

ARE YOU A CARER?

BE COUNTED BY ANSWERING QUESTION 23.

If you provide regular unpaid personal help or support to a family member, neighbour or friend, it's really important that you tick 'Yes' to Question 23 and fill in the number of hours of care which you provide.

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QUESTION 23

Do you provide regular unpaid personal help or support to a family member, neighbour or friend with a long-term illness, health issue, an issue related to old age or disability?

The purpose of Question 23 is to gain an accurate measure of the number of carers, and the amount of work carried out by carers.

WHAT DOES UNPAID MEAN?

Unpaid here essentially means unwaged. You are unpaid if you are not employed to be a carer. If you get Carer's Allowance/Benefit you should answer 'Yes' to Question 23.

WHAT KIND OF PERSONAL HELP IS INCLUDED?

This includes regular daily caring tasks which the person receiving care is unable to perform for themselves. This will vary for those who are elderly, physically or mentally disabled or suffering from a variety of health problems, but will typically include washing, dressing, feeding, shopping and medical visits. It also includes personal supervision essential for the safety and comfort of the person receiving care.

If you need any assistance in answering this question correctly, please contact Family Carers Ireland Freephone Careline on 1800 240724 and we will be happy to assist you.

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FREQUENTLY ASKED QUESTIONS

Q I have a full-time paid job but look after my parent. I get them ready in the morning and stay in with them each night and phone several times during the day. Am I a family carer?

A **YES.**

Q My mother is now confined to a wheelchair. Beyond meals and dressing she is fine and enjoys television so I can get on with my normal life around the house. But she gets very distressed if I go out, so I just don't go out. Am I a full-time carer?

A **YES.**

Q My 8-year-old son has a diagnosis of a learning disability. He attends mainstream school Monday to Friday with the support of a Special Needs Assistant. When at home, he requires more help than other children of the same age with everyday tasks such as feeding, dressing and toileting and requires greater supervision. Am I a family carer?

A **YES.** You are a family carer and you should count your hours on your census form.

Q My husband and I cannot take a holiday as we cannot leave my aunt who needs constant care. My sister would happily stay here but my aunt insists that I stay. Am I a family carer? My husband works full-time but helps a lot with lifting and transport. What hours should he put in?

A **YES.** You are a carer. Your husband is also a family carer and should count and include all the hours when he provides help.

Q I am under 15 years of age and going to school. I look after my brother who has Down Syndrome after school, until my mother gets home from work. Am I a family carer?

A **YES.** You should count and include your hours on the census form.

Q My daughter broke her leg this year and for two months I did everything for her. Does that count as caring?

A **NO.** It does not constitute REGULAR in the meaning of the question.



IT'S QUICK, IT'S CONFIDENTIAL AND IT'S COMPULSORY!

When you fill in your census form on Sunday 3 April, your answers to Question 23 will help us to understand the needs of carers in Ireland.

The information collected in the census will be used to plan services for the future. CSO values and protects the information you provide to us on your census form. It is secure and protected by law.

Your enumerator will collect your form before 6 May so please have it ready for collection. If it's not collected by then, please post it to:

Central Statistics Office
PO Box 2021, Freepost 4726,
Swords,
Co. Dublin K67 D2X4



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