Caregivers provide unpaid assistance to someone in need and play a critical role in the lives of those patients. Yet caregivers’ 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 caregivers to uncover the challenges they face due to giving their time as a caregiver. Results of this survey highlight the impact that caring for others has on caregivers’ health, finances, employment, and emotional well-being.

Key Findings

Embracing Carers™ International Survey Highlights

**Self Care**
- 47% of unpaid caregivers surveyed have feelings of depression.
- 58% of unpaid caregivers surveyed find it difficult to sleep on a regular basis.
- 3 in 5 unpaid caregivers surveyed don’t have time to exercise.
- Almost half of unpaid caregivers surveyed have gained or lost weight as a consequence of caring for others.

**Healthcare**
- 54% of unpaid caregivers surveyed don't have time to book or attend their own medical appointments.
- 55% of unpaid caregivers surveyed feel that their physical health has suffered.
- 21% of unpaid caregivers surveyed say it worries them to ask for help to address their own health.

**Lifestyle**
- Over 1 in 5 (21%) unpaid caregivers surveyed feel their careers have been negatively affected by their role as a caregiver.
- Over 1 in 5 unpaid caregivers surveyed have had to reduce the number of hours they work to care for a family member.
- 30% of unpaid caregivers surveyed feel that their role as a caregiver has put pressure on their financial situation.
- 21% of unpaid caregivers surveyed think their relationship with their family has been negatively affected by their role as a caregiver.

**Caregiver Support**
- Almost 3 in 10 unpaid caregivers surveyed feel their role as a caregiver is unrecognized by their healthcare system.
- 26% of unpaid caregivers surveyed have received no information and/or practical support in the last 12 months.
- 85% of unpaid caregivers surveyed feel supported by their family in their role as a caregiver.
- 83% of unpaid caregivers surveyed feel supported by their GP/physician/nurse/physician assistant/therapist in their role as a caregiver.

Embracing Carers™ is a global initiative led by Merck KGaA, Darmstadt, Germany in collaboration with leading caregiver organizations around the world.