

# CHILDREN, YOUTH AND YOUNG ADULTS AS CAREGIVERS

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# Social work experience informed my research and programs

Health and Allied care providers lack of knowledge about young carers<sup>1</sup>

*“it never occurred to me to ask about kids as caregivers, we don’t see them in clinic, so we don’t know”*

## Educate allied health and health professionals

Young carers have limited knowledge of the illness/injury<sup>2</sup>, and rarely have access to care education, skills and support<sup>3</sup>

*“People can talk about it more [mother’s illness], and give advice for easier and better solutions to caregiving...”*

## Need for illness education and caregiving guidance

Disrupted, fragmented sleep<sup>4,5</sup>, falling asleep in class, worrying throughout the day, social isolation<sup>6</sup>.

*“I need friends who get it. Some have tried to support me in the past, but had no idea what I was going through, so I could not expect much from them,”*

## Peer engaged programs, well being interventions

1. Kavanaugh, et al, 2025; 2. Kavanaugh et al, 2020; 3. Kavanaugh, Cho, and Howard, (2019); 4. Kavanaugh, Johnson, Boville and Zawadski, 2021; 5. Kavanaugh, Johnson and Zawadski, 2025. 6. Kavanaugh, Noh and Studer, 2017;

# Programs and supports for youth, families, and professionals



## YOUTH caregiving: EDUCATION, SKILLS, AND SUPPORT



Across neurological disorders

- ALS/MND
- Alzheimer's disease
- Autism
- Veterans – SCI/TBI/PTSD

**Trained over 120 ACP/HCP across illness/injury**

*“It has helped me step into difficult conversations with my clients who have young children helping them, it has reminded me to encourage and support the caregivers more in my interactions”*

## BOOKS AND FILMS

- Translated across language and culture
- Film with no language

