

GLOBAL CARER WELL-BEING INDEX ASIA-PACIFIC 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 the APAC region.

NEW CARERS

The pandemic has thrust family members and others into the carer role for the first time; nearly one in three (29%) carers in the APAC region started their responsibilities as a result of the pandemic, higher than the global average which can likely be attributed to an increased aging population.

INCREASED RESPONSIBILITIES

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

TIME SPENT CARING

Carers in APAC spent, on average, 14.5 hours per week of care before the pandemic; that amount jumped to 24.6 hours in Autumn 2020, and carers anticipate it will increase further to an average of 27.7 hours a week in the future due to the pandemic.



Average Hours Per Week Spent Caregiving

Country	Before Pandemic	Future Due to Pandemic	Added Weekly Caregiving Hours
CHINA	12.9	29.2	+16.3
TAIWAN	14.9	31	+16.1
INDIA	12.6	24.6	+12
AUSTRALIA	17.6	26	+8.4

GREATER RESPONSIBILITIES

The pandemic has heightened most responsibilities, but particularly:

Providing Emotional Support

56% in APAC say this has increased as a result of the pandemic.

India 71%
China 65%
Australia 56%
Taiwan 34%

Managing Technology Needs*

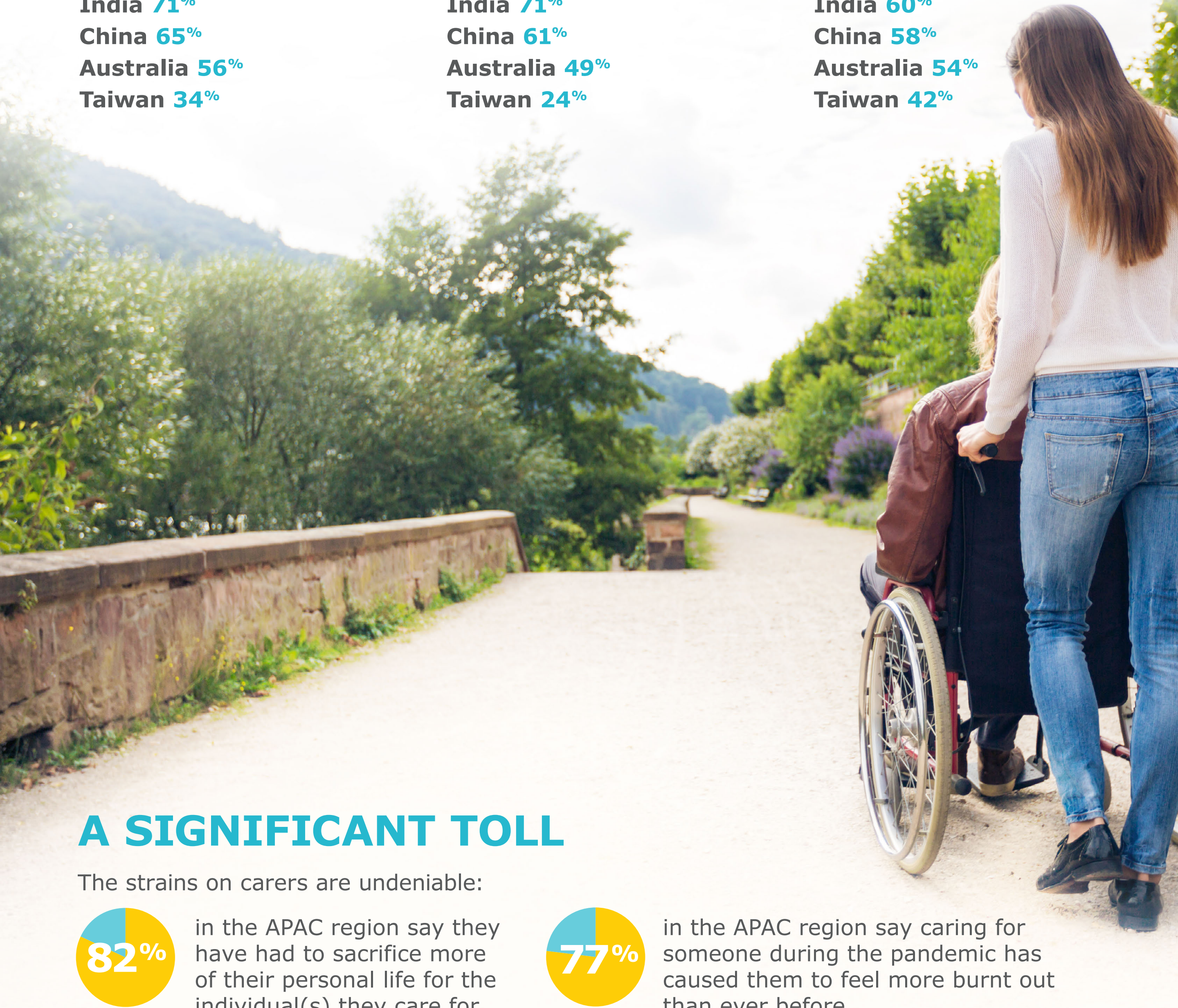
61% in APAC say this has increased as a result of the pandemic.

India 71%
China 61%
Australia 49%
Taiwan 24%

Providing Homecare**

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

India 60%
China 58%
Australia 54%
Taiwan 42%



A SIGNIFICANT TOLL

The strains on carers are undeniable:

82% in the APAC region say they have had to sacrifice more of their personal life for the individual(s) they care for since the coronavirus began.

77% in the APAC region say caring for someone during the pandemic has caused them to feel more burnt out than ever before.

China 85% **India 73%**
Australia 76% **Taiwan 72%**

In particular, the pandemic has created three pressure points:

EMOTIONAL

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

51% in APAC say the pandemic has worsened their own emotional health overall.

FINANCIAL

75% in APAC are concerned that they will not be able to afford to provide proper care.

69% of carers are concerned they will lose their job because of the time commitment needed as a carer.

48% of carers say that being a carer negatively impacts their career.

TECHNOLOGICAL

83% of carers in APAC need additional guidance/training on how to use telehealth/online tools/mobile apps for caregiving, higher than the 12-country global average (68%).

China 94% **Taiwan 91%**
India 85% **Australia 62%**

61% 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.

49% in the APAC region are spending more money on technology needed to be a caregiver since the pandemic began.

Particularly high in:

India 58% **China 56%**

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 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.

The results shown here are specific to the Asia-Pacific countries surveyed, which include: Taiwan, Australia, India and China.