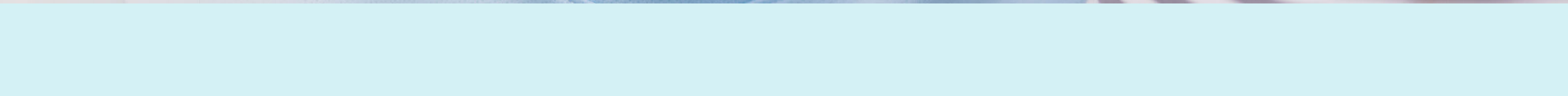


THE PANDEMIC HAS AFFECTED THE LIVES OF NEARLY EVERYONE ON THE PLANET

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.

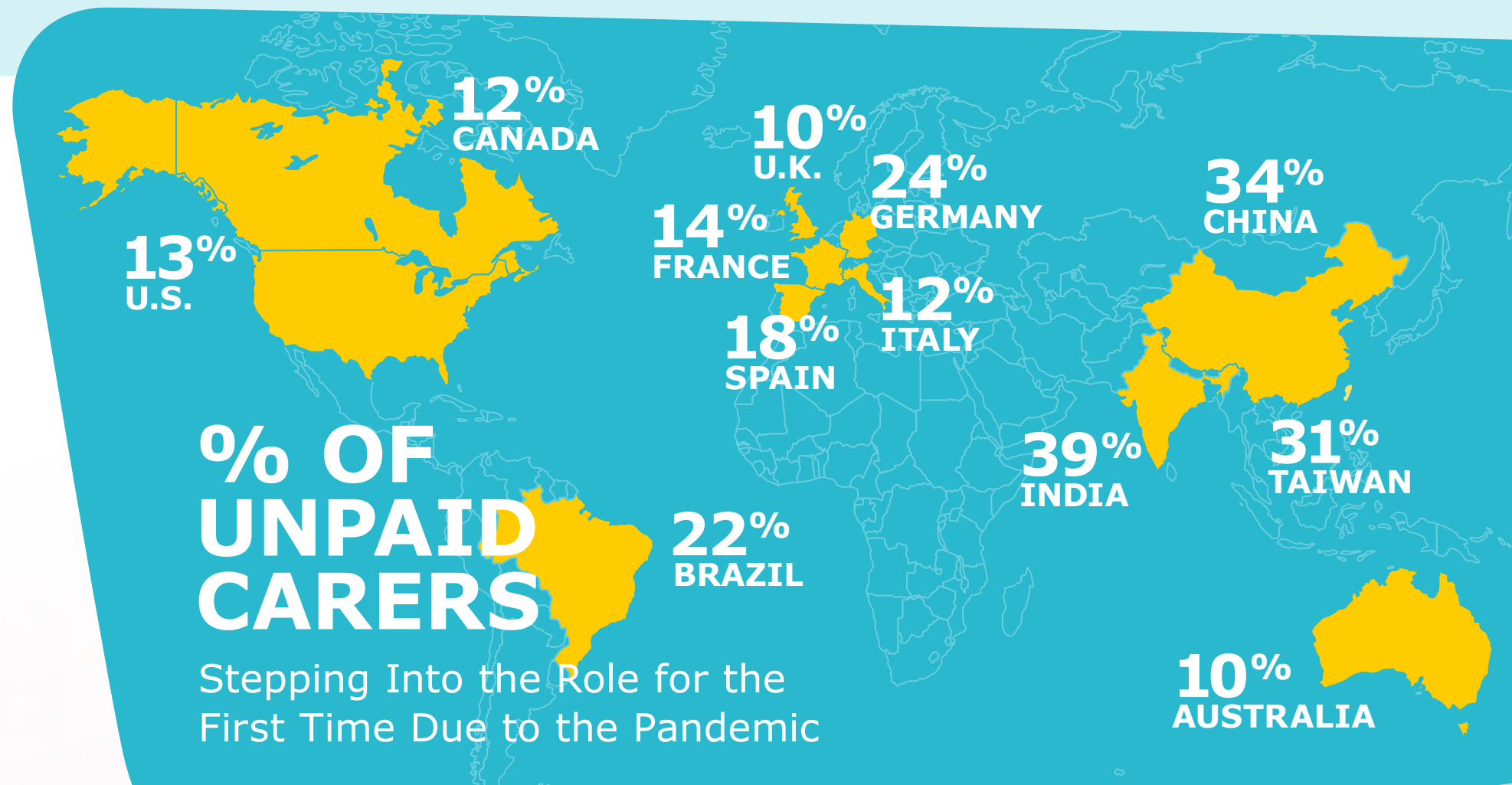


"Being a carer, just like a parent, is underrated and we are taken for granted and forgotten. We need to be a priority. If it wasn't for us then it would cost the National Health Service a lot more money. We need financial help, social help, and we need to be recognized."

— 55-year-old female from the UK caring for someone with an ongoing cognitive condition

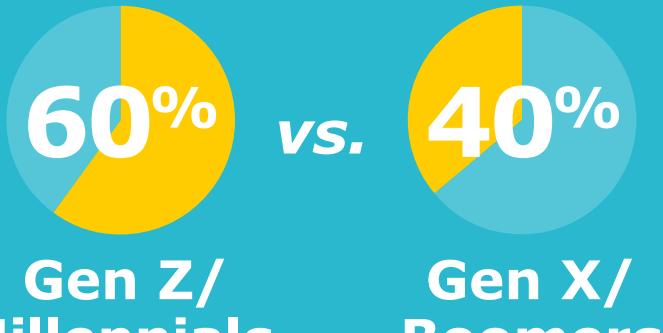
NEW CARERS

The pandemic has thrust family members and others into the carer role for the first time; **one in five unpaid carers across the globe started their responsibilities as a result of the pandemic.**

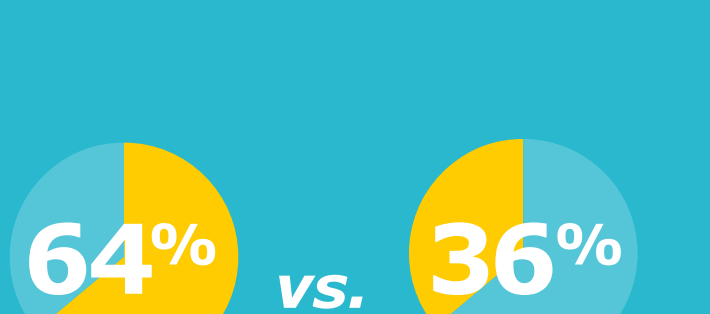


THESE FIRST TIME CARERS

Tend to be younger (Gen Z or Millennial)



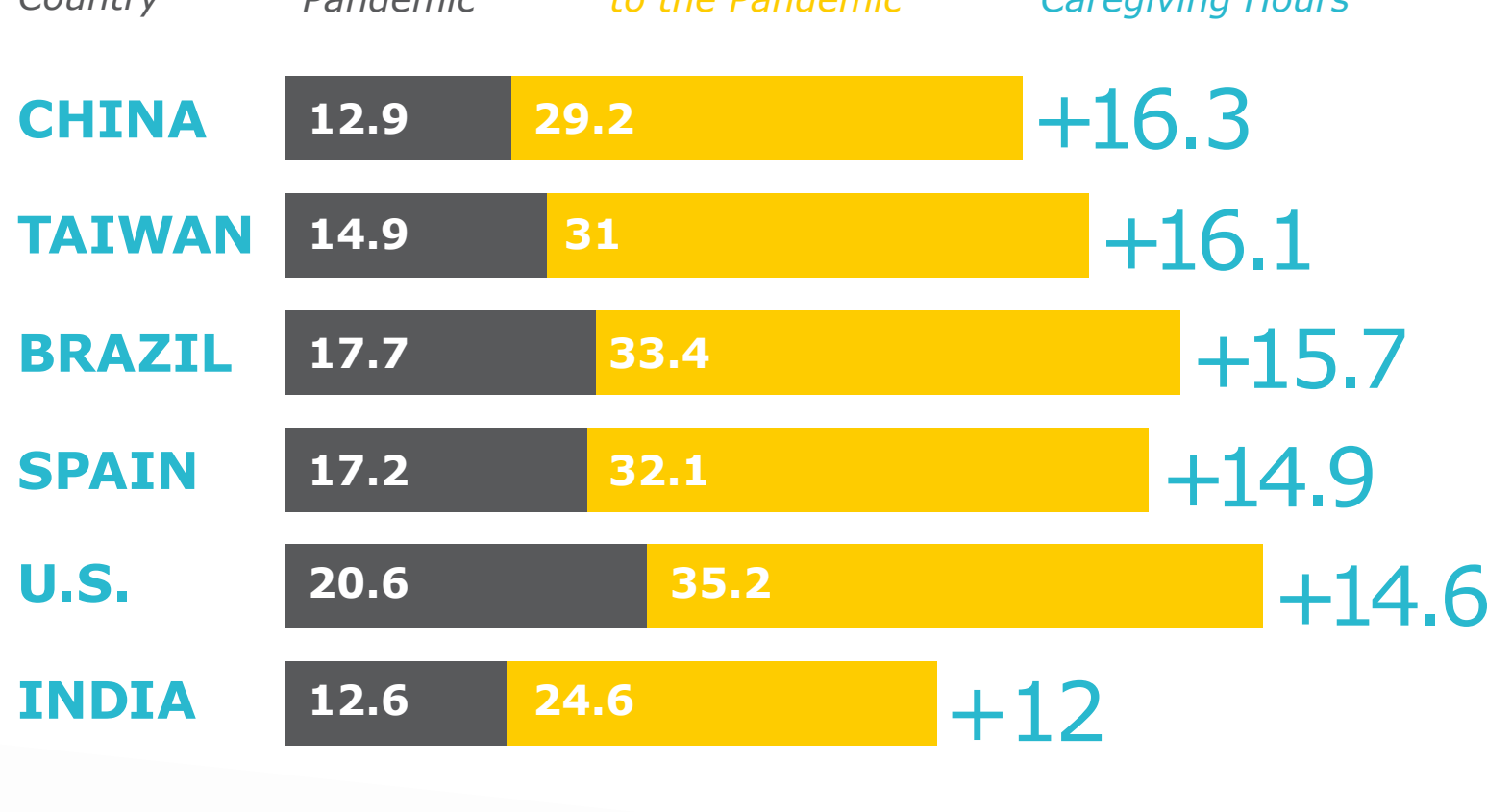
Tend to be parents, rather than nonparents, juggling double carer roles



INCREASED RESPONSIBILITIES

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

Top Countries Seeing the Largest Increase in Average Weekly Caregiving Hours



TIME SPENT CARING

The average carer provided 16.6 hours of unpaid care per week before the pandemic; that amount **jumped to 23.4 hours in Fall 2020**, and carers anticipate it will increase further to an average **of 28.3 hours a week** in the future due to the pandemic.

GREATER RESPONSIBILITIES

The pandemic has heightened most responsibilities, but particularly:

Providing Emotional Support

Increase highest in:

India 71%

China 65%

Brazil 65%

Managing Technology Needs*

Increase highest in:

India 71%

U.S. 67%

Brazil 64%

China 61%

Providing Homecare**

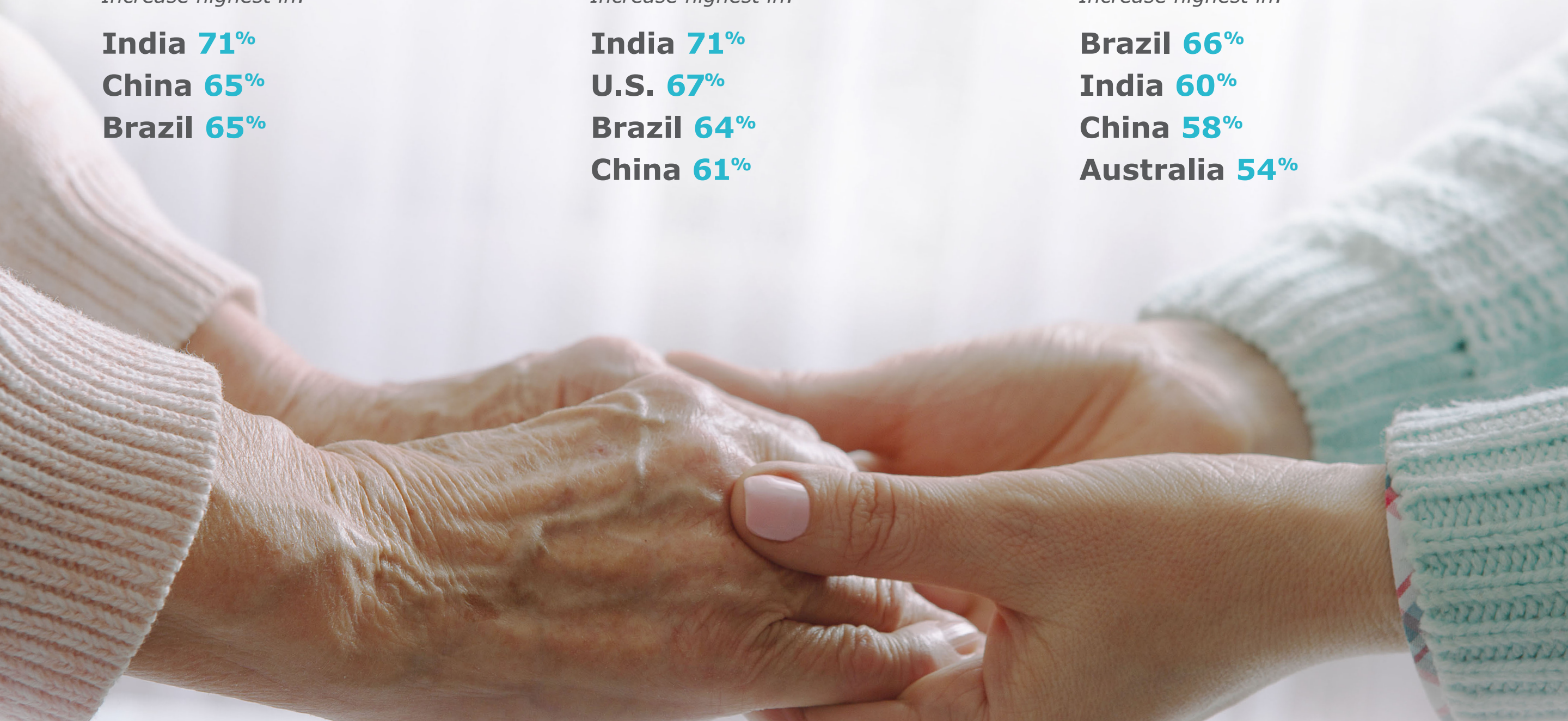
Increase highest in:

Brazil 66%

India 60%

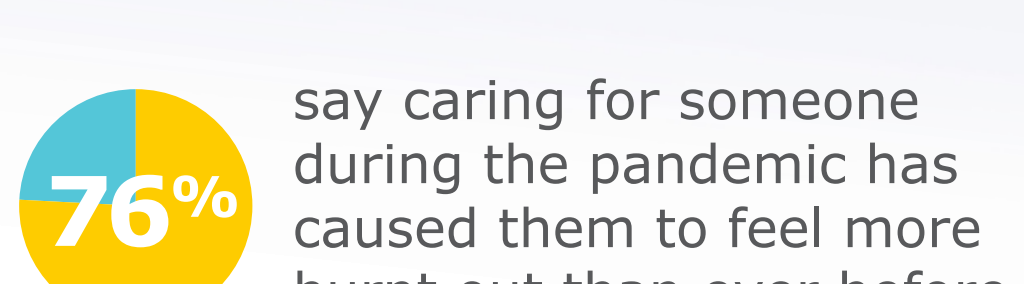
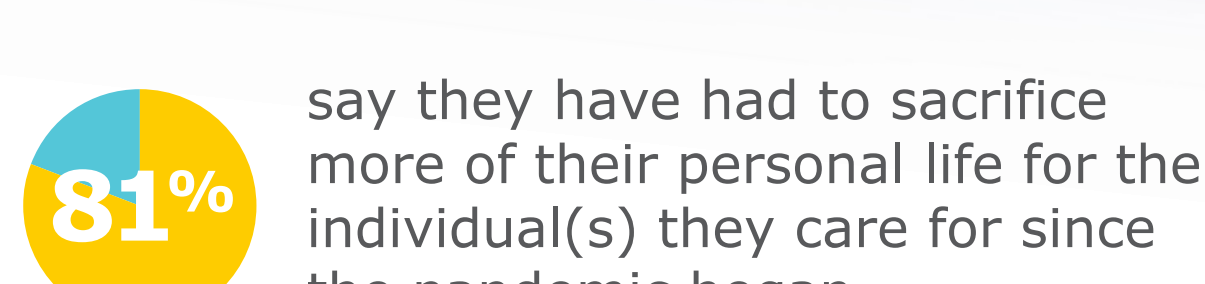
China 58%

Australia 54%



A SIGNIFICANT TOLL

The strains on carers are undeniable:



In particular, the pandemic has created three pressure points:

EMOTIONAL

89% of carers say they have put the needs of the person they are caring for above their own during the pandemic.

61% say the pandemic has worsened their own emotional health overall—and emotional health issues tend to impact women disproportionately.

58% say that being a caregiver negatively impacts their mental health.

TECHNOLOGICAL

68% of carers need additional guidance/training on how to use telehealth/online tools/mobile apps for caregiving.

51% say managing technology* is among their top responsibilities that have increased due to the pandemic.

37% are spending more money on technology needed to be a carer since the pandemic began.

FINANCIAL

71% are concerned that they will not be able to afford to provide proper care

62% of employed carers are concerned they will lose their job because of the time commitment needed as a carer

50% of carers say that being a carer negatively impacts their career

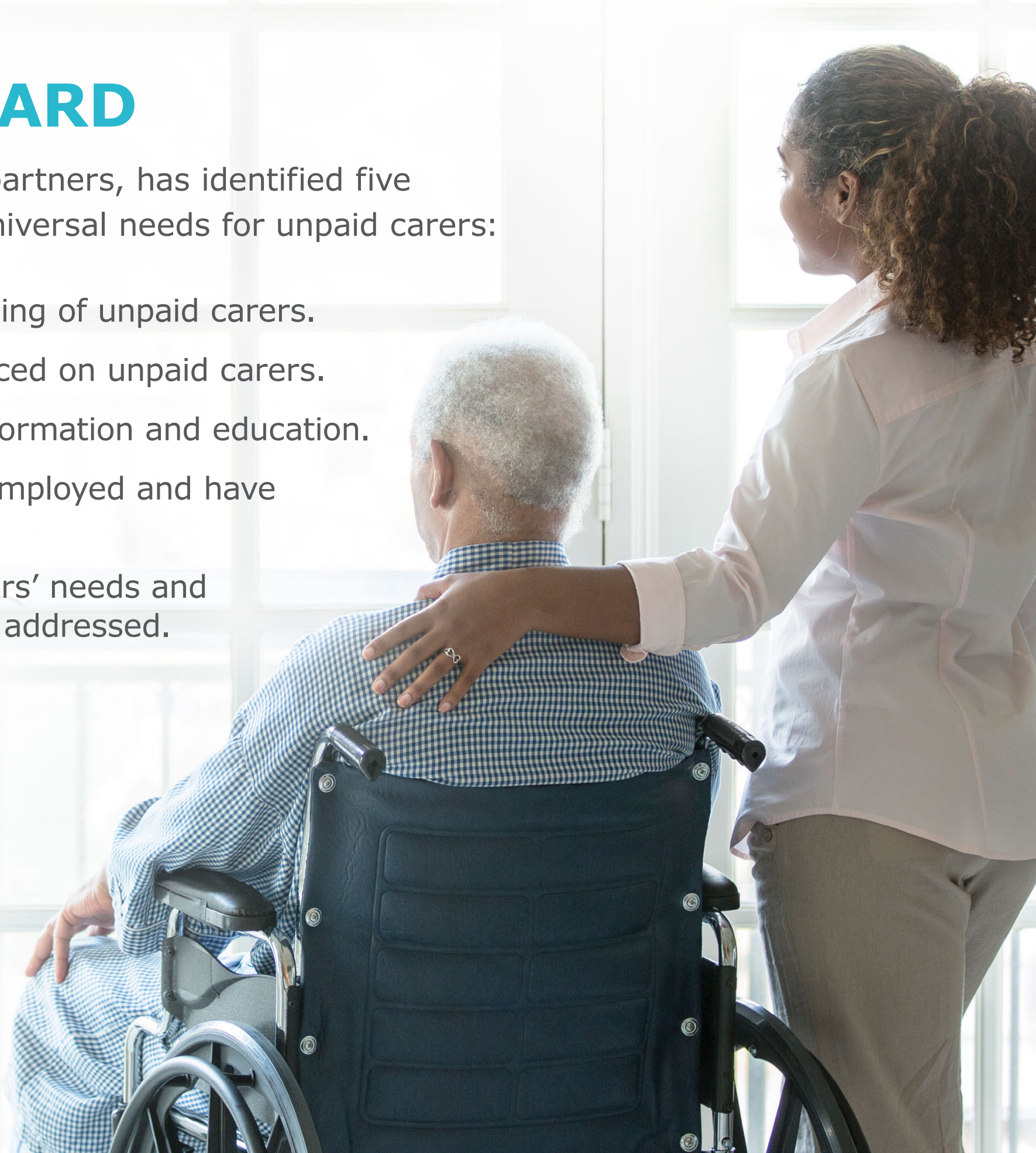
THE PATH FORWARD

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

- Safeguard the health and well-being of unpaid carers.
- Minimize the financial burden placed on unpaid carers.
- Enable access to user friendly information and education.
- Support unpaid 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.



IACO International Alliance of Carer Organizations

CARERS CANADA
PROCHES AIDANTS au CANADA

carers
worldwide

nac

carersUK
making life better for carers

EURO CARERS
European Association Working for Carers

Carers Australia

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.

All references of an unpaid carer refers to someone who provides regular and ongoing unpaid care, support 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.).

* Managing technology consists of the total respondents who chose 'managing the technology needed for telemedicine/telehealth/virtual medical appointments' and/or 'managing the technology needed for the person(s) to keep in touch with loved ones' as top responsibilities that have increased due to the pandemic.

** Homecare consists of total respondents who chose either 'home maintenance and/or housekeeping' and/or 'personal hygiene' as top responsibilities that have increased due to the pandemic.