

## RESEARCH STUDY

### Engaging and Empowering Young Carers: Shifting the Focus for Public Awareness and Intervention in Canada

**Do you currently or in the past have you supported and cared for an ill family member?**

We are looking to speak to anyone aged between 16 and 25 to share their experiences and thoughts on being a young carer. If you are between 16 and 25, we want to hear about your experience in either a one-time interview or as part of a focus group.

‘Caring’ is defined as providing **a minimum of 5 hours of unpaid care per week (on average) for a minimum of 1 year** and might include (but is not limited to) attending appointments, administering medication, providing physical care and emotional support, translating, and parenting (i.e., functioning as a parent to a sibling).

As a thank-you for participating, young carers will receive a gift card.

Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.

For more information, please contact Marianne Saragosa at [marianne.saragosa@uhn.ca](mailto:marianne.saragosa@uhn.ca).

