

# Family Carers in Ireland

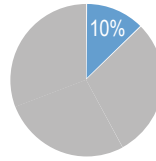
## Who Is a Carer?

Someone who provides regular, **unpaid personal help** for a friend or family member with a long-term illness, health problem or disability (CSO, 2016)



## Who Cares?

**360,000** or **10%** of the adult population (CSO, 2016a)



## What's the Kinship Between Them?

**86%** of Family Carers are Family Members. Most are caring for an **ageing parent** or a **child** with high support needs. (CSO, 2016)

## How Much Care Is Provided?

Average of

**44.6** hours care provided per week (CSO, 2016)

## How Do We Financially Support Full-time Family Carers?

**75,000** carers receive the Carers Allowance. Over **100,000** receive the Annual Carer Support Grant. (DSP, 2017)



## Is the Role Challenging?

**50%** of carers have had the experience of being mentally and physically 'drained' by their caring role (CAI/ICP, 2009)



## What Are the Drivers of Ill Health in Caring?

Dealing with verbal/emotional abuse; Coping with bizarre/inconsistent behaviour; Getting up in the night. (CAI/ICP, 2009)



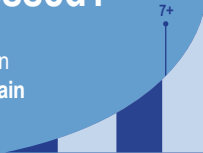
## What Is the Health Impact?

Over half reported having a medical problem, the most frequent being back injury, and over half also reported having a significant mental health problem, the most frequent being anxiety disorder. Most carers stated that they had **no time for themselves** and **worried** how the person they cared for would cope if they had to stop caregiving due to illness or death. (CAI/ICP, 2009)



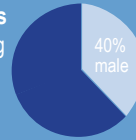
## Are Carers Stressed?

**27%** of carers scored seven or higher on the Caregiver Strain Index. (CSO, 2010)



## What's the Gender Mix?

Females provide around **two-thirds** (66.1%) of all care hours, increasing to approximately seven in ten from age 50. But **40%** of Family Carers are male. (CSO, 2012)



## Do Children Provide Family Care?

**11%** of school-age children report providing care (Callaghan, 2016)



## What Is Public Expenditure on Home Care in 2017?

**€344m** (CAI, 2016)



## What Share of the Social Welfare Pie do Family Carers Get?

**5.3%** Percentage of overall Department of Social Protection Budget spent on Income Supports for Family Carers (CAI, 2017)



## Are there More Older Carers?

The number of older carers has increased by over

**50%** since 2006 (CSO, 2017)



## What Are Sandwich Carers?

Usually caring for young children and parents at the **same time**. The highest concentration of Caring in our population is in the 40–55 age group (CSO, 2012)



## What Is the Financial Contribution of Family Carers?

**€10bn** per year (FCI, 2017)



## Can Family Carers Combine Working and Caring?

A **third** of Family Carers work **full-time** (CSO, 2012)



### Sources of Information

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