

## Who Is a Carer?

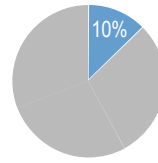
Someone who provides regular, **unpaid personal help** for a friend or family member with a long-term illness, health problem or disability (CSO, 2016)



## Who Cares?

**391,000** or **10%** of the adult population

(CSO, 2016a Updated per 2019 population figures)



## What's the Kinship?

**86%** of family carers are family members. Most are caring for an **ageing parent** or a **child** with high support needs (CSO, 2017)

## How Much Care Is Provided?

Average of **44.6 hours** of care provided per week (CSO, 2017)



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

**80,000** carers receive the **Carers Allowance**  
Over **116,000** receive the **Annual Carer Support Grant**



(DEASP, 2019)

## Is the Role Challenging?

**88%** of carers feel stressed trying to balance caring with other family and work responsibilities (FCI, RCPI & UCD SNHMS, 2019)



## What Is the Health Impact?

**68%** of carers feel their health has **suffered** as a result of caring

**48%** of family carers have been diagnosed with **mental ill health**

**70%** increase in the number of carers diagnosed with **depression** from 2009 to 2019 (FCI, RCPI & UCD SNHMS, 2019)

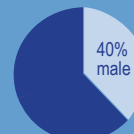
## Ethnic Background

**10%** of family carers in Ireland are from an ethnic background other than 'white Irish' (CSO, 2017)



## What's the Gender Mix?

Women account for the majority of family carers in Ireland; however, the number of male carers is increasing - currently nearly **40%** of all carers are **male** (CSO, 2017)



## Do Children Provide Family Care?

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



## How Many Home Support Service hours Are Provided Each Year?

**18.2m** in 2019 (HSE, 2018)



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

**6.2%** Percentage of overall Dept of Employment Affairs and Social Protection **Budget** spent on income supports for family carers (DEPR, 2019)



## Are There More Older Carers Now?

The number of older carers has increased by over

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



## What Are Sandwich Carers?

Usually people caring for children and parents at the **same time**. The highest concentration of caring in our population is in the 40-55 age group (CSO, 2017)



## What Is the Financial Contribution of Family Carers?

**€10bn** per year (FCI, 2017)



## Can Family Carers Combine Working and Caring?

**50%** of family carers combine paid work and family care (CSO, 2017)



### Sources of Information

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- Department of Employment Affairs and Social Protection (2019) Annual Report 2018.
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- Family Carers Ireland, College of Psychiatrists of Ireland & University College Dublin School of Nursing, Midwifery & Health Systems (2019). Paying the Price - The Physical, Mental and Psychological Impact of Caring.
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