

# Career Services for MH Needs

## Working with Families and Informal Carers

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# Informal Carers, MH Illness & Work Integration

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## The role of Family & Informal carers...

...is a difficult one, often not taken into account and left to the good will of each individual filling the role.

2

## Families & Informal Carers

They are usually not compensated for their work, nor are they reimbursed for the actual cost of providing care for the MH person.

3

## Unlike Professionals...

...families and informal carers rarely receive recognition for their contribution.

4

## The young person with MH needs...

...is often completely dependent on family or informal carers, who have neither training nor adequate support in the “ripple effect” caring for a MH person has on a family nor in the management of the MH person.

5

## Families & Informal Carers feel...

...tired not only physically, but also psychologically and emotionally. The prevailing feeling is one of helplessness.

6

## Support on Families & Informal Carers

is particularly lacking when we exit from the day-to-day care activities, administering therapies, ensuring attendance at check-ups, keeping the MH person company and ensuring that they do not endanger themselves or others, and we ask them to assist education or work re-integration.

# Parental Influence on Career Development

1. Skill acquisition
2. Acquisition of specific values or beliefs
3. Protection from unwanted experiences
4. Increasing independent thinking or action
5. Decreasing sex-role stereotyping;
6. Moderation of family member/informal carer-MH person relationships
7. Facilitation of human relationships
8. Enhancement of character development
9. Development of personal responsibility
10. Achievement of family members'/informal carers'] personal goals development




# Parental Influence on Career Development

**Especially for persons with MH problems, besides monitoring symptoms and adherence to treatment plans, providing housing, and assisting with activities of daily living and maintaining records of treatments, medications or hospitalisations, family members and informal carers may:**

- **Act as coaches, encouraging and supporting actions related to education/training/employment**
- **Provide crisis intervention**
- **Advocate on behalf of the MH person in their care**
- **Provide information on the context of the MH person in their care, to assist professionals in understanding them as a whole person.**





Getting families and  
other informal carers  
committed towards  
reintegration into  
education and work can  
be challenging!!!



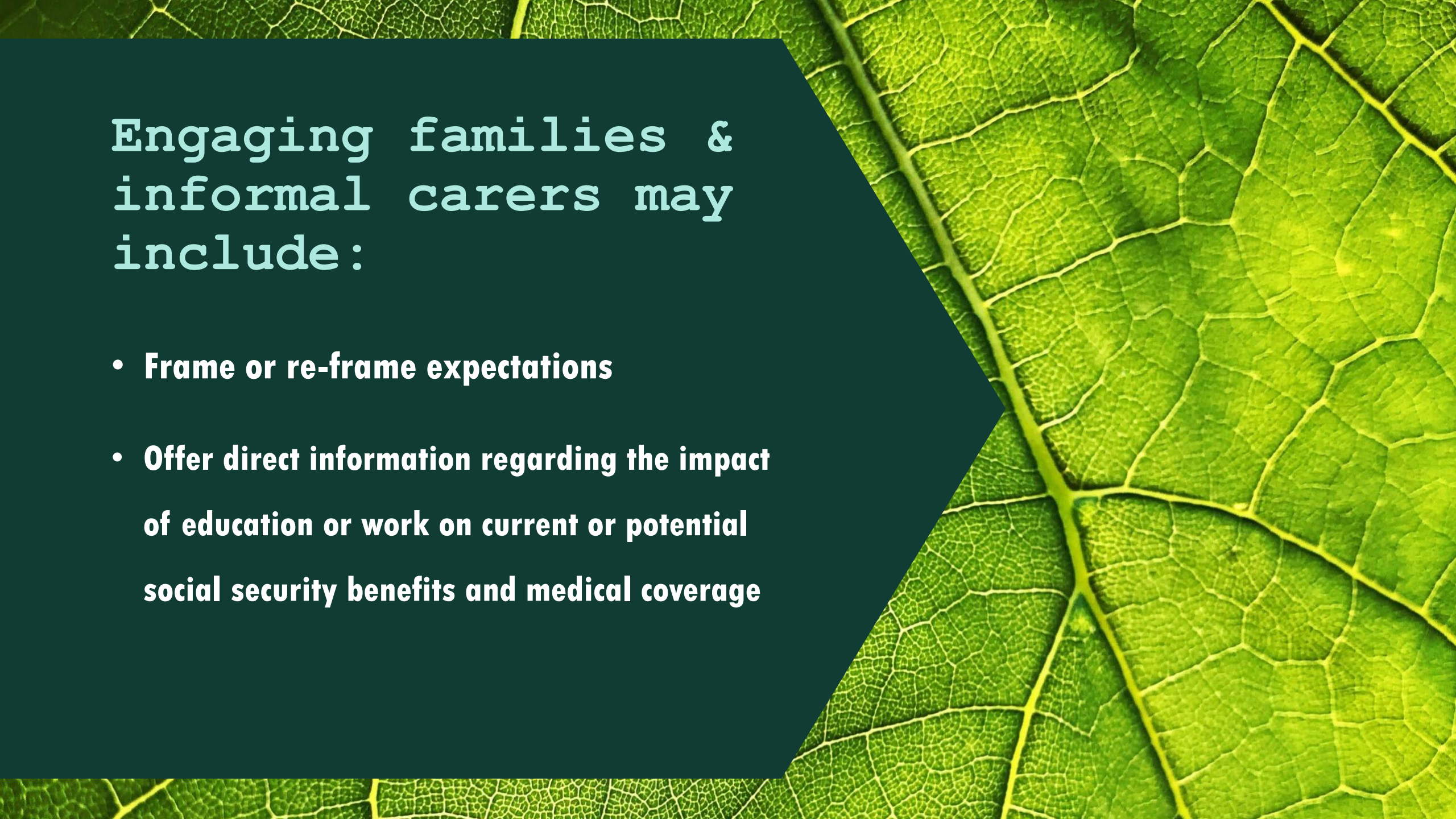
## Behavioural Components

- **Attendance and participation in counselling activities**
- **Engaging in efforts outside of counselling sessions (e.g. completion of assignments, demonstration of progress towards goals).**

## Behavioural and attitudinal components of engagement

### Attitudinal Components

**An emotional investment and commitment to treatment resulting from belief that education/training/employment is worthwhile and beneficial for the MH person.**



## Engaging families & informal carers may include:

- **Frame or re-frame expectations**
- **Offer direct information regarding the impact of education or work on current or potential social security benefits and medical coverage**



## **When working with Families & Informal Carers keep in mind...**

- 1. The definition of career, as the sum total of paid and unpaid work, learning and life roles undertaken throughout life, should be explored in detail.**
- 2. Supporting a MH person to develop their own aspirations and make their own career choices may be a challenging concept for some families and informal carers.**
- 3. They may have formed the view that the person in their care cannot have a career due to their MH condition.**



## When working with Families & Informal Carers keep in mind...

4. In countries where support from the education system is lacking and the labour market is characterized by high unemployment and imbalances, families and informal carers are skeptical regarding any attempt and need time to accept the idea to take this process seriously.
5. Many families experience ongoing feelings of loss and grief.
6. They may be unfamiliar with the education system and labour market and/or with the range of careers and supports available to MH people.

# Supporting Families & Informal Carers

- **Some MH people may not be able to move towards paid employment. Explore the concept that a career also includes participating in things such as formal and informal education, community groups, volunteering, hobbies and sport. Spent time to encourage informal carers to explore the MH person's interests and how these could connect to different careers.**
- **When discussing the changing world of work, career ensure that the information presented is accessible to them. Assumptions should not be made about their experiences.**



# Supporting Families & Informal Carers

- **Additional time may need to be spent explaining the different pathways to education, training and employment.**
- **Information about local service providers should be made available.**
- **Support includes providing information on HOW to talk with the MH person about their skills and interests and career planning, and WHO to talk with about support services.**



# Models of family/carers-involved career interventions

	Information-focused interventions	Learning interventions	Counselling / therapy
<b>AIM</b>	Informing Notify about and raise awareness of current issues	Help family or informal carer in 'remedial' or preventive ways	Address specific issues that affect the MH person and their carer
<b>DIRECTED TO</b>	Everyone	(Particular) family member or informal carer together with the MH person	Particular situation: family or informal carer together with the MH person
<b>ROLE FOR CARER AND MH PERSON</b>	No specific role	Teacher, coach and/or adviser for the MH person;  Both carer and MH person being actively involved	Clients;  Both carer and MH person being actively involved
<b>FORM</b>	Single meeting; / Individual or group meeting Training material, Written information  One-way direction	Resource and small group session(s) facilitated by trained/specialised staff.  Interactive	Group session(s) for particular situations facilitated by professional trained.  Interactive
<b>FREQUENCY</b>	One-off	A subsequent series	A consecutive series of meeting
<b>INITIATED BY</b>	Counselling/support services or organisation	Counselling/support services or organisation; supply driven but tailored to needs of participant	Family or Informal carer; needs driven



# Activity

**Choose three activities aiming at informal carers from the WORK4PSY toolkit, part C and implement them in a group of informal carers (if such groups take place in your organization). Write a paragraph of 200 words with your feedback.**



Thank you for  
the Attention.  
Questions?