

# FROM RECOGNITION TO ACTION: SUPPORTING YOUNG CARERS IN A CHANGING WORLD

THEMES OF THE 5<sup>TH</sup> INTERNATIONAL YOUNG CARERS CONFERENCE 2026

The theme and sub themes play a vital role for the conference program. They are also an instrument to structure the call for abstracts and allow the presenters to sharpen their ideas and messages they want to deliver. The conference theme breaks into the sub themes: *Recognition, Action, Young Carers in a Changing World* and *Cross-cutting and Emerging Topics*. This should allow a very wide inclusion of young carer related topics.

## 1. RECOGNITION

### **Making young carers visible through research, data and identification strategies**

Scope clarification:

- Prevalence studies and comparative data (across regions and welfare systems)
- Conceptual and theoretical advances in young carer research
- Identification strategies across systems (schools, health care, social services, community settings)
- Barriers to recognition (cultural, institutional, legal, ethical)
- Family dynamics and perspectives of care receivers in processes of recognition
- Hidden, under-identified, and marginalized groups of young carers
- Transitions across the life course (e.g. childhood to adulthood, education to work, paediatric to adult services)
- Biographical trajectories and long-term outcomes of caring responsibilities

## 2. ACTION

### **From evidence to impact: support, practice and policy**

Scope clarification:

- Support programmes, service models and practice-based innovations
- Best practice examples and implementation studies across sectors
- Evaluation and outcomes of interventions for young carers and their families
- Local, national, and international initiatives
- Translation of research into practice and policy
- Cross-sector collaboration (health, education, social care)
- Family-centred and relational approaches to support and care

### 3. YOUNG CARERS IN A CHANGING WORLD

#### Voices, participation, and societal transformation

Scope clarification:

- Other perspectives and lived experiences of young carers that don't fit into the categories above
- Youth-led initiatives and advocacy
- Impact of societal change (e.g. digitalization, migration, economic pressure, climate anxiety, pandemics, conflict)
- Shifts in family structures, care regimes, politics and welfare systems
- Future-oriented approaches and innovation

### 4. CROSS-CUTTING AND EMERGING TOPICS

This category can include all other topics that can't be allocated to the sub themes above.

Scope clarification:

- Interdisciplinary approaches
- Methodological innovation
- Ethical, legal, and rights-based perspectives
- Transferability across regions, cultures and systems
- Global perspectives, including low- and middle-income and low-resource settings