

I was a young carer myself

Els Jonker
youth healthcare physician



Good care

Body of knowledge

- Scientific knowledge
- Practical experience as professional
- Individual and collective knowledge of clients

Professional knowledge. YC?

- ❑ University study medicine, specialisation
Public Youth Healthcare, life long learning
 - ❑ Professional training and experience as youth
healthcare physician
 - ❑ Narratives of thousands of children, parents,
teachers etc
- disease, patients, prevention, growing-up
healthy and happy, epidemiology, social
context

Experiential knowledge

□ From tacit > explicit



Experiential knowledge

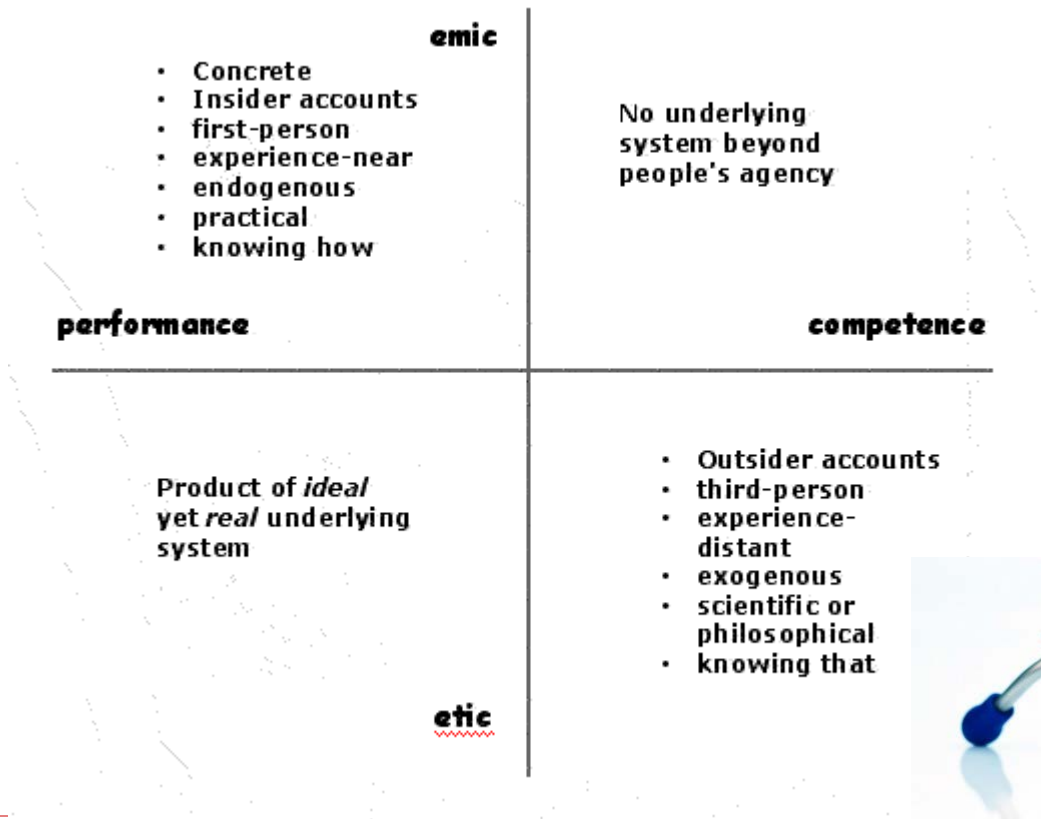
Familiarity in physical dealing with existential dilemma's

- Life and death
- Freedom and limitation
- Responsibility and guilt
- Solitude and connectivity
- Futility and usefulness
- Order and chaos
- Shame and pride



<https://research.vu.nl/ws/portalfiles/portal/1532535>

Knowledge



Emic view on youth healthcare

YHC-assessment

Family situation

Support

SDQ

Protective factors

Risk factors

Jesse

VPRO youth documentary series Bikkels 'Tough Cookies'



Knowledge from inside out

- ❑ Everybody hopes you can cope
- ❑ The need of the healthy child is always less urgent than the patient's
- ❑ 'Small' experiences can be traumatic
- ❑ Surviving children, surviving parents, family 'on the edge'
- ❑ It seems impossible to talk about
- ❑ No solution available

Be brave, talk about it!

- What does it mean to you
- Who's there to support you
- What are you afraid of, worrying about
- If you could, what would you conjure

'I know from other children with a sick parent....'

'Children tell me...'

Conditions experiential knowledge

- Processing (traumatic) experience
- Recognition of denial
- Ability to reflect
- From 'I-story' to 'We-story'

Barriers

- N=1
- Stigma
- Widespread denial

- Awareness - Knowledge - Competence

- Young carers: children and youngsters who
 - Care for/take care of
 - Worry about
 - Quite often do not receive proper care

- + Parents/families

- AJN Jeugdartsen Nederland – ambassador YC

Questions
Discussion

Thank you!

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