

GLOBAL CARER WELL-BEING INDEX EUROPE OVERVIEW

The pandemic has affected the lives of nearly everyone on the planet. In particular, it has had an unprecedented impact on a group of people already under strain: those who provide unpaid or informal care to loved ones in need. **Below we take a look at how the pandemic is affecting carers across Europe.**

NEW CARERS

The pandemic has thrust some family members and others into the carer role for the first time; nearly one in five (16%) unpaid carers in the Europe region started their responsibilities as a result of the pandemic.

INCREASED RESPONSIBILITIES

In addition to creating new carers, the pandemic dramatically increased the burden placed on all carers:

TIME SPENT CARING

Carers in Europe provided, on average, 17.1 hours of unpaid care per week before the pandemic; that amount jumped to 21.6 hours in Autumn 2020, and carers anticipate it will increase further to an average of 26.8 hours a week in the future due to the pandemic.

Average Hours Per Week Spent Caregiving

Country	Before Pandemic	Future Due to the Pandemic	Added Weekly Caregiving Hours
SPAIN	17.2	32.1	+14.9
U.K.	21.3	32	+10.7
ITALY	18.5	28.8	+10.3
GERMANY	14	20.5	+6.5
FRANCE	14.6	21	+6.4
EUROPE AVG.	17.1	26.8	+9.7

GREATER RESPONSIBILITIES

The pandemic has heightened most responsibilities, but particularly:

Providing Emotional Support

54% in Europe say this has increased as a result of the pandemic.

Country-specific increases:

Spain 59%
U.K. 58%
France 52%
Germany 51%
Italy 51%

Managing Technology Needs*

47% in Europe say this has increased as a result of the pandemic.

Country-specific increases:

Italy 53%
Spain 52%
U.K. 49%
France 42%
Germany 39%

Providing Homecare**

40% in Europe say this has increased as a result of the pandemic.

Country-specific increases:

Spain 48%
U.K. 42%
Italy 41%
Germany 35%
France 33%

A SIGNIFICANT TOLL

The strains on carers are undeniable:

80% in Europe say they have had to sacrifice more of their personal life for the individual(s) they care for since COVID-19 began.

75% in the Europe region say the pandemic has caused them to feel more burnt out than ever before.

Spain 82%
Italy 78%
U.K. 77%
France 70%
Germany 70%

In particular, the pandemic has created three pressure points:

EMOTIONAL

88% of carers in Europe say they have put the needs of the person they are caring for above their own during the pandemic.

65% in Europe say the pandemic has worsened their own emotional health overall.

Spain 74%
U.K. 70%
Italy 69%
France 58%
Germany 55%

FINANCIAL

67% in Europe are concerned that they will not be able to afford to provide proper care.

59% of employed carers are concerned they will lose their job because of the time commitment needed as a carer.

52% of carers say that being a carer negatively impacts their career.

TECHNOLOGICAL

60% of carers in Europe need additional guidance/training on how to use telehealth/online tools/mobile apps for caregiving.

47% say managing technology* is among their top responsibilities that have increased due to the pandemic—adding to the pressure that technology is, more than ever, the only way to keep in touch and connect with loved ones.

30% in Europe are spending more money on technology needed to be a caregiver since the pandemic began.

THE PATH FORWARD

Embracing Carers®, along with its partners, has identified five advocacy priorities that address universal needs for carers:

- Safeguard the health and well-being of carers.
- Minimize the financial burden placed on carers.
- Enable access to user friendly information and education.
- Support carers who are employed and have competing demands.
- Invest in research to ensure carers' needs and contributions are recognized and addressed.

The Global Carer Well-Being Index includes a variety of solutions for how to address these global priorities.

For research, resources and more information for carers, please visit embracingcarers.com.

About the Global Carer Well-Being Index

The 12-country global survey, fielded Sept. 3-Oct. 27, 2020, was commissioned by Merck as part of their Embracing Carers® initiative. The study surveyed a total of over 9,000 unpaid carers across U.S., Canada, U.K., France, Germany, Italy, Spain, Australia, Brazil, Taiwan, India and China (n=750 surveyed in each country). Unpaid carers were defined as: those who care for someone with a long-term illness, physical disability, or cognitive mental condition.

At the 95% confidence level, the total for the unpaid global, 12-country average carer population has an estimated margin of error of +/- 1.03 percentage points and each individual country has an estimated margin of error of +/- 3.6 percentage points.

This report represents the results for the European countries surveyed only, which include U.K., France, Germany, Italy and Spain.