



## Global Advocacy Priority



Create flexible workplace and educational environments that respect caregiving obligations.

In developing countries, unpaid caregivers are systematically overlooked and irrespective of the vital role they play in the health and well-being of the nation, their voices remain unheard within society. Although they are one of the most vulnerable groups due to isolation, social stigma and exclusion, they receive almost no recognition from policy makers, government agencies or service providers. As a result, predicting the population of unpaid caregivers in these societies remains an impossible task. However, with extreme barriers to employment and gender inequality further exacerbating the problem, the effects of caring on physical, mental health and emotional well-being can be devastating.

**Carers Worldwide** is working exclusively and strategically with unpaid caregivers in India, Nepal and Bangladesh.

## The Carers Worldwide Model

The Carers Worldwide development model holistically tackles poverty, isolation and the physical and mental health issues commonly experienced by unpaid caregivers in developing countries. Working in partnership with local NGOs, Carers Worldwide builds local capacity and knowledge of caregiver related issues and solutions, collaborates to create and implement caregiver specific services and support infrastructure, and forms multi-stakeholder advocacy networks to drive sustainable change.

### The 5 drivers of change:

**Carer support groups:** created to reduce loneliness and isolation through social interaction and emotional support

**Health services:** offering health assessments, information and support and opening pathways to physical and mental health services

**Respite:** developing community based, high quality alternative care options, including community caring centers

**Employment, training and education:** providing direct training and support, and creating access to jobs, training or education that can coexist alongside caring responsibilities

**Advocacy:** strengthening the collective voice of unpaid carers through training that builds their capacity to advocate for changes in policy and practice

### 1 Empowerment through Employment

In India, **up to 97% of unpaid carers and their families live below the poverty line.**<sup>1</sup> Carers Worldwide helps unpaid carers to establish livelihoods that coexist with their caring responsibilities. They facilitate training to build the capacity of local NGOs and unpaid carers. They offer mentoring for staff facilitators and ensure that unpaid carers have one-on-one support to establish a home-based business such as tailoring, embroidery, and making jewelry or incense sticks. Some unpaid carers have even launched their own small farms or shops. Financial support is made possible with loans through carer groups, which were established as part of the Carers Worldwide program, giving unpaid carers the early support they need to begin their journey to financial sustainability.



#### Roshan

Roshan is 20 years old and cares for her brother at home alongside her mother. She received training in embroidery and tailoring through one of the Carers Worldwide Programs. Roshan set up a small business selling the jewelry and clothing she makes. She receives ongoing emotional support and training through a local carers group. She trains other unpaid carers to become embroiderers and tailors so they can earn a living by working from home.

## 2 Pathways to a Brighter Future for Child Carers

Carers Worldwide is striving to make change by identifying child carers and working with them to return to school, build social connections at child carers groups and provide welfare assessments and support.



### Ramanjinamma

Ramanjinamma cares for both of her parents. Her lack of education and socialization means that she will likely enter adulthood without the necessary communication skills or qualifications to attain employment. Carers Worldwide is working with children like Ramanjinamma, to help them to access the assistance they need, including:

- Creating alternative care arrangements and providing a break from caring so that child carers can attend school.
- Providing uniforms, books and equipment to enable child carers to assimilate and catch up on their missed education.
- Training local NGOs and community-based services to offer support.
- Creating friendship groups for child carers for emotional and social support.

### References

i Carers Worldwide. (2018). Impact Report. Page 8. [https://www.carersworldwide.org/wp-content/uploads/2018/05/CW\\_Impact\\_Report\\_2018\\_.pdf](https://www.carersworldwide.org/wp-content/uploads/2018/05/CW_Impact_Report_2018_.pdf). [Date Accessed: 30 July 2018]