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

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.
- 21% of unpaid carers surveyed say it worries them to ask for help to address their own health.
- 42% of unpaid carers surveyed put the health of the person they’re caring for above their own.

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 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.

Join the movement at www.embracingcarers.com