

# my futures

## Research Question:

What are the experiences, needs and wishes of young adults (18-25 years) with regard to dealing with their parents' heart or vascular disease?

## Client:



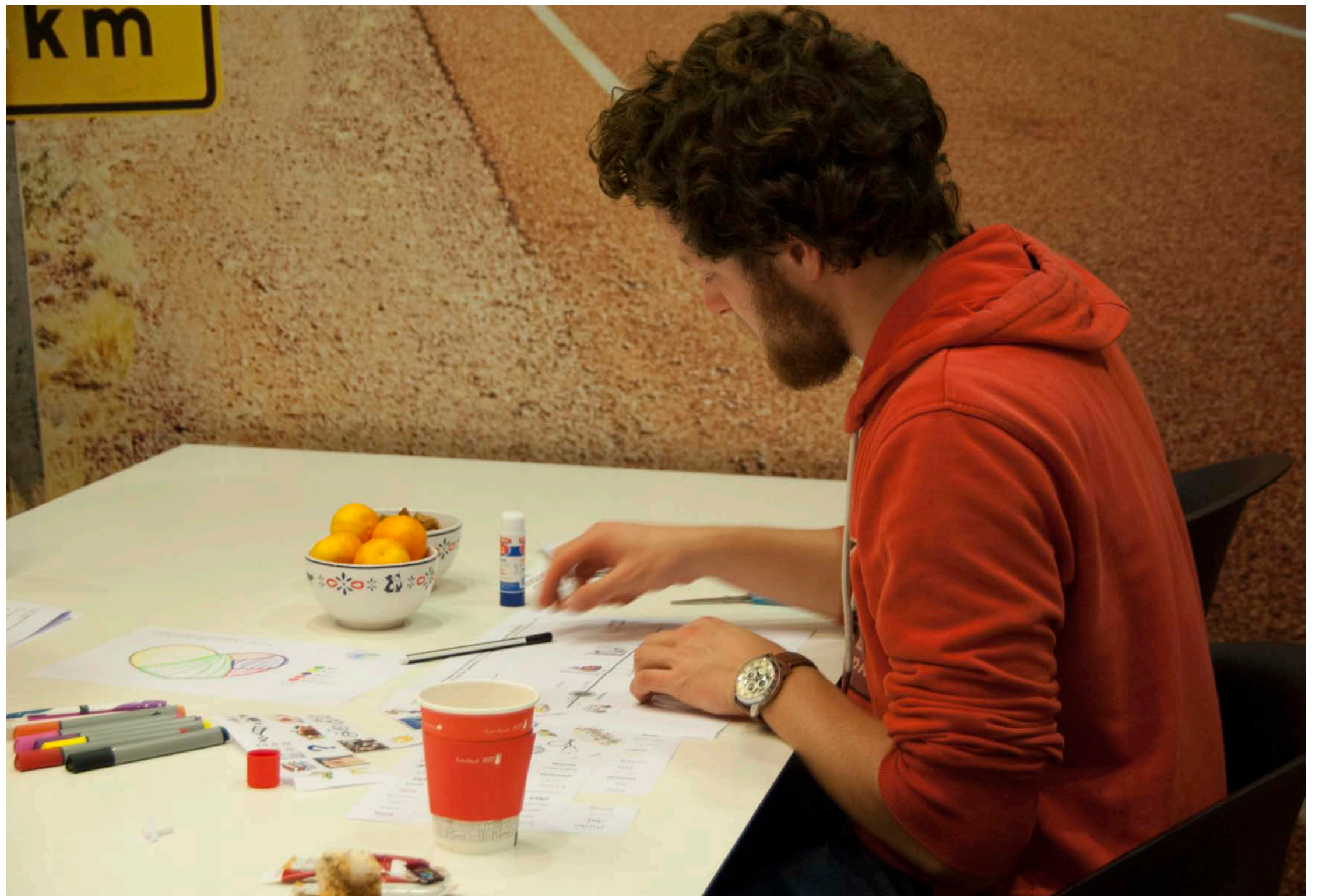
### MAIN FUTURE RELATED INSIGHT

## Youngsters find it hard to envision their future caregiving role and its possible effect on their future life.

The various opportunities in the youngster's personal life and the unclarity of their parents' future health state constrain youngsters from having a clear vision regarding their future caregiving role.

Youngsters are at an unsettled stage of their life with many opportunities regarding their future. Next to that, they are also exposed to the situation of their parent's disease. These different variables make it hard for them to envision their future caregiving role. Findings of the research show that the illness of the parent is not the prior factor influencing young adults' decision making and future plans. The current level of involvement to caregiving differs for various types

of personas which created based on different characteristics and parent-child relationships. Youngsters feel afraid to see the parent in a dependent situation which conflicts with strong parental role figure. All youngsters feel the need for good communication with their parents about important issues in life, such as their future caregiving role. It is difficult to start such a conversation, therefore youngsters expect parents to take the lead for initiating this conversation.



### PROCESS

Five young adults were interviewed to gain knowledge about how youngsters deal with taking care of a parent suffering from a heart- or vascular disease. Before the interview a sensitizing booklet was provided, focusing on the youngsters daily life and how it is impacted by their caregiving role. The subsequent interviews dealt with caregiving, coping with the situation and ideal support. During the interview, three creative assignments were executed, functioned as the base of the conversation.

