GLOBAL CAREER WELL-BEING INDEX
EUROPE OVERVIEW

THE PATH FORWARD

The pandemic has thrust millions of people into the carer role for the first time; nearly one in four people in Europe and one in five in the U.K. say this has increased as a result of the pandemic. The study surveyed a total of over 9,000 unpaid or informal carers to loved ones in need.

INCREASED RESPONSIBILITIES

In addition to creating new carers, the pandemic has increased responsibilities for the unpaid carers in Europe. The overall unpaid carers group includes 19.0 hours per week spent caring in Europe before the pandemic; that amount jumped to 21.6 hours in Autumn 2020, and carers anticipate it will increase further to an average of 26.8 hours a week in the future due to the pandemic.

GREATER RESPONSIBILITIES

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EMOTIONAL

88% of people in Europe say they have had to give up some of their personal life for the individual(s) they care for, with nearly half (47%) saying this has increased as a result of the pandemic.

FINANCIAL

67% of people in Europe are spending more money on technology needed to be a caregiver since the pandemic began. 49% of employed carers are concerned they will lose their job because of the time commitment needed as a carer.

TECHNOLOGICAL

40% in Europe say the only way to keep in touch and connect with loved ones is technology. 60% say technology is, more than ever, their only way to keep in touch and connect with loved ones. 30% in Europe say managing technology* is among their 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.

Managing technology consists of the total respondents who chose 'managing the technology needed for telemedicine/telehealth/virtual connect with loved ones' as top responsibilities that have increased due to the pandemic.

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A SIGNIFICANT TOLL

The strains on carers are undeniable: 80% of carers in Europe say that being a carer has worsened their own emotional health overall. 14% of employed carers are concerned that the pandemic has caused them to feel more burnt out than ever before. 58% of those who are home caring report they are caring for above their own health overall. 67% of people in Europe are spending more money on technology needed to be a caregiver since the pandemic began. 60% say technology is, more than ever, their only way to keep in touch and connect with loved ones.

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Every country 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. 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.

NEW CARERS

52% of people in the U.K., France, Germany, Italy and Spain.

THERE ARE 25 MILLION UNPAID CARERS

EUROPE AVG.

ITALY

U.K.

Spain

France

GREATERTIME SPENT CARING

In Europe the average unpaid carer provided, on average, 17.1 hours of unpaid care per week before the pandemic; that number jumped to 21.4 hours in Autumn 2020, and carers anticipate it will increase further to an average of 26.8 hours a week in the future due to the pandemic.

TIME SPENT CARING

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THE PATH FORWARD

58% of employed carers are concerned they will lose their job because of the time commitment needed as a carer.

About the Global Carer Well-Being Index

The 12-country global survey, held Sep. 15 – Oct. 27, 2020, was commissioned by Merck, along with its partners, Embracing Carers and Care.com. The study surveyed a total of 12,000 unpaid carers and the global survey included a subset of 1,200 unpaid carers from China (where the individual country sample size shown in each country’s report was calculated). Individual countries were selected based on these criteria: availability of sufficient numbers of unpaid carers to provide an accurate sample representative of the unemployed carer population. 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.

For research, resources and more information please visit embracingcarers.com.