"Being a carer, just like a parent, is underrated and we are taken for granted and forgotten. We need to be a priority.

The pandemic has worsened care giving in all countries. The response by governments to the pandemic has varied, but in particular, the pandemic has created three pressure points:

1. The strains on carers are undeniable: 68% of carers say managing technology* of carers need additional guidance/training on how to use telehealth/online tools/mobile apps for caregiving. 56% of carers are spending more money on food, medicine and other supplies due to the pandemic. 76% of carers are concerned about the impact of the pandemic on their mental health.

2. The financial burden placed on unpaid carers: 68% of carers say caring for someone with a long-term illness, physical disability, or cognitive/mental condition (including cancer, Multiple Sclerosis, Parkinson’s Disease, Dementia, Alzheimer’s, spinal cord injury, Muscular Dystrophy, cognitive/mental condition or Congestive Heart Failure etc.) has affected their lives. While 62% of unpaid carers are concerned they will not be able to provide proper care to the individual(s) they care for since the pandemic began.

3. The caring for above their own during the pandemic: 66% of unpaid carers are concerned that they will not be able to provide proper care to their mental health.

The pandemic has heightened responsibilities, but particularly: INCREASED EMOTIONAL 76% of unpaid carers say their commitment needed as a carer has increased due to the pandemic. 71% of unpaid carers say the pandemic has worsened their career commitment needed as a carer. 50% of unpaid carers say their career commitment needed as a carer has increased due to the pandemic.

INCREASED RESPONSIBILITIES

In addition to increasing care giving, unpaid carers have also managed to keep more than 500 million people connected with loved ones during the pandemic.

71% of carers say the pandemic has increased their responsibilities in terms of the care they provide. The average carer provided 7.4 more hours of unpaid care per week during the pandemic.

In particular, the pandemic has created three pressure points:

1. Emotional
2. Financial
3. Technical/medical

THE PATH FORWARD

Embracing Carers™ is working with governments, civil society, and global organizations to create a sustainable future for unpaid carers. This is achieved through advocacy efforts that address unmet needs for unpaid carers:

- Provide the financial level playing on economic support
- Support carers who provide care to individuals with technology needs* (software/apps, guidance/training)

About the Global Carer Well-Being Index

The Global Carer Well-Being Index (GCWBI) is a longitudinal report that is based on a survey of over 9,000 unpaid carers across 12 countries. The current index was conducted in Fall 2020, and carers were surveyed between September 3rd and October 27th. The sample size was 1,000 carers in each of the 12 countries, and the demographics are reflective of the age and gender distribution of the carer population. In the U.S., the margin of error for the unpaid carer population was ±3.6 percentage points.