

# Young carers during respite care: How does making a film about their experience help them?

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## What is a Young Carer (YC)?

- ➔ Child or teenager providing care or support to another family member
- ➔ Carries out, on a regular basis, caring tasks and assumes a level of responsibility that would usually be associated with an adult
- ➔ The person receiving care is often a parent, a sibling, or a grand-parent who is disabled, has a chronic illness or a mental health problem

(Becker, 2000)



## JADE artistic respite care

- Each YC make a movie about his/her life and experience of caring
- The program is composed of two weeks: one dedicated to the writing of the scenario and the second to the films' realization and editing
- YC's movies are shown in a movie theater, in presence of the YC and their families

## Objective

Many interventions have been developed for YC, but only few have been evaluated (Jarrige et al., 2019).

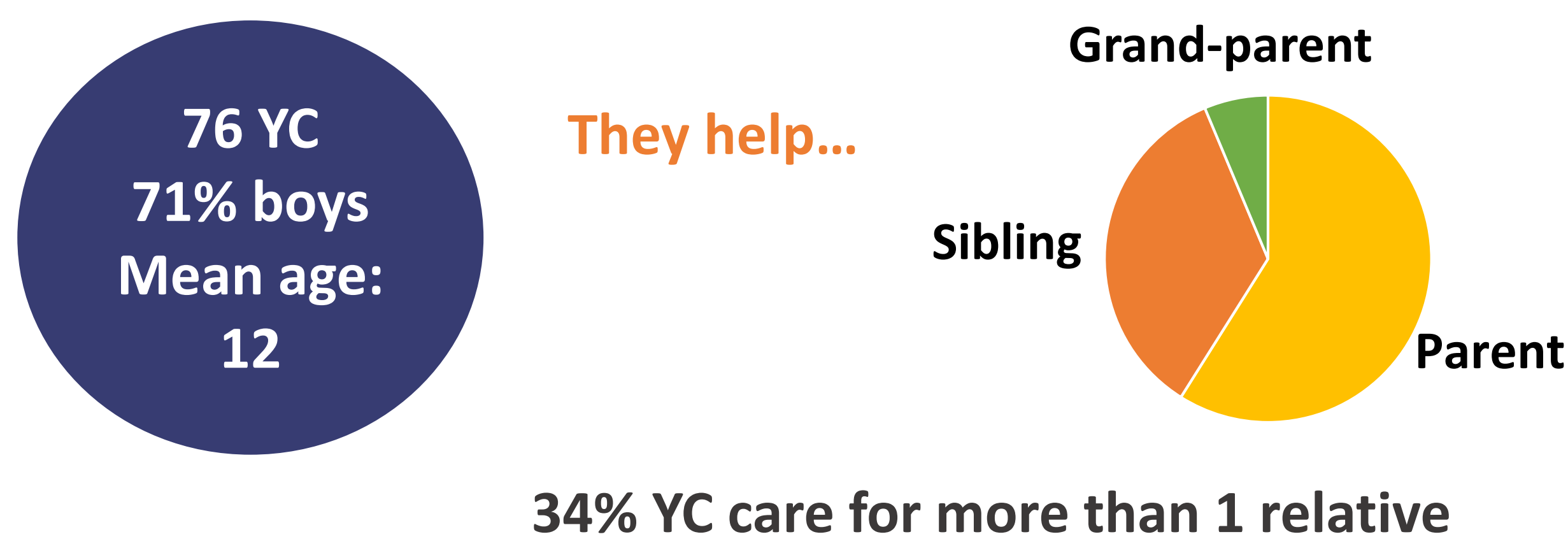
**The objective of this mixed-method study is to explore effects of JADE's artistic respite care on YC and their families.** This program is the only one in France for YC.

## Method



## Results

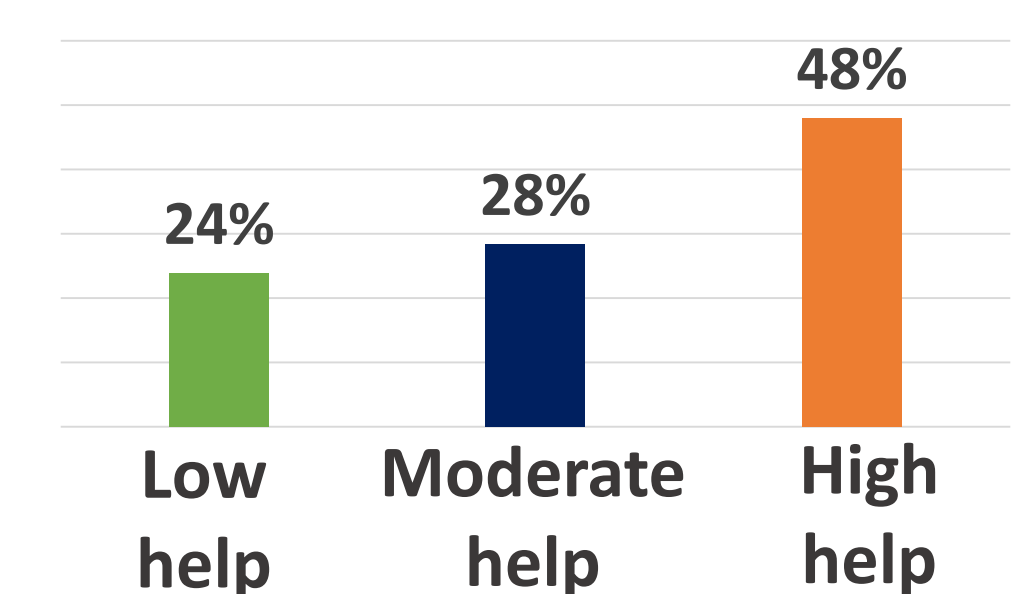
### Who are the YC?



### What are their caring activities?

Domestic tasks, emotional care, household management and sibling care are the areas in which they help the most (MACA-18)

- 100% YC report positive effects of caring
- 25% report a lot of negative effects of caring (PANOC-YC)



### YC Expectations'

YC Expectations'	Achieved?
Experiencing respite	<input checked="" type="checkbox"/>
Making new relationships	<input checked="" type="checkbox"/>
Meeting other YC	<input checked="" type="checkbox"/>
Talking about their situation	<input checked="" type="checkbox"/>
Leaving home a few days	<input checked="" type="checkbox"/>
Discovering how to make a movie	<input checked="" type="checkbox"/>

No effects on family relationships and functioning, as well as between the YC and cared one

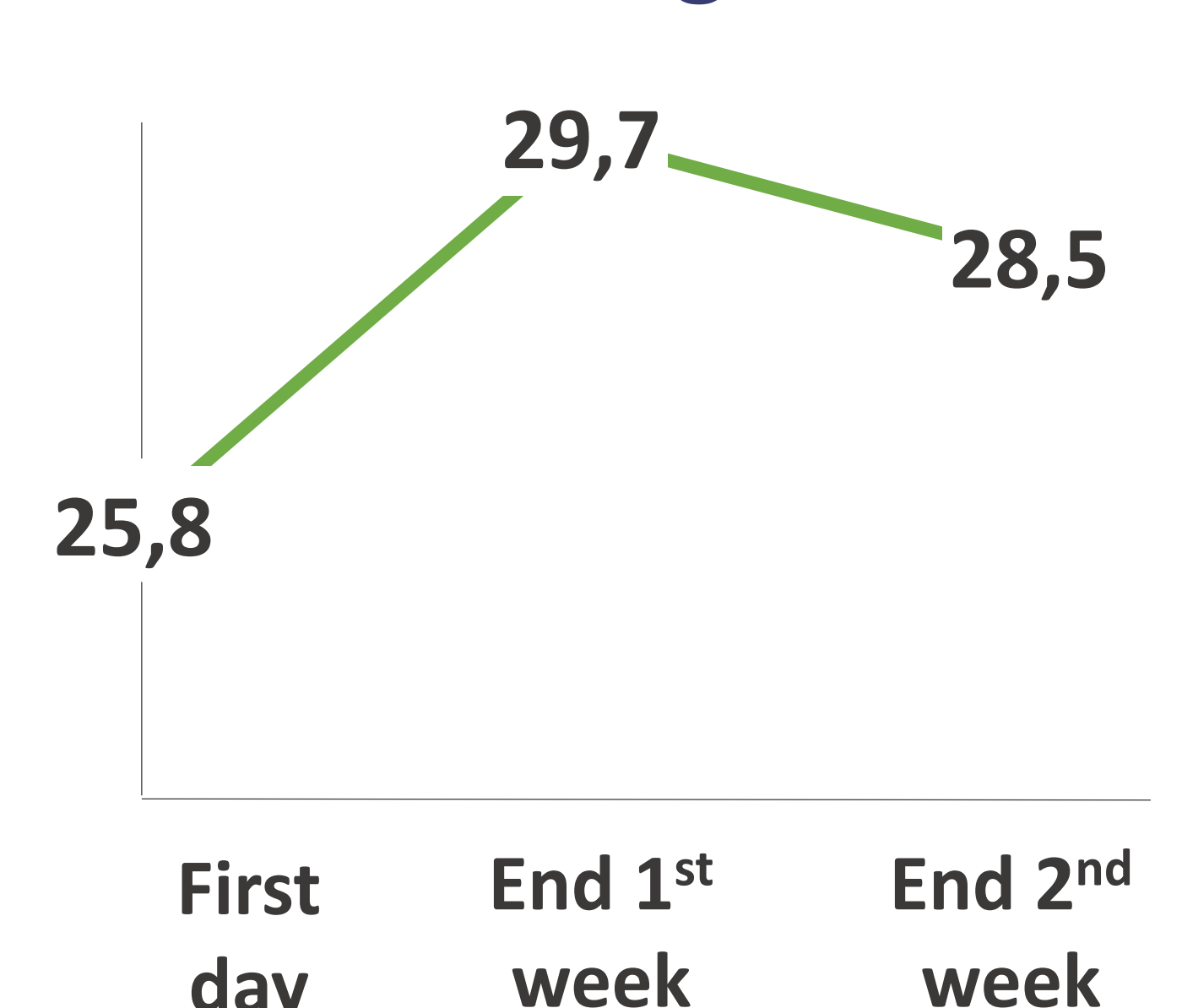
### Other benefits

- Leisure activities, relaxation
- Emotional arousal and sharing in YC's family
- Awareness of the care in family

### Negative experience

- Family separation
- Pressure regarding the movie making
- Need for more free time

### YC well-being evolution



## Conclusion

- ▶ Very positive evaluation of the artistic respite stay by the YC
- ▶ Importance of the physical and psychological respite related to the expression through a movie making
- ▶ Need to pay attention to the workload and the maintenance of the relationships between the YC after the program
- ▶ Requirement of further evaluations to determine the maintenance of the positive effects on the long term

### References

Becker, S. 2000. "Young Carers." In The Blackwell Encyclopaedia of Social Work, edited by M. Davies, p. 378. Oxford: Blackwells.  
Jarrige, E., Dorard, G., & Untas, A. (2019, in press). Revue de la littérature sur les jeunes aidants : qui sont-ils et comment les aider ? *Pratiques Psychologiques*.