

PAYING THE PRICE



The Physical, Mental and Psychological **IMPACT OF CARING**

This study was a collaboration between Family Carers Ireland, College of Psychiatrists of Ireland,
UCD School of Nursing, Midwifery & Health Systems



**College of Psychiatrists
of Ireland**
Wisdom • Learning • Compassion



**UCD School of
Nursing, Midwifery
and Health Systems**

'Paying the Price' AGENDA

- | | |
|---------------|--|
| 11.00 | Introduction: Catherine Cox (Family Carers Ireland) |
| 11.05 - 11.30 | Key survey results and recommendations:
Dr Deirdre O'Donnell (UCD) & Dr Nikki Dunne (Family Carers Ireland) |
| 11.30 - 11.45 | Results in context: College of Psychiatrists of Ireland perspective
Dr John Hillery & Dr Maeve Doyle |
| 11.45 - 11.55 | Results in context: Two personal accounts
Linda Comerford & Catherine Maher |
| 11.55 - 12.10 | Results in context: Family Carers Ireland perspective
John Dunne |
| 12.10 | Discussion/Q&A |

About the Research

- ▶ Survey of the membership and network reach of Family Carers Ireland
- ▶ Repeat wave of a similar study conducted in 2009
- ▶ Combination of online and postal distribution
- ▶ Achieved sample of 1102 family carers
 - ▶ All counties in Ireland represented
 - ▶ 95% CI of +/- 3%



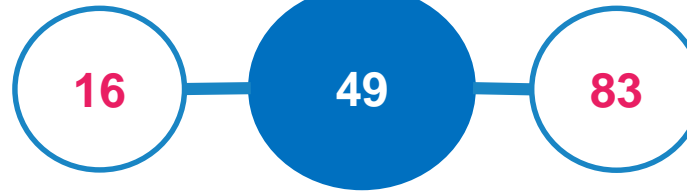
Overview of Respondents (N=1102)



90% were women



Average Age = 49 years



47% of carers were providing care to a child (under 18)

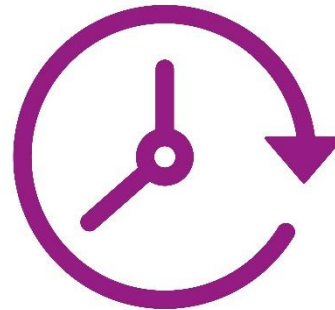


31% of carers were providing care to an older adult (over 65)

21.3% were in paid work

70% part-time and 30% full-time

70% full-time carers



42% of respondents have been caring for 10 years or more

61% of carers are provide 100 hours or more care per week

22% of carers are provide 50-99 hours care per week

Family Carers' Health



67% of carers reported that they were diagnosed or treated for a physical health condition

40% diagnosed with **back injury** (compared to 33% in 2009)

26% diagnosed with **high blood pressure** (compared to 24% in 2009)



48% of carers reported that they were diagnosed or treated for a mental health condition

35% diagnosed with **depression** (compared to 20% in 2009)

39% diagnosed with **anxiety** (compared to 31% in 2009)

68% of carers reported that they quite frequently or nearly always felt that their health had suffered because of their caring role

Family Carer Physical Health in Context

- ▶ Physical ill health was found to be statistically significantly associated with



- ▶ **worries about not having enough money** now or in the future (p<.05)



- ▶ **carer burden** (measured by Zarit burden scale) (p<.001)



- ▶ **worries about lack of appropriate supports or services** (p=.05)

Family Carer Mental Health in Context

- ▶ Mental ill health was found to be statistically significantly associated with



worries about not having enough money now or in the future ($p < .001$)



worries about lack of appropriate supports or services ($p < .001$)



carer burden (measured by Zarit burden scale) ($p < .001$)



request for psychological counselling ($p < .001$)



request for assistance with household tasks (e.g. cleaning, laundry) ($p = .001$)



request for day or night services outside of the home and/or episodic relief from caregiving (e.g. respite care) ($p < .05$)



Almost 9 in 10 (88%) carers
felt stressed trying to balance
caring with other family and
work responsibilities.



Family Carer Support Needs



Only 18% of care recipients (N=1365) have access to respite care either in-home or in residential settings



46% of family carers requested assistance with household tasks (e.g. cleaning, laundry)



32% of family carers requested psychological counselling




82% of family carers have not received training for their role

Supporting Carers to be Healthy: Recommendations

 Enshrine in the Statutory Homecare Scheme the right to 20 days respite each year.

 End the postcode lottery in carer supports.

 Ensure adequate incomes for caring households.

 Ensure carers don't miss out.

Supporting Carers to be Healthy: Recommendations



Carers as partners in health have a right to a Carer Needs Assessment.



Coordinated approach and psychological supports nationwide.



Extend the GP visit card to all full-time carers in receipt of the Carer's Support Grant.

How many carers in Ireland?



Reduce the demands on health services by;



Lessening demands on A&E

Reducing cancelled hospital appointments

Improving medication compliance

Delaying admission to hospitals & nursing h

Reducing length of stay in hospitals

Reducing readmission rates

What is damaging carers?



Worry – what happens if there's an emergency, I get sick/need treatment, if I die?



Poverty – Carer's Benefit cliff, filling service gaps



Health and Safety – holidays, breaks, working hours, patient moving and handling



Isolation – care at home happens at home



Exhaustion – fighting for basic community services that are rationed arbitrarily



Practical care assistance – only through hospitals

Carers Guarantee of supports



Eliminate postcode lottery of supports for carers

For €3.2m per annum, Family Carers can access core supports in their area including:

Emergency Respite

Major family
events;
medical treatment
for carer

Individual support

One to one
support
for families in
distress or crisis

Training

Basic care skills,
more specialised
training – end of
life, life limiting
conditions,
challenging
behaviour

Networking

Peer support
meetings &
clinics,
shared
experiences

Information & Advocacy

Advice,
information on
rights and
entitlements,
support with
appeals

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