

Embracing Carers™ International Survey

Key Findings

Carers provide unpaid assistance to someone in need and play a critical role in the lives of those patients. Yet carers' needs for resources and support that focus on improving their own health and well-being are often overlooked. The Embracing Carers™ International Survey questioned 3,516 unpaid carers to uncover the challenges they face due to giving their time as a carer. Results of this survey highlight the impact that caring for others has on carers' health, finances, employment and emotional well-being.

Embracing Carers™ International Survey Highlights

Self Care



47% of unpaid carers surveyed have feelings of depression.



3 in 5 unpaid carers surveyed don't have time to exercise.



58% of unpaid carers surveyed find it difficult to sleep on a regular basis.



Almost half of unpaid carers surveyed have gained or lost weight as a consequence of caring for others.

Healthcare



54% of unpaid carers surveyed don't have time to book or attend their own medical appointments.



55% of unpaid carers surveyed feel that their physical health has suffered.



42% of unpaid carers surveyed put the health of the person they're caring for above their own.



21% of unpaid carers surveyed say it worries them to ask for help to address their own health.

Lifestyle



Over 1 in 5 (21%) unpaid carers surveyed feel their careers have been negatively affected by their role as a carer.



Over 1 in 5 unpaid carers surveyed have had to reduce the number of hours they work to care for a family member.



30% of unpaid carers surveyed feel that their role as a carer has put pressure on their financial situation.



21% of unpaid carers surveyed think their relationship with their family has been negatively affected by their role as a carer.

Carer Support



Almost 3 in 10 unpaid carers surveyed feel their role as a carer is unrecognized by their healthcare system.



26% of unpaid carers surveyed have received no information and/or practical support in the last 12 months.



85% of unpaid carers surveyed feel supported by their family in their role as a carer.



83% of unpaid carers surveyed feel supported by their GP/physician/nurse/physician assistant/therapist in their role as a carer.

Embracing Carers™ is a global initiative led by Merck in collaboration with leading carer organizations around the world.

