

Who Cares? Reducing Work-Care Conflicts in Healthcare, Education, and Childcare

One in four employees in the Netherlands combine their work with informal care. Following the role conflict model, combining multiple roles is difficult due to time and strain conflicts. This PhD project falls under *Meer Uren Werkt!* a research program funded by the Nationaal Groeifonds. The program focusses on whether employees who would like to work more could actually do so, or in case of working caregivers, how those who do not want to reduce their hours could work similar hours. In this PhD, both quantitative and qualitative methods will be applied to contribute to the evidence base of what helps working caregivers to combine their work and informal care, so they do not reduce work hours, focusing specifically on the supportive role of supervisors.

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Keywords: Caregiving, Supervision, Intervention, Flexibility, Retention