



Paying the Price: The Hidden Impacts of Caring



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About The Research



Survey of the membership and network reach of Family Carers Ireland



Combination of online and postal distribution



Achieved sample of 1,102 family carers

- All counties in Ireland represented
- 95% CI of +/- 3%



No one should have to care alone

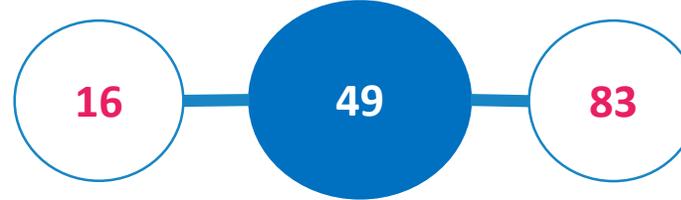
Overview of Respondents (N=1,102)



90% were women



Average Age = 49 years



47% of carers were providing care to a child (under 18)

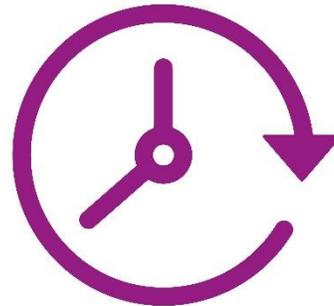


31% of carers were providing care to an older adult (over 65)

21.3% were in paid work

70% part-time and **30%** full-time

70% full-time carers



42% of respondents have been caring for 10 years or more

61% of carers provide 100 hours or more care per week

22% of carers provide 50-99 hours care per week

1



Carers' Health & Wellbeing



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Family Carers' Health



67% of carers reported that they were diagnosed or treated for a physical health condition

40% diagnosed with **back injury**
(compared to 33% in 2009)

26% diagnosed with **high blood pressure**



48% of carers reported that they were diagnosed or treated for a mental health condition

35% diagnosed with **depression**
(compared to 20% in 2009)

39% diagnosed with **anxiety**

68% of carers reported that they quite frequently or nearly always felt that their health had suffered because of their caring role



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“Living with a child with a severe disability both intellectually and physically has profound effects on the parents and the siblings, there are NO support services for them. Family life is not ‘normal’ and can never be, it leaves a mental scar on us all. Nobody understands what it’s like until you live in it.”
(female, full-time carer for child)

2



Access to Supports & Services



Access to Supports and Services

- 83% had no access to appropriate respite
- Evidence of a postcode lottery in services
- 22% reported that supports and services, when available, were too far away

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“I travel non-stop to numerous appointments, clocking up 500km per week. Yet there’s no travel allowance or car maintenance subsidy for family carers.” (female, full-time carer for two children)

3



The Financial Impacts of Caring

75% of carers find it hard to makes ends meet

79% of carers of children find it hard to make ends meet

75% worried about money

Mental ill health was found to be statistically significantly associated with financial worries ($p < .001$)

Fear of losing the family home was a major issue for some



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“There should be reimbursement for those who had to go private because of HSE waiting lists. I’m so worried about my finances, I’m managing the whole family as a single parent. It’s very, very difficult” (female, full-time carer for child)

4



Young Carers

Findings from the HBSC 2018 Survey

13% children between 10-17 provide regular unpaid care

Across a range of indicators of emotional health and wellbeing, young carers reported poorer outcomes than their peers without caring responsibilities.

Young carers scored lower for life satisfaction than their peers without caring responsibilities

More than half of young carers said they have had an injury that required medical attention in the last 12 months

Thank You.

National Freephone Careline

1800 24 07 24

www.familycarers.ie



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