Carers of Persons with Heart Failure
A Four Nation Study
Supported by Novartis

**A LANDMARK STUDY** about the impact of caregiving on persons with heart failure in Australia, Canada, the United Kingdom and the United States. A total of 519 carers shared how caring affects them and the factors impacting their health and well-being. Conducted by the International Alliance of Carer Organizations (IACO) and supported by Novartis, this work advances IACO’s mission to build a global understanding and recognition of the role of carers.

**HEART FAILURE DIRECTLY IMPACTS THE LIVES OF 26 million people globally**

Heart failure (HF) is a chronic and degenerative disease which does not allow the heart to pump enough blood to the body, causing it to have less oxygen and nutrients.

**CAREGIVERS OF PERSONS WITH HF SHARE THEIR EXPERIENCES**

- **79%**
- **21%**
- Average age 58 years
- 49% spouses/partners
- 12% children
- 39% caring for more than 5 years

**CARERS HAVE A POSITIVE INFLUENCE ON THE HEALTH OUTCOMES OF PERSONS WITH HEART FAILURE**

- Better quality of life
- Improved survival
- Reduced hospitalization

**IMPACT ON CARERS’ EMPLOYMENT**

- 45% are employed full or part-time
- 13% quit their jobs
- 9% lost job benefits or turned down a promotion

**IMPACT ON CARERS’ HEALTH AND WELL-BEING**

- 52% experienced a deterioration in their own health

- Only 3% of carers reported that caregiving had improved their health

- Carers scored their quality-of-life as 6.0

**CARERS PLAY A VITAL ROLE IN SUPPORTING INDIVIDUALS WITH HF**

- 70% of persons with heart failure depend upon a family caregiver when receiving care in the home
- 22 hours/week average amount of time carers spent looking after a person with heart failure
- 70% of carers helped with medical and/or nursing tasks
- 75% supported the health care plan through supervision, reminding and coaching

**ACTIONS TO SUPPORT THE VITAL ROLE OF CARERS FOR PERSONS WITH HEART FAILURE**

- Include carers as partners in the health care team
- Assess caregiver needs as part of the care planning process
- Provide resources to help carers navigate health and social care systems
- Create workplaces that recognize, respect and support carers’ obligations
- Invest in research on heart failure caregiving to support decision-making

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*Around the world, the term carer is used interchangeably with caregiver or family caregiver.*