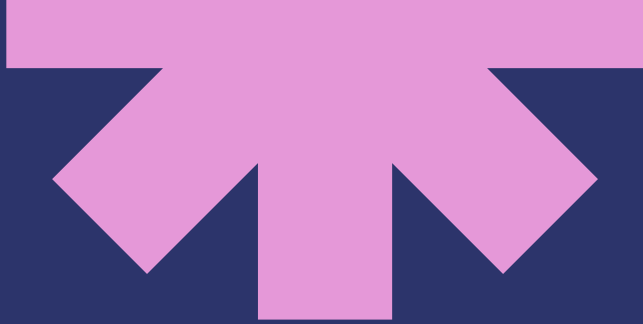
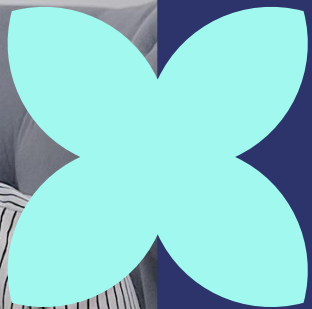




LCHS4010

***Psychology in Health and
Social Care***

Title: Supporting a Young Carer Through Adolescence:
Applying Erikson's Lifespan Development Theory

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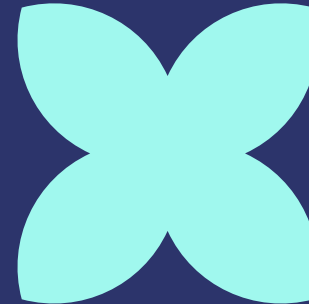
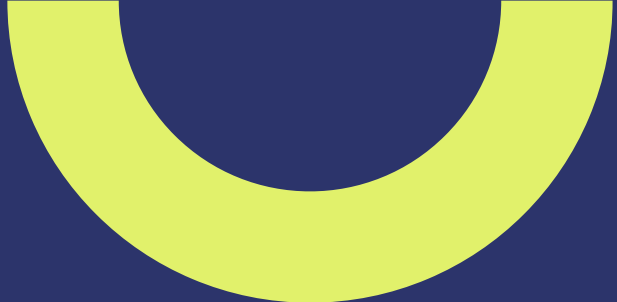
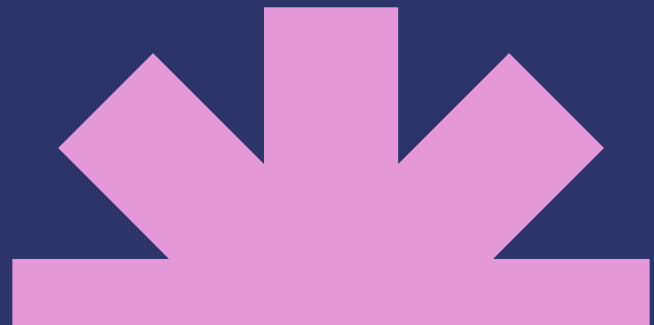


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Introduction

- Focuses on Erikson's theory and adolescent caregiving experience.
- Jenny is a 16-year-old with long-term caregiving responsibilities.
- Adolescence involves identity, emotional and social development challenges.
- Caregiving may disrupt healthy development (Grose-Fifer et al., 2023).



Importance of Lifespan

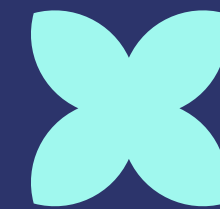
Development Theory

Lifespan theories explain psychological and social development over time.

Adolescence is critical for independence and identity formation.

Stressful experiences can disrupt normal developmental processes.

Theory informs early intervention planning (Rorije et al., 2023).



Chosen Theory – Erikson's Psychosocial Development Theory



Erikson proposed eight stages of psychosocial development.

Each stage includes a conflict influencing healthy development.

Adolescence focuses on identity versus role confusion.

Relevant to Jenny's caregiving role (Grose-Fifer et al., 2023).



Key Concepts: Identity vs Role Confusion

Adolescents
explore
roles,
values, and
future
aspirations

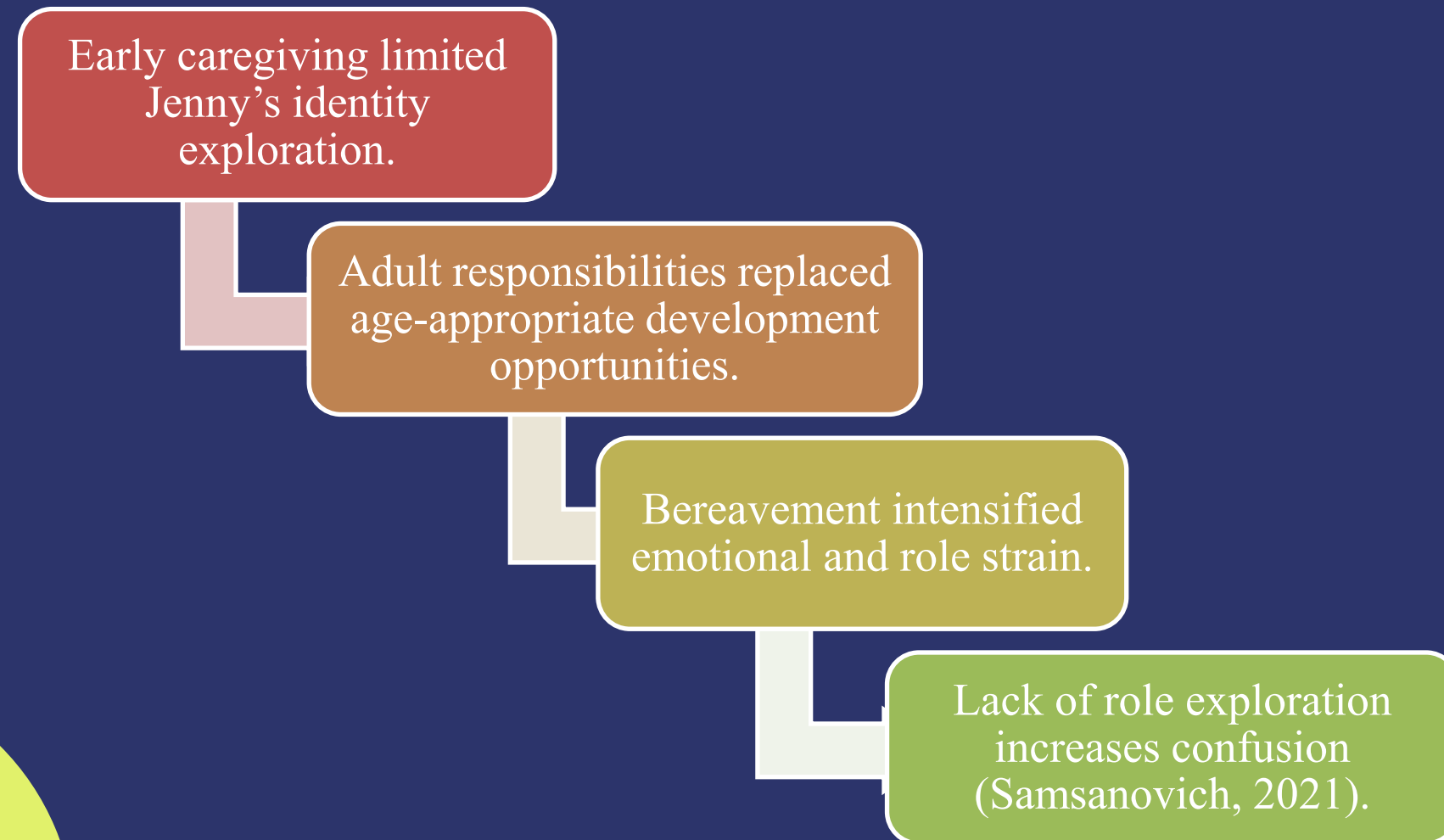
Successful
resolution
builds
confidence
and a stable
identity

Failure may
cause
confusion
and low
self-esteem.

Social and
educational
influences
are vital
(Learning,
2020).

Applying Erikson to Jenny's

✕ Experiences





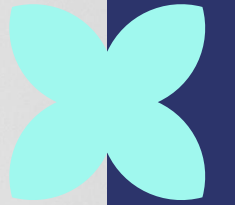
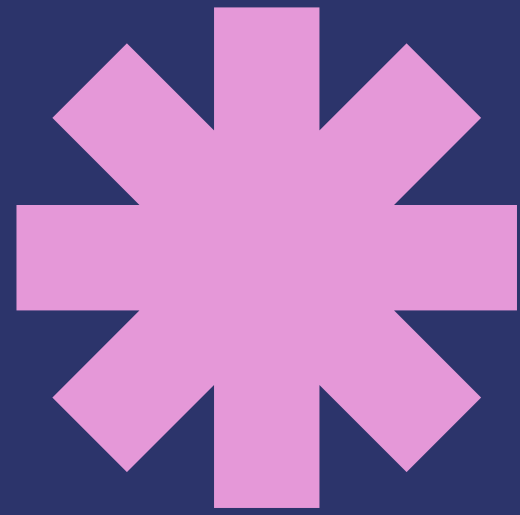
Impact on Jenny's Development and Well-being

- Long-term caregiving increases emotional stress and burnout.
- Social isolation limits peer relationships.
- Academic performance may decline due to responsibilities.
- •Unresolved identity affects adulthood outcomes (Abbasi et al., 2025).



Nature, Nurture, and Community Support Influence

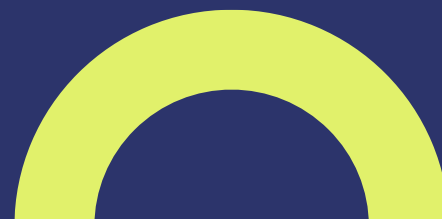
- ☐ Adolescents' brains are still developing emotionally.
- ☐ Bereavement and caregiving increase developmental vulnerability.
- ☐ Nature and nurture jointly shape psychological outcomes.
- ☐ Environmental stress increases mental health risks (Hernandez, 2022).
- ☐ Reducing caregiving burden supports healthy identity development.
- ☐ Professional carers can relieve inappropriate responsibilities.

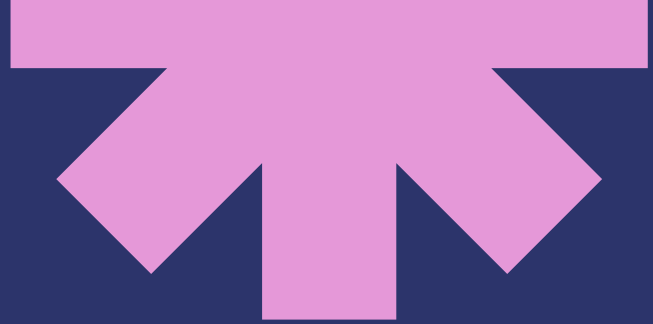


Psychological, Emotional, and Social Support

- ❖ Counselling supports grief and emotional regulation.
- ❖ Peer groups enhance resilience and social connection.

- ❖ Protecting adolescents from excessive responsibility is essential.
- ❖ Emotional wellbeing improves caregiving dynamics (Mazaheri et al., 2022).

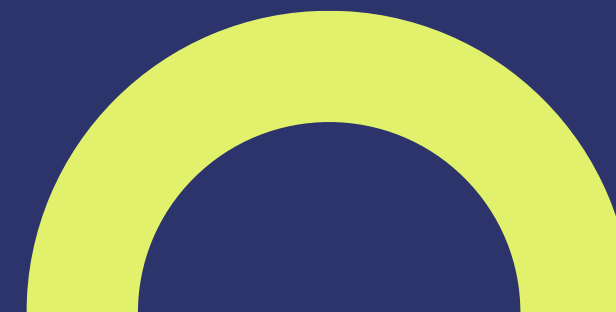




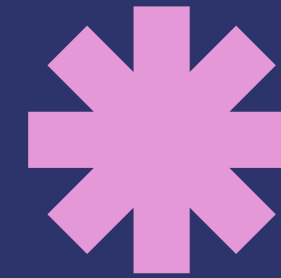
Education and Social Development Support

- ❖ Educational support prevents academic disruption.
- ❖ Flexible schooling reduces stress and disengagement.

- ❖ Extracurricular activities encourage self-expression.
- ❖ Socialisation supports identity formation (Fulmer and Zhai, 2025).



Critical Evaluation of Erikson's Theory



Erikson highlights emotional and social developmental challenges.

Theory explains risks faced by adolescent carers.

The linear stage model oversimplifies complex experiences.

Limited focus on socioeconomic context (Gilleard, 2020).

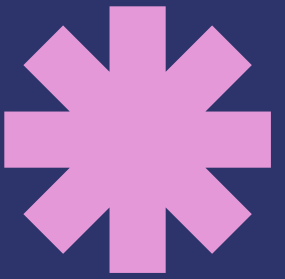


Conclusion

- Young caregiving significantly affects adolescent development.
- Erikson's theory clarifies identity-related risks.
- Community-based support promotes resilience and wellbeing.
- Early intervention supports positive identity formation.



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