



# **Engaging South Asian young adult carers not in contact with health & social care services**

**Faculty of Wellbeing Education  
and Language Studies (WELS)**

Call for PhD projects starting in October 2024

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# Project description

## School

Health, Wellbeing and Social Care

## Members

|                    |   |  |
|--------------------|---|--|
| Dr Geraldine Boyle | <a href="https://www.open.ac.uk/people/gb7939">https://www.open.ac.uk/people/gb7939</a> | <a href="mailto:geraldine.boyle@open.ac.uk">geraldine.boyle@open.ac.uk</a> |
| Dr Zoebia Islam    | (University of Leicester)   | <a href="mailto:zi19@le.ac.uk">zi19@le.ac.uk</a>                           |

## Background

There are approximately 376,000 young adult carers in the UK (16 to 25 years; Carers Trust, 2021). The Carers Action Plan prioritised the identification of 'hidden young carers' such as those from ethnically diverse backgrounds, as they constitute 26% of such carers but are the least likely to receive support (DHSC, 2018; Barnardos, 2019). Many young people in informal caring roles, particularly those of South Asian heritage, do not view themselves as 'carers' and are therefore unaware that they can access social care support (ONS, 2021). In addition, health and social care services lack mechanisms for engaging ethnically diverse communities (Barnardos, 2019).

## Aim

To address these challenges, this project will identify South Asian young people in caring roles who are *not* in contact with health and social services and

explore how best to engage them and encourage them to access support. We welcome a focus on Bangladeshi young people but will also consider proposals relating to other South Asian groups. If you are, or have previously been, a young or young adult carer we would especially welcome an application from you.

## **Methodology**

A qualitative methodology will be most suitable for investigating this topic. There is flexibility with regards to the choice of methodology and methods, but we would particularly like to see the use of participatory and creative methods, such as photovoice and drawing. Consideration also needs to be given to the social media, community engagement and creative approaches that would be needed to recruit the young people in caring roles.

## **Contribution**

Young people in caring roles who are not in contact with health and social care services lack support and can become isolated. Yet, they require support to help them make positive transitions to adulthood. In particular, they need support to make key life choices, including about education and employment. The caring experiences of young people of South Asian heritage (notably Bangladeshi) is an under-researched area. The planned study will inform on the approaches and methods that could be used to improve how South Asian young people in caring roles are identified and how health and social care services might best engage them.

# PhD project

The doctoral student will be expected to:

- Have relevant links with South Asian communities
- Ideally, be of South Asian heritage
- Conduct literature searches and produce a literature review
- Use participatory and creative research methods to gain an understanding of why some South Asian young people in caring roles do not seek support from health and social care services
- Develop and evaluate the approaches and methods that could improve the identification and engagement of marginalised South Asian young people in caring roles by health and social care services.

