Embracing Carers™ Survey

Key Findings

Every day, unpaid caregivers in the US give their time and energy to care for loved ones. Resources and support that focus on improving caregivers’ health and well-being are often overlooked. The Embracing Carers™ Survey was conducted by Censuswide on behalf of Merck KGaA, Darmstadt, Germany. It questioned 504 unpaid/unprofessional caregivers aged 18-75 years in the US. Results of this survey highlight the impact that caring for others has on caregivers’ health, finances, employment, and emotional well-being.

Embracing Carers™ US Survey Highlights

Self Care

- 49% of unpaid caregivers surveyed in the US have feelings of depression.
- 57% of unpaid caregivers surveyed in the US find it difficult to sleep on a regular basis.
- 46% of unpaid caregivers surveyed in the US have gained or lost weight as a consequence of caring for others.

Healthcare

- 51% of unpaid caregivers surveyed in the US don’t have time to exercise.
- 48% of unpaid caregivers surveyed in the US have felt they needed medical help/support for a mental health condition due to their role as an unpaid caregiver.
- 45% of unpaid caregivers surveyed in the US don’t have time to book or attend their own medical appointments.
- 43% of unpaid caregivers surveyed in the US put the health of the person they’re caring for above their own.

Lifestyle

- 19% of unpaid caregivers surveyed in the US feel their careers have been negatively affected by their role as a caregiver.
- 70% of unpaid caregivers surveyed in the US feel tired most of the time.
- 38% of unpaid caregivers surveyed in the US feel that their role as a caregiver has put pressure on their financial situation.

Caregiver Support

- 51% of unpaid caregivers surveyed in the US don’t have time to exercise.
- 28% of unpaid caregivers surveyed in the US feel their role is unrecognized by the healthcare system.
- 31% of unpaid caregivers surveyed in the US have received no information and/or practical support in the last 12 months.
- 30% of unpaid caregivers surveyed in the US feel they get more support from friends/family than the healthcare system.

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

Join the movement at www.embracingcarers.com

Embracing Carers™ is supported by Merck KGaA, Darmstadt, Germany, which operates its businesses as EMD Serono, MilliporeSigma and EMD Performance Materials in the US and Canada.