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Insight from informal carers

Claire Champeix
Policy Officer
Eurocarers



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Introducing Eurocarers' network



Promoting the needs and added value of informal carers at EU level. Advocating for choice.

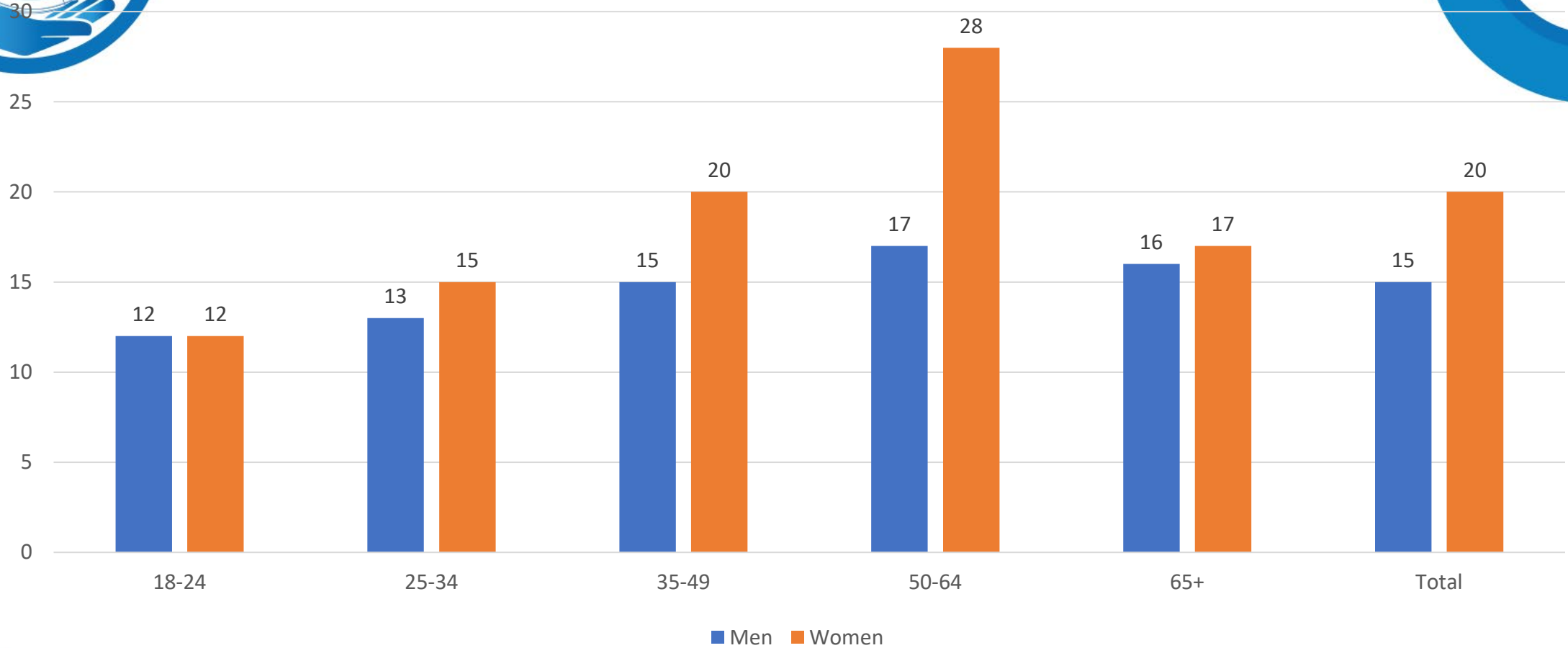
Eurocarers defines a CARER as

any person who provides care
- usually unpaid -
to someone with a chronic illness, disability or
other long lasting health or care need,
outside a professional or formal framework.

Proportion of men and women in different age groups providing care (at least once a week)

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Source: Eurofound (2017), European Quality of Life Survey 2016

The situation of carers in Europe

The personal is political

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As demographic change increases demand, the 'balance of care' increasingly shifts to informal care

Women are disproportionately affected and are more likely to give up employment / reduce working hours / limit their career progression to care

There is a clear correlation between caring responsibilities and employment related difficulties, social exclusion and poverty, bad mental and physical health

"As a carer, you have no social life whatsoever. I have been an unpaid carer for 20 years. I do not feel part of society at all. I feel a complete outsider"

Social and economic situation of regular carers of working age (18-64)

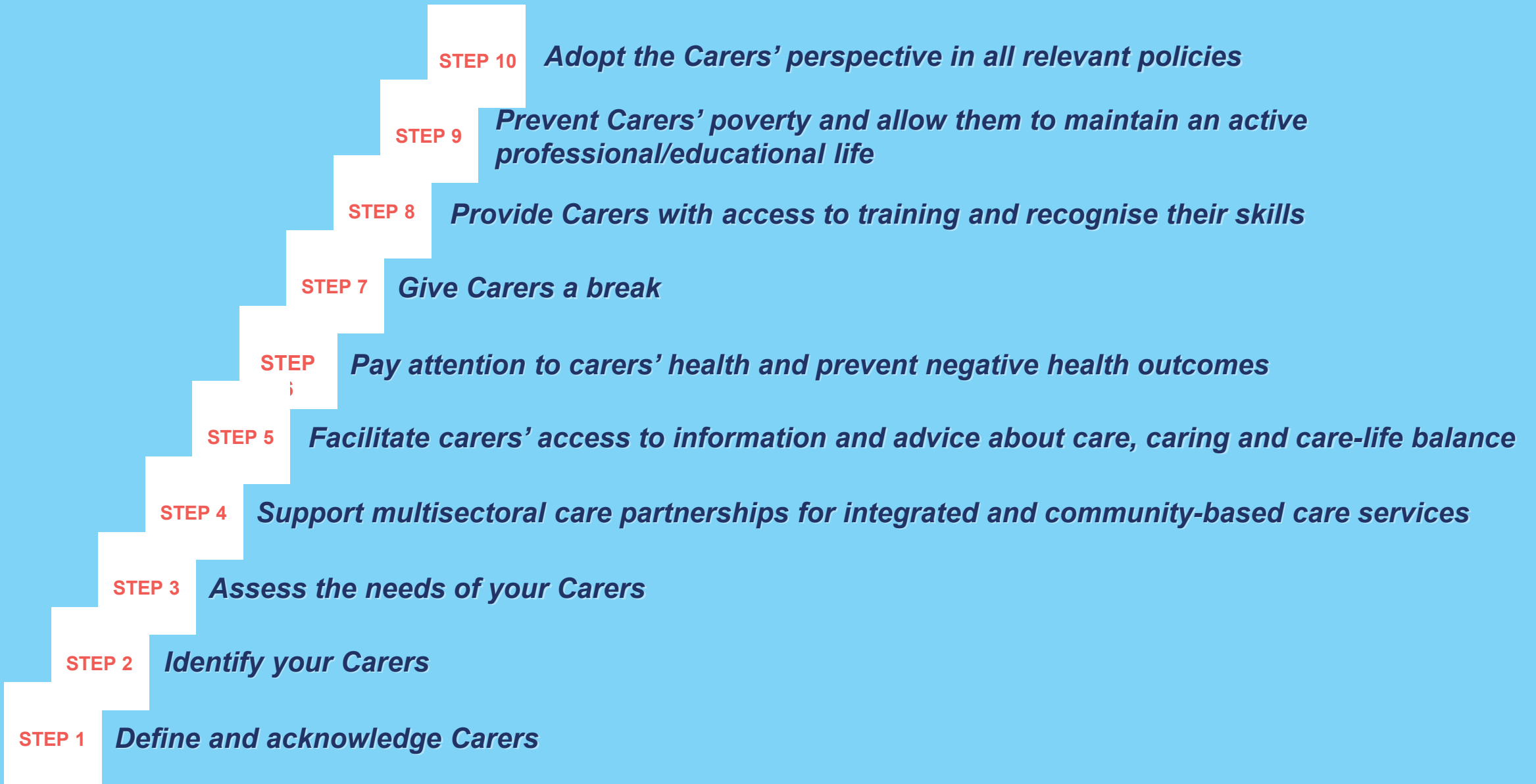
	Non-carers	Working carers	Other carers
In fair or bad health	22	27	41
Having difficulties making ends meet	38	44	54
In lowest income quartile	25	26	45
Feel lonely more than half of the time (in previous two weeks)	10	14	17
Feel the value of what they do is not recognised by others	19	26	28
Social exclusion index	2,1	2,2	2,4
Life satisfaction	7,2	7,1	

What do carers want?

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Eurocarers' Strategy

Our expertise in training for informal carers

Transnational projects:

- TRACK: TRAIning and recognition of informal Carers Skills (2015-2017)
- CARE4DEM:supporting informal carers of people with dementia through web-based mutual aid groups (2017-2020), Stay Safe...

And also: TOGETHER (for young carers),GIVINGCARE...

- Members involved in delivering training

Why developing training for informal carers is key

- Need for information
 - Need to acquire caring skills
 - Need to reinforce one's transversal skills
 - Preventative aspects
 - Awareness and validation of skills
 - Social inclusion
- ...all needs not addressed in the current situation.

Key components of successful training

- Accessibility and flexibility / reap the potential of ICT
- Reaching out to carers
- Integration within a set of supporting services
- Tailor made
- Co-design by carers
- Peer support
- Formal and informal carers: bridging the gap
- Identifying clearly the objectives
- Pathways to recognition and validation



Thank you for you attention !

