

South Asian Young Adult Carers in England: How Gender Influences Choices, Opportunities and Challenges

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Abstract

South Asian young adult carers in England are a hidden group of carers. Female young adult carers of South Asian heritage are a particularly marginalised group. Our qualitative research has been novel in exploring the lives of these young people and their hopes and plans for the future. This paper will consider how factors such as gender, culture and religion influence their choice over the caring role and their future aspirations. I will discuss how they navigate and respond to, or resist, the expectations and norms of society, their families and communities. The paper explores the support they receive within their families and from health, social care and education and considers if gendered and cultural assumptions influence what support is provided or accessed. How South Asian young adult carers' aspirations and the opportunities available to them (e.g., for education and employment) vary by gender will be discussed.

Keywords: South Asian; carers; choices; opportunities