

TRANSCRIPT

SATTA: South Asian Young Adult Carers' Transitions to Adulthood (Animation 1)

[Bilal:]

Hi, my name is Bilal and I'd like to tell you what it like to be a young adult carer. The main reason I wanted to get involved in the SATTA study is to tell you about the reality of my life as a carer. SATTA is finding out about South Asian young adult carers' experiences as they transition (or progress to) early adulthood.

I'm 20 years old from a Bangladeshi Muslim family, and I spend about 35 hours a week caring for my father. I'm busy at college too. I am very keen on keeping myself fit so I love running and going to the gym. I also like to spend time socialising with my friends, when I can.

My role as a carer involves making sure the house is well managed and looking after my father. I make sure the bills are paid and get groceries for the house, but my mum does all the cooking. I won't lie - I don't know a thing about a cooking. We work together to keep our family happy and healthy.

I have a lot of responsibility, but I see my caring role as a religious duty in my faith. You get rewarded as a Muslim for taking care of your parents and that truly is a blessing.

I just want to be a good son and a successful son, and live a decent life. I plan to marry in the future and hopefully my wife will help me to look after my father.

Trying to find time for everything is quite difficult. Because of the language barrier between my parents and culture in Britain, I need to act as the interpreter for my dad at his NHS appointments.

To manage my life better, I completed a transition assessment with the young adult carers service and they helped me access support, including wellbeing support. This helped me balance studying with my caring responsibilities. If I had an issue, like missing classes because I have to take my father to his appointments, I could phone up the key worker and he'd come meet me and we would discuss next steps moving forward. The support has been great so far, helping me continue my education while caring for my father and family.

My college tutor has even said if I need to be there for my family they'll authorise my absences as long as I had evidence and they'd do everything they can to support me. Knowing I have reliable others to aid me in moving forward with my life helps me believe I also have a chance of becoming successful, just like everyone else.

I believe it's important for staff in young adult carers services to understand our needs and our South Asian culture. For example, being a female in a South Asian household, you're not able to do certain things like going out without your parent's permission or with a male who's not part of your family. That stuff needs to be taken

into account, for example, by visiting the family to introduce the service and talk about how the young person can be supported.

I hope everyone listening to my story takes away something important - that being a young adult carer and juggling the responsibilities in your life can be challenging, but I am fortunate to have found help. I know I am not alone, and other people just like me can get similar support. This research at the Open University is raising awareness to help us get the support we need.

Thank you for listening to my story.