

Are you providing care for someone?

We are recruiting young carers as research study participants.

How can we support young caregivers?
What would make things better **for you**?
Let's talk.

Eligibility for participation:

- Age 12-30 years
- Assisting a family member or friend
- Residing in Canada

What you can expect:

- **Share your experience** as a young person supporting someone you care about.
- Express yourself through an **arts-based activity** (optional)
- All participation is **voluntary**, and your identity will be kept **confidential**.
- You will receive a **gift card** in appreciation of your participation.

You may not refer to yourself as a “young carer” but for this study what we mean is someone under age 30 who provides unpaid support, care or assistance to a family member or friend.

What does being a young carer mean to you?

Quotes from young people helping a family member or friend:

“It felt unfair. I felt alone giving care to my grandfather. I had resentment as none of dad’s family helped.”

“It was a bit of a learning curve for me ‘cause I am taking care of another adult but I also need to learn how to take care of myself.”

“It provides a bit of reassurance that you can be in a really hard situation and that you can do it.”

To participate, contact:

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Approved by the University of Manitoba
Research Ethics Board



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