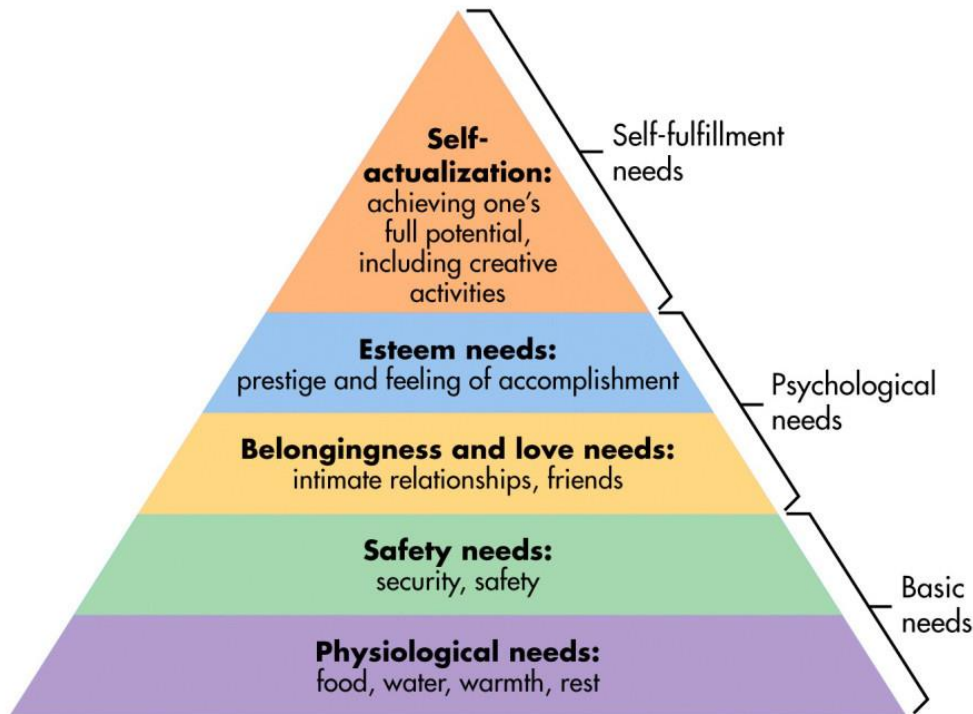
1. Contributing factors to social isolation
 1. *Importance of relationships*
 2. *Social exclusion - social cohesion*
 3. *3 Approaches to loneliness*
2. Its impact upon young carer's
 1. *Personal competency and wellbeing*
 2. *Importance of Childhood*
3. How Wales is addressing social isolation
 1. *Wellbeing of Future Generations (2015) Act*
 2. *Campaign to end loneliness*
 3. *Social Services and Wellbeing (2014) Act*

Personal networks and social capital

Relationships matter

- ▶ People connect through a series networks which makes a difference to people's lives, positive or negative.
- ▶ People's networks allow people to pursue their goals, and also serve to bind society together.
- ▶ Trust is important. Trust aids communication to get needs met and is constructive towards building relationships.

Childhood is the foundation of life that contributes to and influences who we become in adulthood.



Picture 1: McLeod (2018)

- Attachment
- Emotional responses
- Social behavior
- Future resilience



Picture 2: Word

Maslow's Hierarchy of Needs

Being a young carer can affect:

Health

Education

Social life

Self
confidence

Many struggle and are unable to build a network of meaningful contacts around them producing vulnerability

- Physical, mental and/or emotional

Resilience, however, is a strong attribute

Having the ability to bounce back and increasing confidence within their caring role

Some young carers don't realize they are carers and some become carers overnight



- ▶ Many factors will contribute to the outcome of how a young carer feels about being a carer.
- ▶ Important factors that contribute for a positive outlook are the quality of relationships around, a sense of belonging and trust.

Wellbeing

Societal

Education
Work
Income
Living situation
Leisure time

Individual

Enjoyment with life
Influenced by societal wellbeing

Young carers

- *Only half have someone within their school that knows they are a carer*
- *68% of young carers are bullied within school*

Loneliness

Focusses on the **importance of social interactions** to provide:

- Attachment
- Guidance
- Sense of worth

Interactionist View

-Weiss and Sermat-

When an **imbalance occurs** regarding the desired and achieved level of **social connection**

- Likelihood of loneliness continuing for longer period of time

Cognitive Approach

-Peplau and colleague's-

Recognises the **importance for honest communication** within one's social network

- Considers the impact of past experiences

Privacy Approach

-Derlega and Margulis-

Social Cohesion

'ultimate goal of modern society'



Social exclusion is defined by Burchardt as 'a person within society who is a resident geographically but for reasons beyond the persons control cannot participate in the normal activities and relationships in that society that he/she would like to participate' (Taket, *et al.* 2009 pg.7).

5 dimensions identified as:

- Belonging
- Inclusion
- Participation
- Recognition
- Legitimacy

Focussing on:

- Lack of social exclusion
- Shared values
- Interactions and connections

Wales is addressing social isolation

1. Social Services and Wellbeing (2014) Act

Easier access to assessments and support to make voice heard

Focus on carers wellbeing and individual needs

2. Wellbeing of Future Generations (2015) Act

Long term plan, focussing on wellbeing and well connected communities.

3. Campaign to end loneliness

Recognising the impact loneliness has on physical and mental health

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

Thankyou for listening

Hannah Galland

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Picture 1: McLeod, S (2018) Available at: <https://www.simplypsychology.org/maslow.html> (Accessed: 14 December 2018)

Picture 2: Word Document image