

# What is the contribution of young caregivers? A mixed methodological approach to describe the reality of young people aged 18 to 25 involved in informal caregiving in Quebec

Record number : OPR-920

## Overview

### RESEARCH DIRECTION

Deborah Ummel, Professeure - Department of psychoeducation

### ADMINISTRATIVE UNIT(S)

Faculté d'éducation  
Département de psychoéducation

### INFORMATION

[deborah.ummel@usherbrooke.ca](mailto:deborah.ummel@usherbrooke.ca)

### LEVEL(S)

2e cycle  
3e cycle

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## Project Description

While caring activities can occur at any age, the experience of 18-25 year olds involved in caring is largely unknown. While the prevalence, reality and consequences of caregiving by adult women and families with a child to help are well documented empirically, research on these same aspects for young adults involved in caregiving is still scarce. While the phenomenon is beginning to receive scientific attention, there is little data on this population. A Quebec survey conducted in 2018 reports that 14.5% of people aged between 15 and 44 are involved in informal caregiving activities, indicating that we know that young adults are involved in informal caregiving, but we also know little about their particular reality, which merges with that of older adults. Thus, the present project proposes to gain a better understanding of the different facets of emerging adults' involvement in informal caregiving through three research objectives: 1. to document the contribution of adults aged 18 to 25 involved in informal caregiving in different contexts by establishing informal caregiving profiles based on the nature of their contribution, 2. to describe their experience of self-recognition and recognition from their own perspective, including the causes and consequences they associate with it, and 3. to gain a better understanding, from their perspective, of the role of informal caregiving in the lives of adults aged 18 to 25. To gain a better understanding, from their perspective, of their psychosocial needs and the factors that may encourage or hinder them from seeking services and support, for themselves or the person they are helping. On the theoretical front, the theory of emerging adults, the theory of change and adaptation in families with young carers, and the theory of non-recourse will be mobilized, making it possible to identify the needs likely to make a real difference in their lives. In terms of methodology, the project is based on a mixed quantitative/qualitative sequential exploratory design with two predominantly qualitative phases. The quantitative descriptive component will document the contribution of 500 to 600 emerging adults involved in informal caregiving, while the qualitative component, based on individual research interviews with 30 informal caregivers, will describe their experience of self-recognition and recognition, their psychosocial needs and the factors that encourage or hinder them from seeking services and support. It should be noted that the entire project is supported by a consensus-building committee comprising the principal researcher and a representative of partner organizations Proche Aïdance Québec, AMI Quebec and Fondation Émergence. The knowledge mobilization plan is designed to raise awareness and support self-recognition of the caregiving activities performed by emerging adults. In particular, it will include the development of a community of practice on young caregivers, raising awareness among young caregivers of the issues specific to their role, and holding a one-day forum on the research findings of the project.

## **Discipline(s) by sector**

**Sciences sociales et  
humaines**

Psychoéducation, Psychologie

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