

### **INCREASED** RESPONSIBILITIES In addition to creating new carers, the pandemic

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

# U.K. 24% **GERMANY** 14% **FRANCE** 12% ITALY SPAIN dramatically increased the burden placed on all carers:

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



## U.K.

**Before** 

+14.9**17.2 SPAIN** +10.7**32** 21.3 +10.318.5 28.8 **ITALY** 20.5 +6.514 **GERMANY** 14.6 21 +6.4**FRANCE EUROPE AVG.** 17.1 +9.7 26.8

Future Due

Pandemic to the Pandemic

## **Providing**

**Managing Technology Needs**\* **Emotional Support** 

The pandemic has heightened most responsibilities, but particularly:

#### 54% in Europe say this has increased as a result

of the pandemic. Country-specific increases: **Spain 59**%

France 52% **Germany 51**%

**Italy 51**%

U.K. 58%

#### of the pandemic. Country-specific increases:

47% in Europe say this

has increased as a result

**Italy 53**% **Spain 52**% U.K. 49%

France 42% **Germany 39**%

### this has increased as a result of the pandemic.

**Providing** 

40% in Europe say

Homecare\*

Country-specific increases: **Spain 48**% U.K. 42%

Added Weekly

Caregiving Hours

**Italy 41**%

**Germany 35**% France 33%



#### of their personal life for the individual(s) they care for since COVID-19 began.

had to sacrifice more

in Europe say they have

they are caring for above their own

65% in Europe say the pandemic

has worsened their own emotional

during the pandemic.

health overall.

**Spain 74**%

U.K. 70%

**Italy 69**%

The strains on carers are undeniable:



**EMOTIONAL** 88% of carers in Europe say they have put the needs of the person

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

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

on carers.

competing demands.

THE PATH FORWARD Embracing Carers<sup>®</sup>, along with its partners,

has identified five advocacy priorities that

address universal needs for carers:

Minimize the financial burden placed

time commitment needed as a carer.

 Enable access to user friendly information and education.

Support carers who are employed and have

Invest in research to ensure carers' needs and

Safeguard the health and well-being of carers.

contributions are recognized and addressed.

The Global Carer Well-Being

Index includes a variety of

solutions for how to address

these global priorities.

for carers, please visit

For research, resources and more information

#### that have increased due to the pandemic—adding to the pressure that technology is, more than ever,

connect with loved ones.

apps for caregiving. **47**% say managing technology\* is among their top responsibilities

the only way to keep in touch and

30% in Europe are spending more

**60**% of carers in Europe need

additional guidance/training on how

to use telehealth/online tools/mobile

**TECHNOLOGICAL** 

in the Europe region say the

Spain 82%

**Italy 78**%

**U.K. 77**%

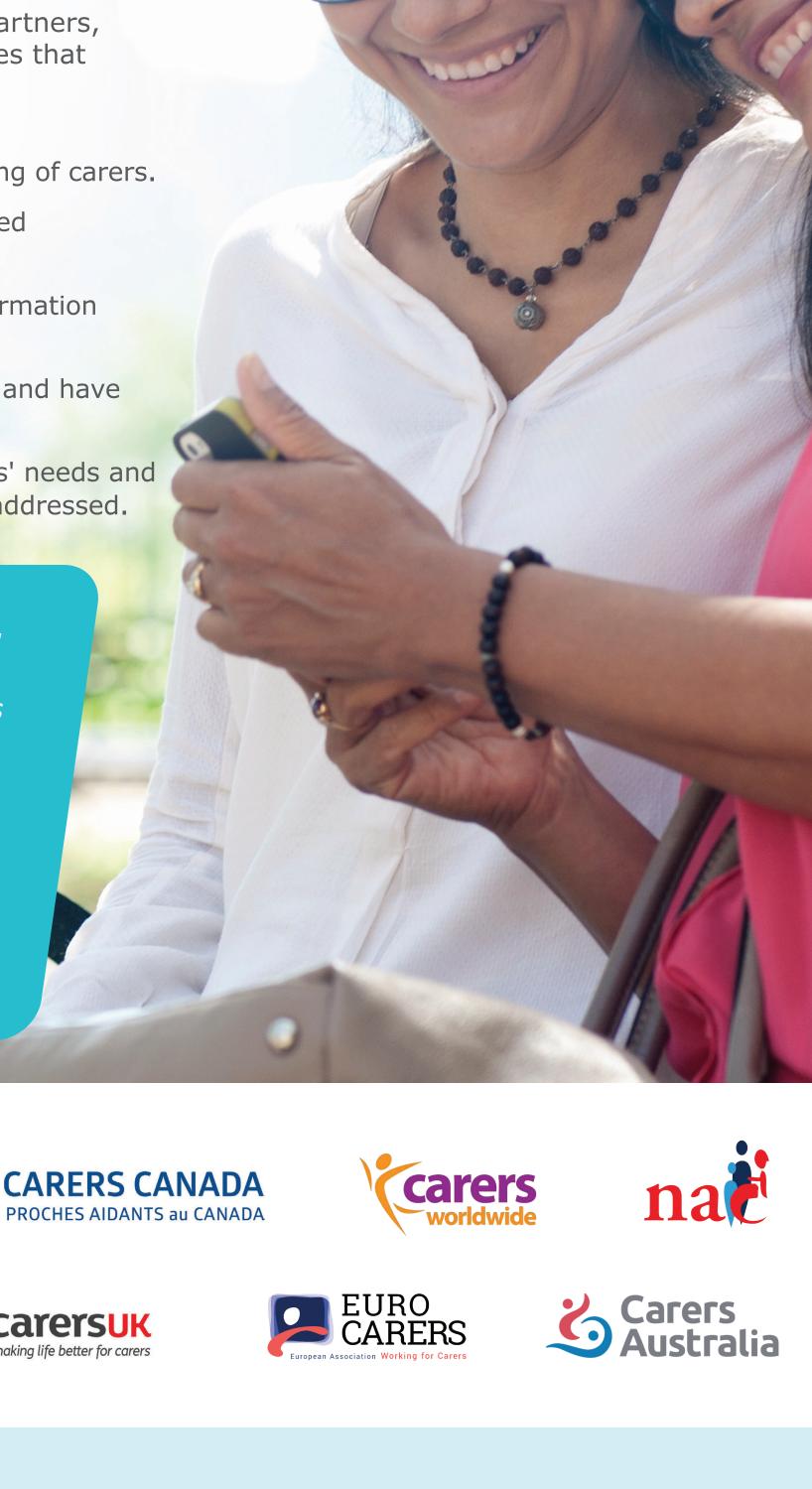
pandemic has caused them to feel

France 70%

**Germany 70%** 

more burnt out than ever before.

money on technology needed to be a caregiver since the pandemic began.

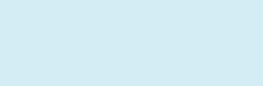












# **About the Global Carer Well-Being Index**

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  $\pm$ 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.

A primary unpaid carer is someone who provides regular and ongoing unpaid care and 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.).