

# *Promoting the needs and added value of informal carers across Europe*

***Webinar Mantelzorg in tijden van COVID-19***

***27 November 2020***

***Francesca Centola, Project Officer, Coordinator activities with and for young carers***

# The Eurocarers Network

---



*European network of carers' organisations and research institutes.*

*73 members from 26 European countries.*

## *Our mission*

*To ensure that policies and practices across Europe recognise and support informal carers (mantelzorgers).*

# *Informal carers across Europe*

---

*In Europe, 80% of care is provided by informal carers.*

*The number of informal carers is estimated to be at least twice as the number of professional carers.*

**→ Without informal carers our welfare systems would be unsustainable!**

*Majority of carers are women.*



*Across Europe, 7-8% of children have caring responsibilities.*

*Young carers are often invisible to policymakers and service providers.*

# Impact of caring

---

Caring can have a negative impact on:

➤ *Participation in paid labour market*

*Gender dimension*

➤ *Physical and mental health*

➤ *Social inclusion and finances*

*Human rights (and economic) reasons call for carers to be supported!*

*Supporting carers is a win-win strategy!*

# *The impact of COVID 19 on care and caring*

*Eurocarers Survey*

*Open to all informal carers*

*Deadline: 15 January 2021*



<https://www.surveymonkey.com/r/8B5NBJR>

# *Caring in times of coronavirus*

---

## **Challenges**

*Carers are caring more, with no breaks*

*They feel isolated*

*Worsened mental health*

*More difficult to combine work and care (or education and care)*

*Financial negative impact*

*Carers feel like they have been forgotten*

*New population of carers*

## **Needs**

*Reinstatement of home care, support and respite services*

*Opportunities for social inclusion*

*Support with mental health*

*Measures to facilitate combination of work (or education) and caregiving*

*Additional financial support*

*Recognition and appreciation*

# Responding to the needs of carers

---

## Good Practices

### From the voluntary sector

- *Online support services*
- *Guidance and contingency plans*
- *Identification cards*

### From employers

- *Additional arrangements to support carers' health and wellbeing*
- *Increased remote working options*
- *Flexible working arrangements (including leaves)*

# Never let a good crisis go to waste

---

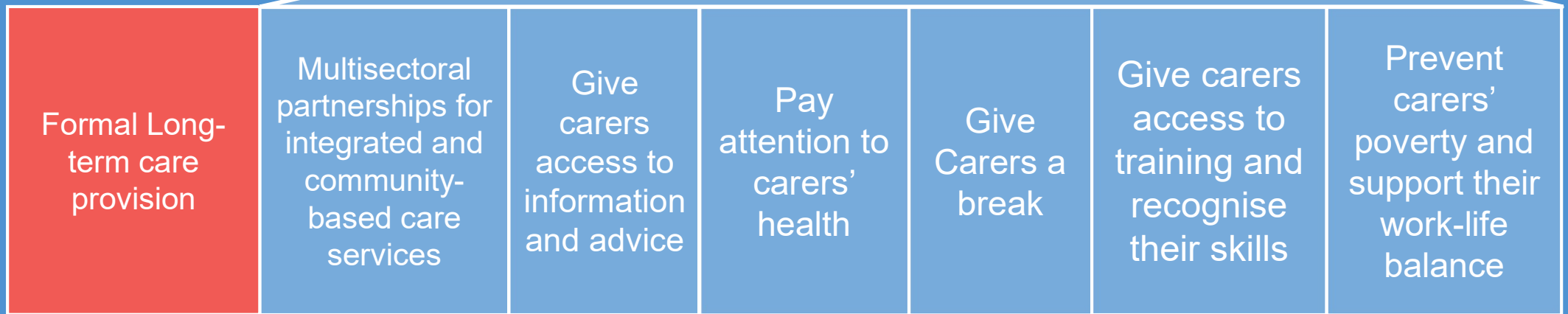
*'The personal is political'*

- ✓ *Opportunity to overcome the stereotypical gender distribution of care*
- ✓ *Place care at the centre of policy debates, i.e. values and allocation of resources, respective responsibilities (individuals vs. collective), etc.*





## Carers in all policies



Assess carers' needs

Identify carers

Define carers

*A European strategy to support and empower informal carers*

**LET'S MAKE  
CARER-FRIENDLY  
SOCIETIES  
A REALITY**



*Thank you!*

[www.eurocarers.org](http://www.eurocarers.org)

[fc@eurocarers.org](mailto:fc@eurocarers.org)