

Family Carers in Ireland

Who Is a Carer?

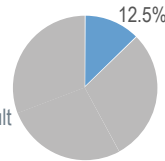
Someone who provides regular, **unpaid personal help** for a friend or family member with a long-term illness, health problem or disability (CSO, 2017)



Who Cares?

499,000
12.5% of the adult population

(CSO, 2020)



What's the Kinship?

86% of family carers are family members. Most are caring for an **ageing parent** or a **child** with high support needs (CSO, 2017)

How Much Care Is Provided?

Average of

44.6 hours of care provided per week (CSO, 2017)



How Do We Financially Support Full-time Family Carers?

89,000 carers receive the Carers Allowance
Over **116,000** receive the Annual Carer Support Grant (DEASP, 2021)



Is the Role Challenging?

88% of carers feel stressed trying to balance caring with other family and work responsibilities (FCI, RCPI & UCD SNHMS, 2019)



What Is the Health Impact?

68% of carers feel their health has **suffered** as a result of caring

48% of family carers have been diagnosed with **mental ill health**

70% increase in the number of carers diagnosed with **depression** from 2009 to 2019 (FCI, RCPI & UCD SNHMS, 2019)

Ethnic Background

10% of family carers in Ireland are from an ethnic background other than 'white Irish' (CSO, 2017)



What's the Gender Mix?

Women account for the majority of family carers in Ireland; however, the number of male carers is increasing - currently nearly **40%** of all carers are **male** (CSO, 2017)



Do Children Provide Family Care?

11% of school-age children report **providing care** (Callaghan et al., 2016)



How Many Home Support Service hours Are Provided Each Year?

24.26m in 2021 (HSE, 2020)



What Share of the Social Welfare Pie Do Family Carers Get?

6.7% Percentage of overall Dept of Employment Affairs and Social Protection **Budget** spent on income supports for family carers (DEPR, 2020)



Are There More Older Carers Now?

The number of older carers has increased by over

50% since 2006 (CSO, 2017)



What Are Sandwich Carers?

Usually people caring for children and parents at the **same time**. The highest concentration of caring in our population is in the 40–55 age group (CSO, 2017)



What Is the Financial Contribution of Family Carers?

€20bn per year (FCI, 2021)



Can Family Carers Combine Working and Caring?

50% of family carers combine paid work and family care (CSO, 2017)



Sources of Information

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- Central Statistics Office (2017) Census 2016 Chapter 9: Health, Disability and Caring.
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- Family Carers Ireland, College of Psychiatrists of Ireland & University College Dublin School of Nursing, Midwifery & Health Systems (2019). Paying the Price - The Physical, Mental and Psychological Impact of Caring.
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- Family Carers Ireland (2021) 2022 Pre-Budget Submission.
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