



Frans van Zoest



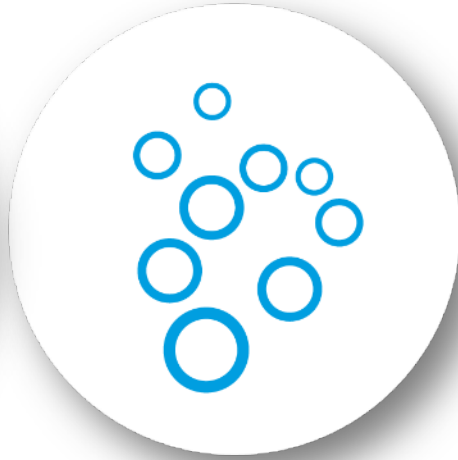
Henk Herman Nap

# Future of Young Carers in The Netherlands

*Co-Designing from a  
Young Carers perspective*

29-31 May 2017

2nd International Young Carers Conference, Malmo



# A cross-national and comparative classification of in-country awareness and policy responses to 'young carers'

Agnes Leu & Saul Becker



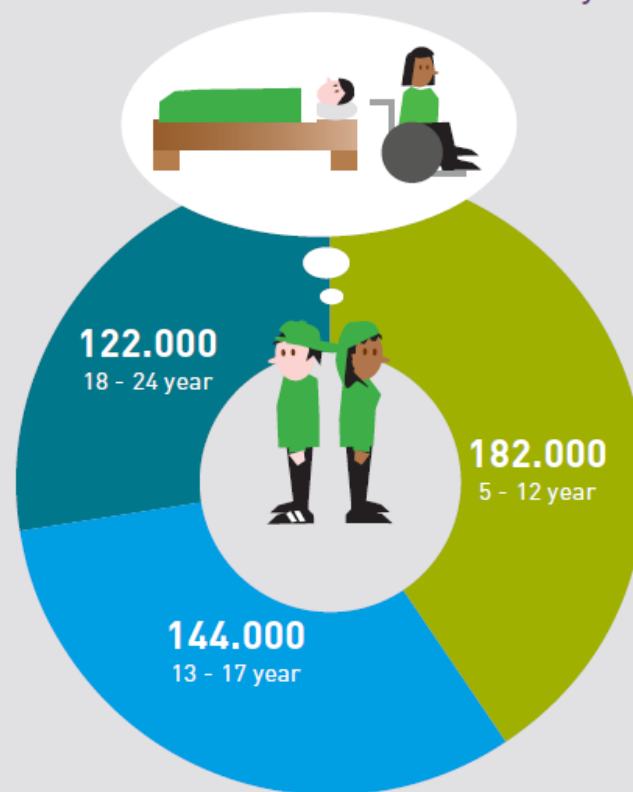
# YOUNG CARERS IN THE NETHERLANDS

**450.000 young (adults)**  
live in a household with a chronically ill person



I am a young carer?

appr. 10%



# YOUNG CARERS IN THE NETHERLANDS

## NEGATIVE IMPACT



HEALTH



SCHOOL/WORK



ISOLATION



WELLBEING



SOCIAL

## POSITIVE IMPACT

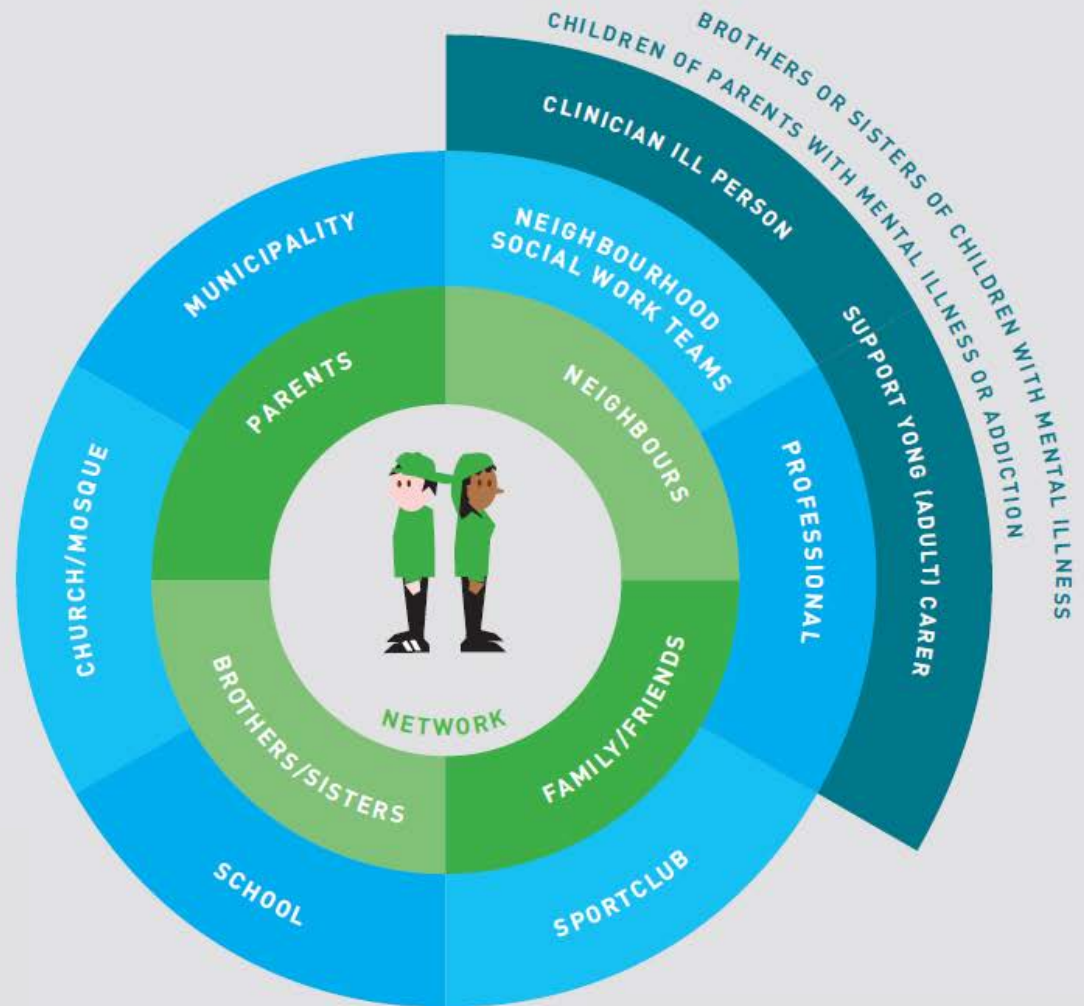


What is the impact on me?

# YOUNG CARERS IN THE NETHERLANDS



Who asks me  
'How are you'?





The Netherlands Institute for Social Research



Netherlands centre for social development



Netherlands Youth Institute



Ministry of Health, Welfare and Sport



XXXX Gemeente Amsterdam



Ministry of Education, Culture and Science of the Netherlands





**AWARENESS**

Level

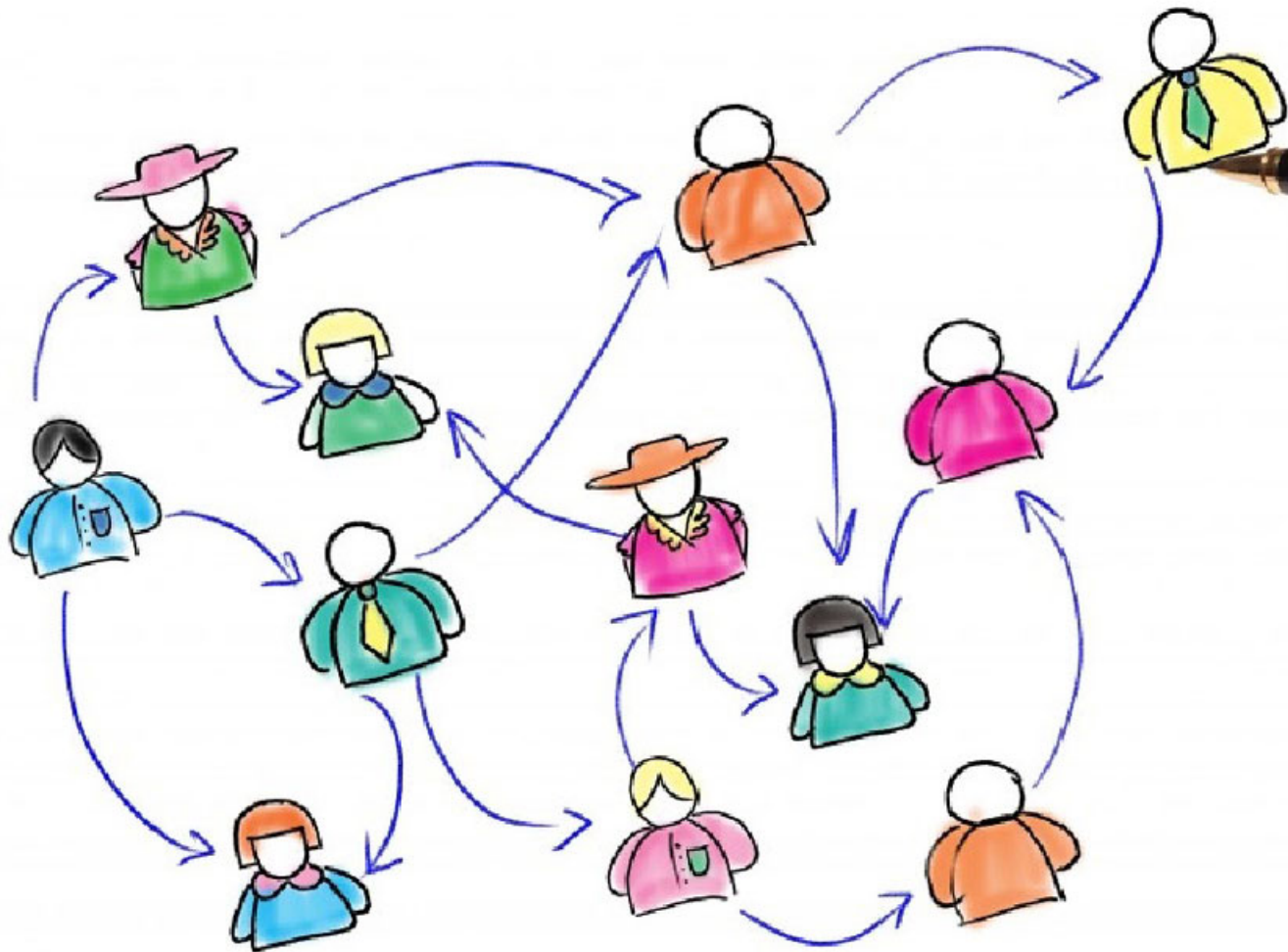
MODERATE

LOW

HIGH

MAXIMUM









A word cloud of question words (Who, What, When, Where, Why, How) arranged around a large blue question mark on a chalkboard background.

Who  
What  
When  
Where  
Why  
How











# Expertlab Young Carers

*Increasing Resilience*



Netherlands  
Youth Institute



Netherlands centre  
for social development

Psychosocial Support for Promoting  
**Me**ntal Health and **We**ll-being  
among Adolescent Young Carers in Europe

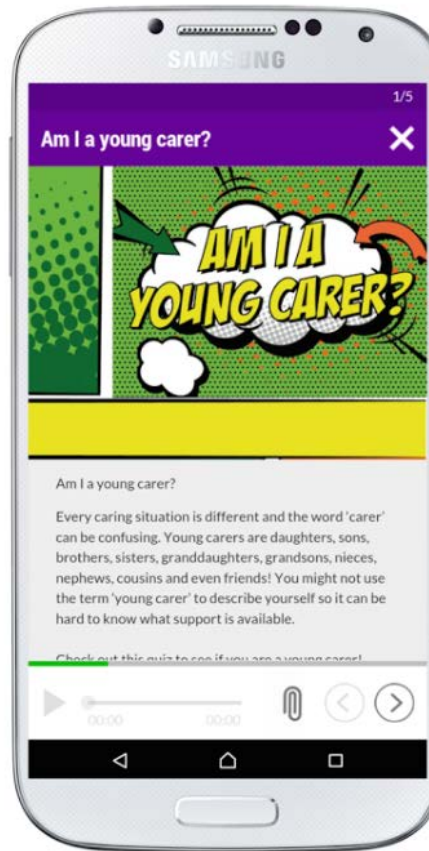
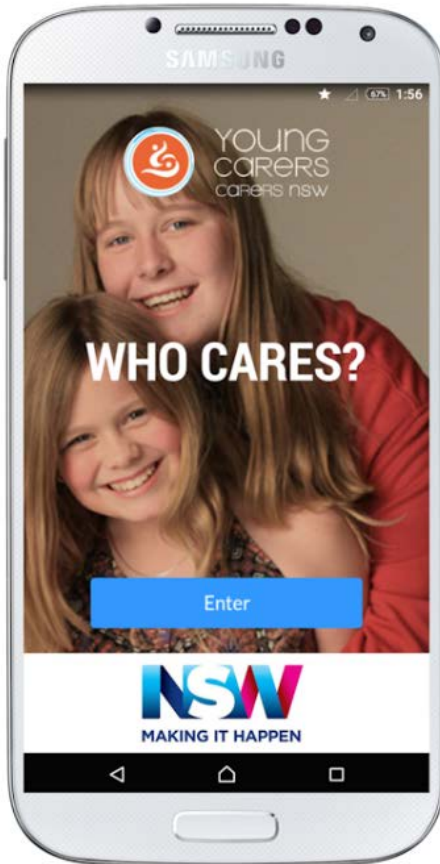


HORIZON 2020





Designed to help young people  
with caring responsibilities





Care2Share voor bewustwording jonge mantelzorgers!

# I care ... do you?

**START**

**Path of the young carer** →

Get up → Wake family → Give out meds → **PICK CARD** → Wake breakfast → See to pets → Wash/brush teeth → **PICK CARD** → Get parent ready → Get dressed → See to siblings → **PICK CARD** → Eat breakfast → Take siblings to school → Go to school → **PICK CARD**

**Path of the young person** →

Get up → Wash/brush teeth → **PICK CARD** → Get dressed → **PICK CARD** → Eat breakfast → **PICK CARD** → Go to school → **PICK CARD** → Get to school late → Get bullied → Leave school → **PICK CARD** → Arrive at school on time → **PICK CARD** → Leave school → Arrive at school on time → **PICK CARD**

Go out with friends → **PICK CARD** → Have tea → **PICK CARD** → Do homework → Arrive home → **PICK CARD** → Free time → Arrive home → Pick up siblings









Come home → Take pet for a walk → Help siblings with chores → Help siblings do homework → **PICK CARD** → Clean the house → Do the washing → Feed pet → **PICK CARD** → Wash dishes → Make tea → Clean kitchen → **PICK CARD** → Free time → Arrive home → Pick up siblings

See to parent's needs → Do homework → Get siblings ready for bed → **PICK CARD** → Free time → Put siblings to bed → Give parent meds → **PICK CARD** → Help parent go to bed → Get ready for bed → Set alarm for the morning → **GO TO BED**

**PICK CARD** → Watch TV → **PICK CARD** → Have a snack → **PICK CARD** → Get ready for bed → **GO TO BED**

Young Carer Cards

Young Person Cards

Designed and produced by young carers and UK Choices Ltd  
 For more information contact 07780611367



© Copyright of UK Choices Ltd – August 2014 (CH101)

You are now with Grace at work.

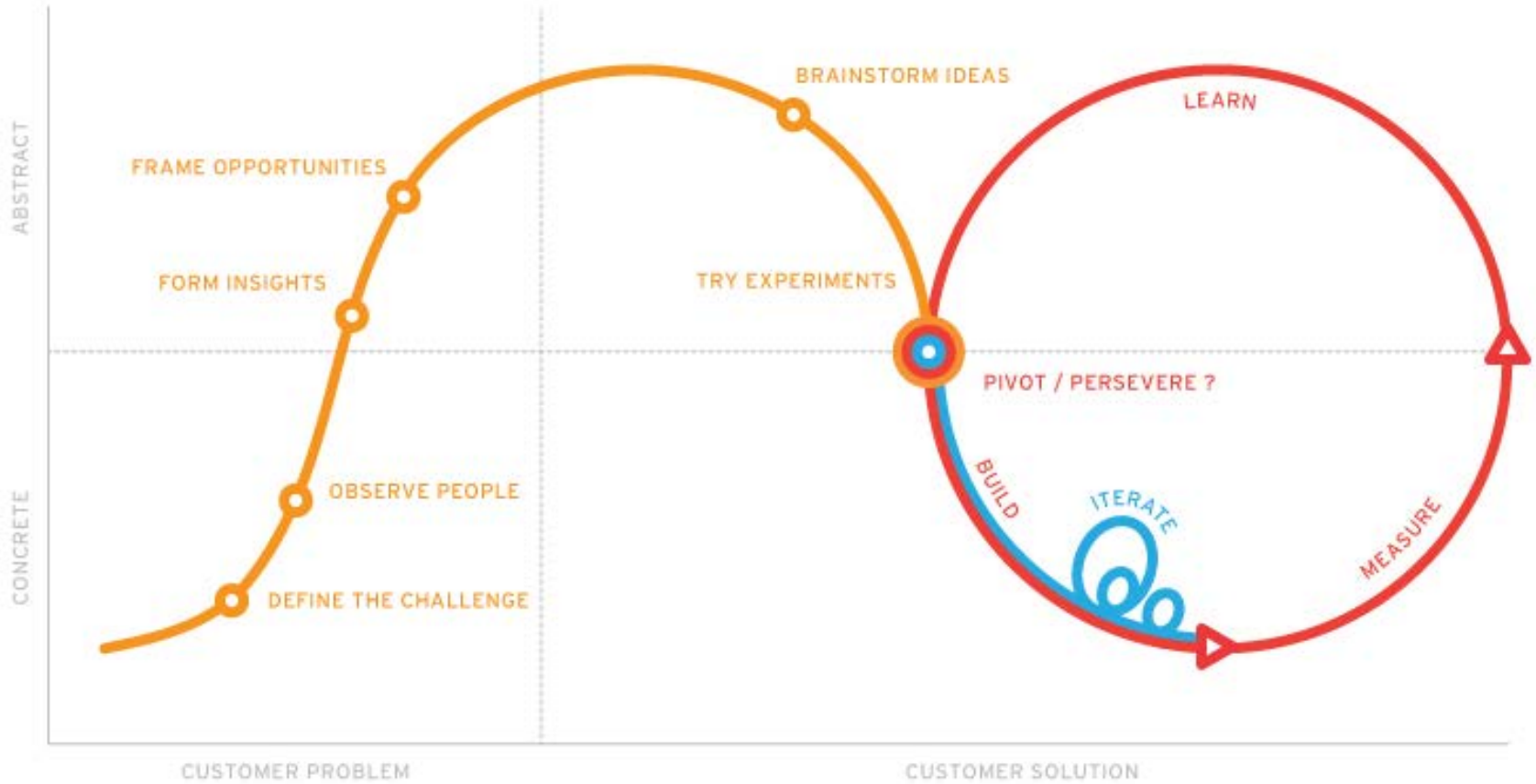
Do you look after Grace or return to your customer?

Customer

Grace



DESIGN THINKING DISCOVERS CUSTOMERS



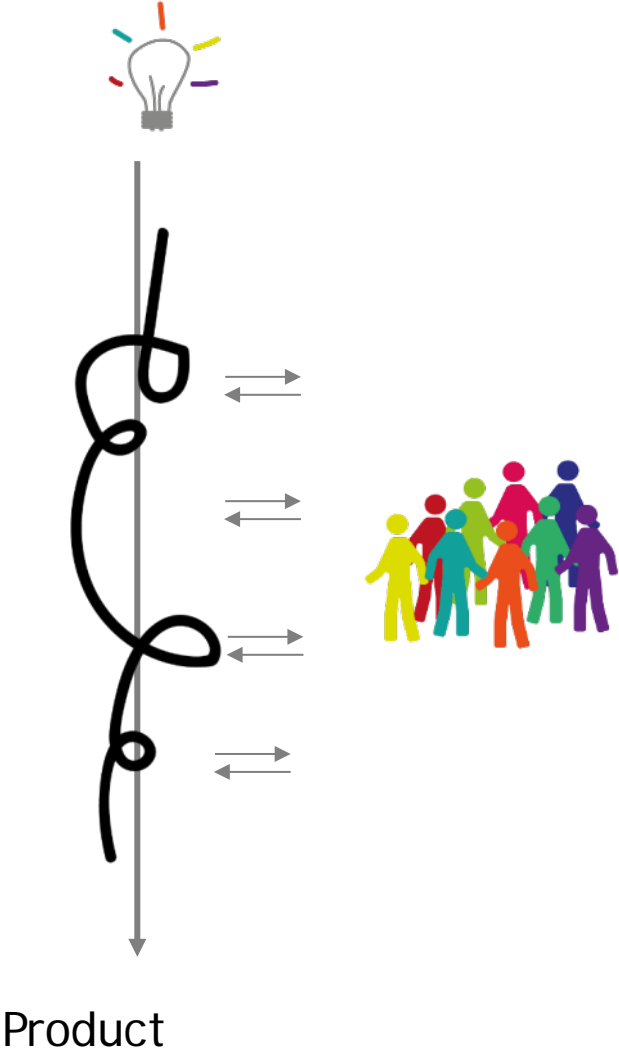
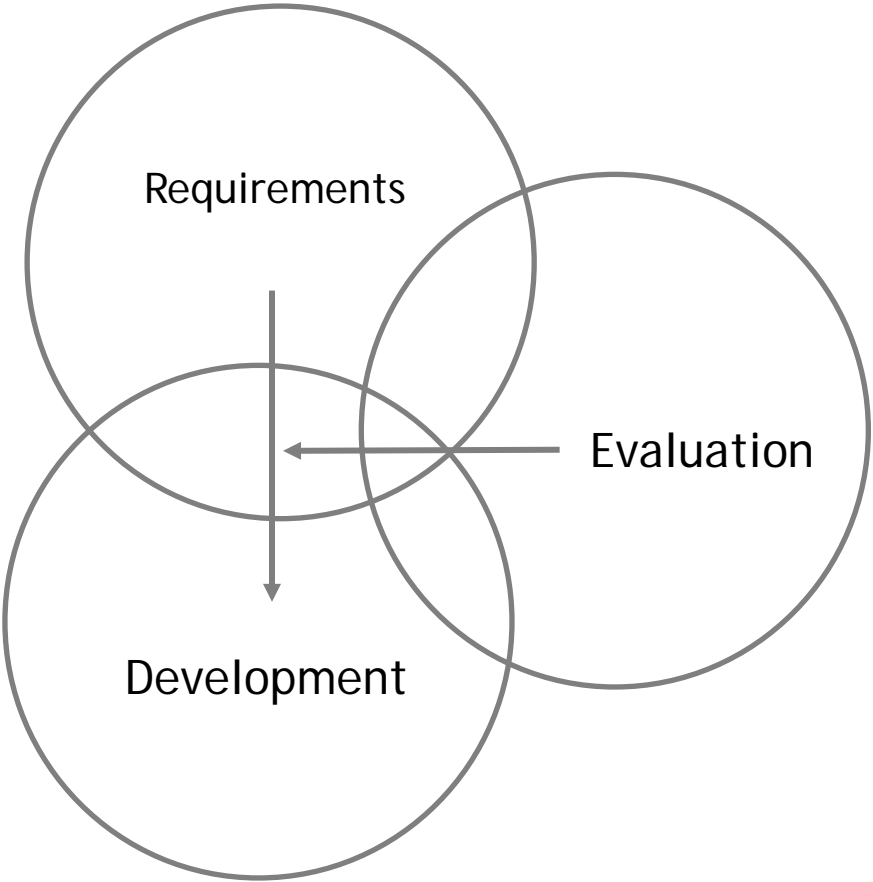
DESIGN THINKING

LEAN STARTUP

AGILE



# Design process





**MENSGERICHT ONTWERPPROCES IN HET HAPPY WALKER PROJECT | van idee tot ontwerp**



AAL PROJECT HAPPY WALKER (2012 - 2015)



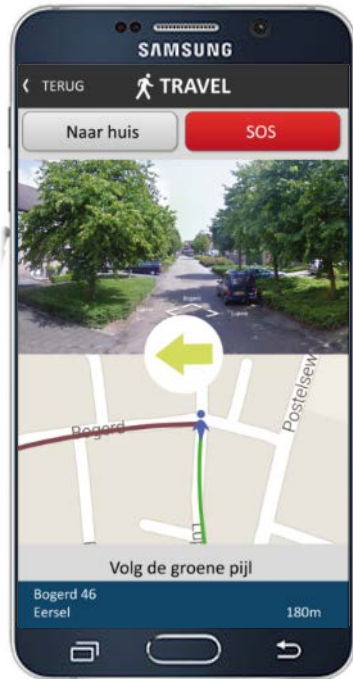
GO-NO GO



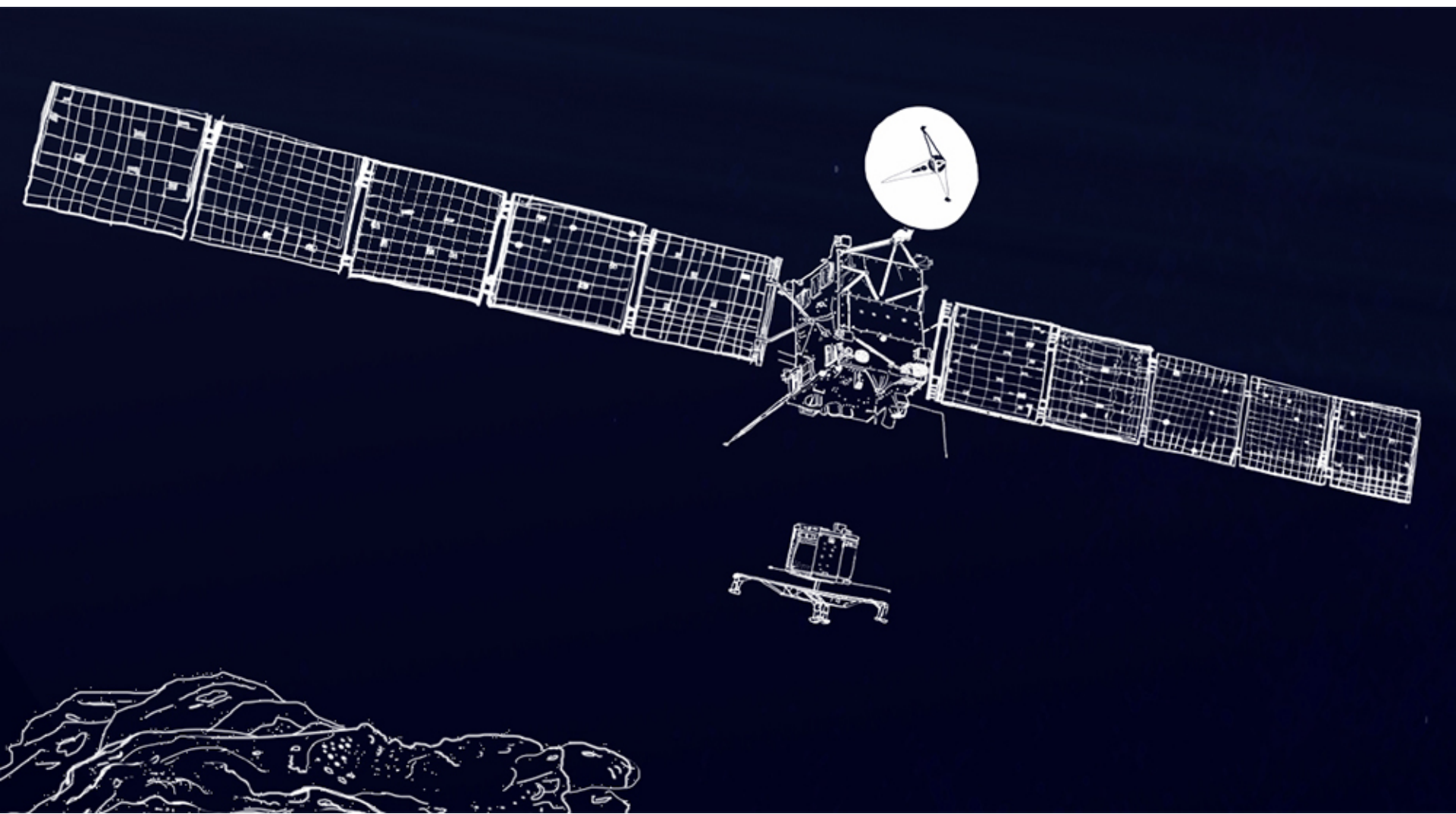
ZONMW PROJECT HAPPY WALKER OUTSTANDING (2016)



# Happy Walker







contactless fall detection  
(by means of inactivity)



contactless 'out of room' notification

contactless fall detection (by means of inactivity)

contactless 'out of bed' detection



RESEARCH AT NIGHT

FROM 23:00 – 5:00 hours

Pers redactie · 11 apr 2017

[Over KPN](#)

# KPN Ventures investeert in Sensara, producent van slimme zorg-sensoren



# sensara

## Contact gegevens

Koninklijke KPN N.V.

Maanplein 55

2516 CK Den Haag

[Meer contactinformatie](#)

## Persberichten en statements



KPN stelt speciaal interim dividend van EUR 0,017 per aandeel definitief vast

Pers redactie · 12 mei 2017



KPN start inkoop eigen aandelen t.w.v. EUR 200 mln

Pers redactie · 10 mei 2017



KPN vergroot mobiele databundels

Pers redactie · 02 mei 2017

[Blijf op de hoogte](#)



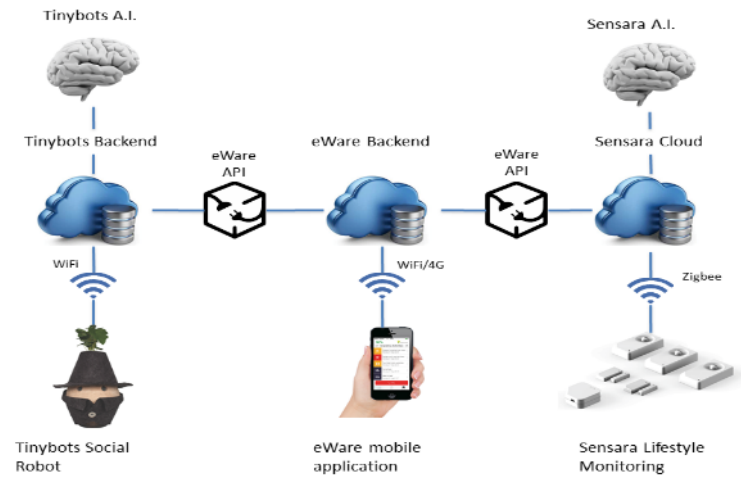
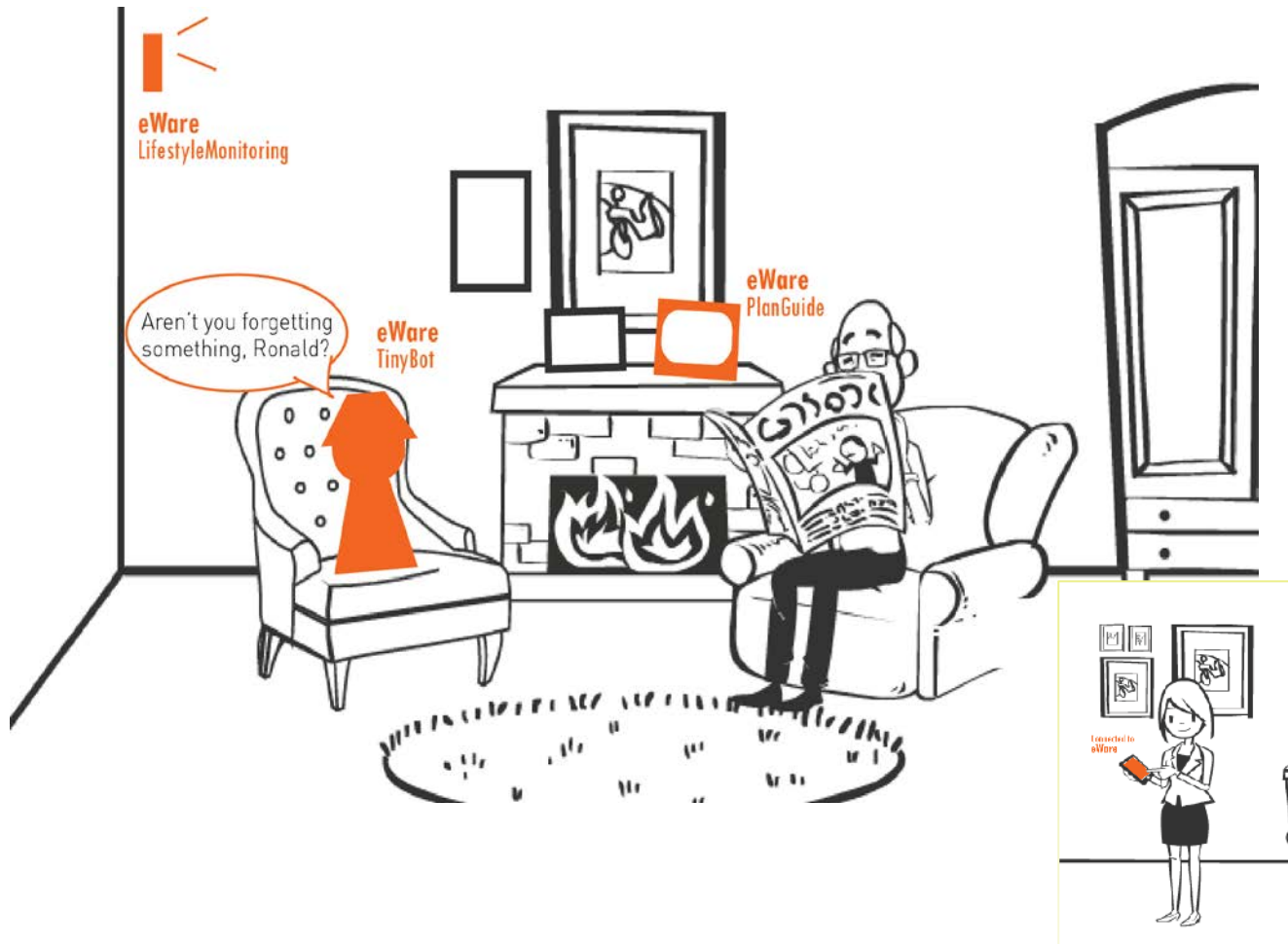


Figure 2 eWARE eco-system architecture



VOOR



DE CLIËNT



DE ZORGVERLENER



DE MANTELZORGER

KLIK HIER VOOR  
DE TOELICHTING  
VAN DE  
TECHNOLOGIEËN.

## LICHT GEHEUGENVERLIES



### APPS

ter vermaak of geheugenondersteuning



### BEELDBELLEN

videocontact met mantelzorg of zorg



### PERSONALARMERING

alarm kunnen maken in nood

## MILDE DEMENTIE



## MIDDEN STADIUM DEMENTIE



### MEDICIJNDISPENSER

juiste medicatie op juiste tijd



### COMMUNICATIEPLATFORM

onderlinge afstemming met betrekking tot zorg



### LEEFSTIJLMONITORING

volgen dagelijks leefpatroon en melding bij afwijkingen



### GEAVANCEERDE BEWAKING

alarm bij vallen, gas, etcetera



### GPS

locatiebepaling met alarmknop



### GPS

zonder alarmknop



### SLEUTELKLUIS OF ELEKTRONISCH SLOT

op een veilige manier naar binnen



We want to support  
in co-designing  
interventions based  
on the needs,  
wishes, and  
abilities of young  
carers.

# QUESTIONS?



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