

Abstract P-33 Table 2 Comparison (mean ± standard deviation) and correlation of CQOLC scores with respect to caregivers' and patients' characteristics

		Disruptiveness	Positive Adaptation	Financial Concerns	Burden
Gender	Male	12.06±5.35	23.06±4.30	5.00±2.99	20.81±8.14
	Female	12.75±6.94	24.28±3.29	6.57±3.65	26.57±6.93
	<i>p-value</i>	0.0739	0.3388	0.1507	0.0169
Age bracket	Young adult	15.91±5.81	23.61±3.61	6.65±3.59	25.91±6.84
	Middle aged	13.69±7.25	23.75±4.23	5.50±3.01	23.31±9.04
	Elderly	9.80±6.53	24.60±2.30	4.60±4.34	21.60±8.11
	<i>p-value</i>	0.1475	0.8666	0.3847	0.4143
Co-morbidities	Yes	12.31±7.30	24.08±3.04	6.00±4.56	23.31±17.24
	No	15.29±6.19	23.65±3.95	6.00±2.99	24.97±22.47
	<i>p-value</i>	0.1737	0.7269	1.0000	0.5267
Relationship with patient	Child	12.67±4.54	22.83±5.19	7.33±3.88	21.17±7.57
	Parent	16.52±6.13	23.14±3.61	6.24±3.40	26.24±6.53
	Sibling	13.00±14.14	25.50±0.71	3.50±4.95	22.50±4.95
	Spouse	12.33±6.73	24.80±3.28	5.47±3.36	23.60±9.68
	<i>p-value</i>	0.2489	0.4674	0.5122	0.4965
Cancer type	Breast	12.11±6.26	23.39±3.55	4.39±2.85	21.89 +0 6.75
	Colorectal	15.80±6.99	24.90±3.29	6.90±3.25	27.60±8.92
	Lung	16.00±8.49	21.00±1.41	8.50±3.54	30.00±12.73
	Others	16.14±6.38	23.93±4.29	7.07±3.81	24.79±7.31
	<i>p-value</i>	0.3005	0.559	0.0686	0.206
Cancer stage	Metastatic	11.47±6.27	24.53±3.60	5.27±2.96	20.80±7.66
	Non-metastatic	15.93±6.33	23.38±3.72	6.38±3.70	26.38±7.31
	<i>p-value</i>	0.0315	0.3297	0.3192	0.023

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COMING OF AGE IN PALLIATIVE CARE: THE BURDEN AND BLESSING OF CARING FOR A PREMATURELY ILL PARENT

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Introduction Caring for a family member who is approaching the end of their life can be challenging. As primary caregivers, family members assist with physical/medical tasks, make financial/medical decisions, provide emotional support, and advocate within the healthcare system. Young carers face additional challenges in this role. This presentation explores the emotional and logistical challenges that young caregivers face in palliative care, as well as the resources and support that can make a difference in their ability to cope.

Highlights

- Unique challenges faced by young caregivers in palliative care.
- Limited time for skill development and navigating milestones.
- Risk of psychosocial outcomes and isolation from peers.
- Some experience posttraumatic growth despite challenges.
- Urgent need for tailored support services and interventions.

Methodology/Process Sisters Kelly and Karina will share their personal experiences caring for their palliative father. This will be combined with empirical research to explore the impact of

having a parent in palliative care on young caregivers and ways to support them.

Results/Outcomes The presentation indicates that being a young carer is associated with unique challenges. Young carers have less time to develop crucial care taking skills, have difficulty navigating important milestones, and often feel isolated from peers. Young people who care for their parents are also at greater risk of psychosocial outcomes including poorer psychological functioning and deteriorations in family dynamics and communication. However, some young carers experience positive aspects such as posttraumatic growth. While previous research indicates that psychosocial interventions for family members can attenuate negative outcomes, through personal experience the presenters highlight the limited availability of such care, and need for services which cater to the unique experience and challenges of young care givers.

Conclusion The presentation offers a thought-provoking perspective on the importance of supporting young caregivers through the palliative care process and the need for greater awareness and services for this vulnerable population. It also provides recommendations and resources for healthcare professionals in palliative care who support young caregivers in this context. Through a combination of personal narrative, research insights, and practical tips, this presentation will provide a rich and engaging exploration of the emotional landscape of caring for a prematurely ill parent.