

Number of Family Carers by Dáil Constituency (based on Census 2011)

Constituency	Male	Female	Total	Constituency	Male	Female	Total
State	72,999	114,113	187,112	State	72,999	114,113	187,112
Carlow-Kilkenny	2317	3725	6042	Galway East	1634	2372	4006
Cavan-Monaghan	2039	2996	5035	Galway West	2379	3649	6028
Clare	1979	3083	5062	Kerry	2725	4153	6878
Cork East	1804	2667	4471	Kildare North	1410	2347	3757
Cork North Central	1899	3020	4919	Kildare South	1185	1827	3012
Cork South Central	2051	3194	5245	Laois	1344	2122	3466
Cork North West	1561	2319	3880	Limerick City	1795	2980	4775
Cork South West	1569	2344	3913	Limerick County	1443	2281	3724
Donegal	2760	4261	7021	Longford-Westmeath	1950	2983	4933
Dublin Bay North	2510	3992	6502	Louth	2182	3452	5634
Dublin Bay South	1469	2218	3687	Mayo	2476	3629	6105
Dublin Central	1201	1643	2844	Meath East	1204	1989	3193
Dublin Fingal	1820	3077	4897	Meath West	1223	1892	3115
Dublin Mid West	1405	2307	3712	Offaly	1535	2474	4009
Dublin North West	1451	2357	3808	Roscommon-Galway	1609	2396	4005
Dublin Rathdown	1164	2019	3183	Sligo-Leitrim	2293	3298	5591
Dublin South Central	1792	2669	4461	Tipperary	2593	3989	6582
Dublin South West	2040	3357	5397	Waterford	1872	2951	4823
Dublin West	1385	2202	3587	Wexford	2167	3596	5763
Dun Laoghaire	1798	2949	4747	Wicklow	1966	3334	5300



Achieving Fairness for Family Carers in Election 2016



When family carers act together in a coordinated way we can have real impact.

We did so recently in October's budget and we can do so again with Election 2016. That's why we're asking you to join our campaign and take the actions described in this booklet to raise awareness of our election priorities.

Despite some advancement in carer policy at national level and the development of initiatives to meet carer needs, the harsh reality is that many caring families continue to struggle. Isolation, financial hardship, poor health and exclusion from paid work remain hallmarks of carers' lives. Carers find it more and more difficult to get help, as each year vital respite, home, day and residential care services are chipped away as a result of a €2.7 billion cut in health and social care spending since 2009. Despite this, the number of people caring for a loved one at home continues to rise, with some 6,287,510 hours of unpaid care provided each week, worth an estimated €4 billion per year.



Achieving Fairness for Family Carers in Election 2016

Now that Ireland's economy is in recovery, we're asking you to join carers around the country in asking your local candidates to put carers firmly on their list of priorities. Here is how you can take action in election 2016:

1. On the doorsteps

Cut out and keep this leaflet by your door, and when candidates and canvassers call, ask them where they stand on our key election issues listed on the canvass card overleaf. If you are comfortable sharing a relevant personal story do so. This is a powerful way of highlighting an issue.

Use the term 'Family Carer'. People often fail to distinguish between our role and that of professional care workers. Sometimes the Family Carers is not seen behind those they care for. Speaking 'as a Family Carer' will help to ensure our voices are heard.

2. Get proactive

If the only sign of candidates in your area is the campaign letter in your letterbox, use the contact material they supply to your advantage.

- Get in touch directly by visiting their clinic, phoning, writing or emailing
- If candidates seek to be contacted on social media, do so. That way your message will not only reach the candidate, but also your friends and followers to.
- Use the Family Carers Ireland website tool to email every candidate in your constituency. Spread the word about our campaign by sharing our election related messages on our Facebook

and Twitter account. See www.familycarers.ie for more

3. Set the agenda

Election debate and discussion will intensify during the month of February. Your action can help ensure our election priorities are at the heart of these conversations.

Text, tweet, phone or email your comments into radio and television programmes when candidates are being interviewed.

In the upcoming elections the local newspaper is king! Consider writing a letter to the editor about one of the campaign questions.

Keep an eye out for hustings or events where candidates will be speaking. By attending and asking key questions you will raise awareness of family carers' issues with all those in attendance, not just the candidates themselves

4. Strength in numbers

Politicians really take notice when you take action as a group. We'll be asking and supporting Family Carers Support Groups to take collective action in the weeks ahead of the election. Groups can send joint letters to candidates, coordinate attendance at local hustings and plan communication with local newspapers and radio.

5. Lastly be sure to vote!

For more information on how you can become a member of Family Carers Ireland, or have your say in Election 2016, please visit: www.familycarers.ie

Carers' Canvass Card

Family carers like me save the Irish Government €11 million a day, or €4 billion a year, providing care that would otherwise have to be provided from the public purse. We want candidates to recognise our enormous contribution. What will you do for me and Ireland's 187,112 family carers if you're elected to the next Government?

- Will you work to ensure family carers don't suffer financial hardship as a result of caring?
- Will you work to create a more 'carer-friendly' health service, and to ensure family carers and our loved ones have access to the services we require?
- Will you lend your support to young carers, and work to protect them from an uncertain future?
- Are you committed to the renewal and adequate funding of the National Carers' Strategy, setting out a clear action plan for 2016-2020?
- Will you act as a 'Carer Champion' and ensure family carers have a voice at Government level?
- How will you address my particular concern, which is:

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National Freephone Careline: 1800 2407 24