

Key Recommendations

from

The Report on the Value of Caring

based on



Cost of Caring



The EUFAMI Caring Survey

carried out jointly by EUFAMI and the
Care and Policy Centre at the LSE

September 2020

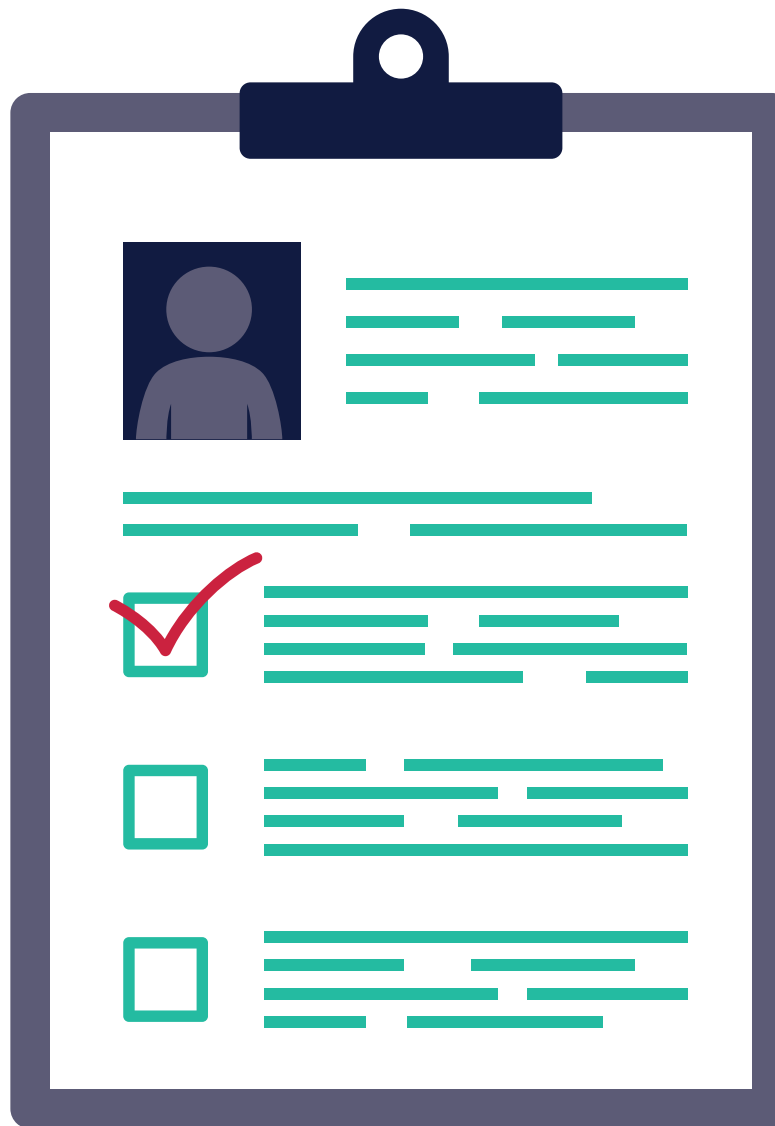
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Recommendations for **Policy Makers**



More **Investment in Respite** and other **Focused Support Services** for Family Carers

- Carer Needs Assessments
- Respite Care



Investment in **measures to alleviate levels of loneliness** experienced by Family Carers

- Helplines
- Peer Support Groups

Support **research** to **identify the economic value and impact** of Family Carers

- Focus on Caring for less common mental health problems
- Verification of adverse outcomes identified

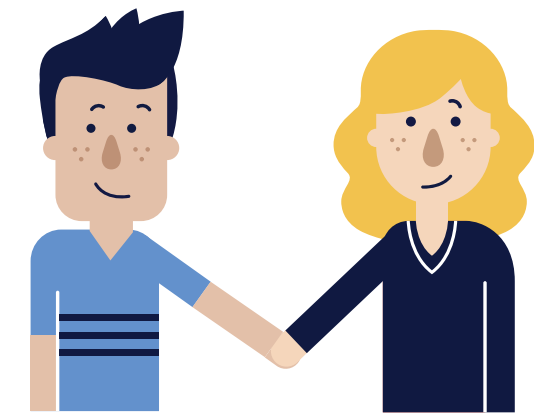
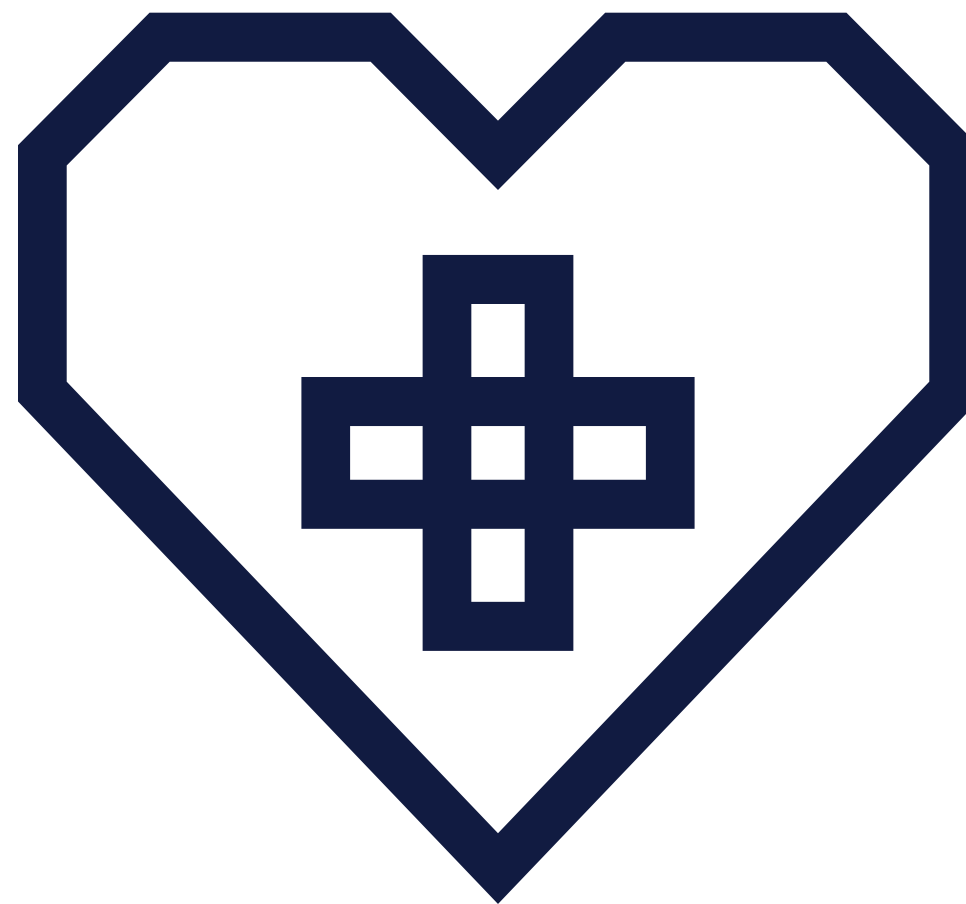
Improve evidence base of the value of Caring by implementing **Longitudinal studies** of Family Carers

- Longitudinal studies of Family Carers
- Measurement of Impact of Caring

Recommendations for **Mental Health and Social Care Services**



Implement **additional support services** – concentrating on QoL and Loneliness

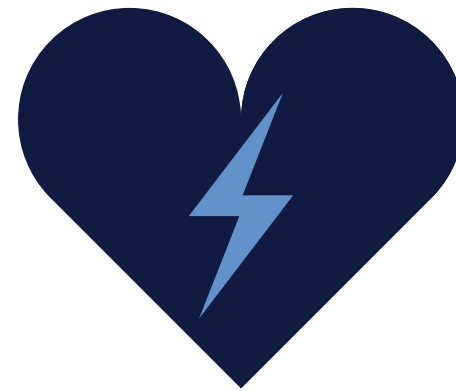


Further seamless **integration of all interested parties** – especially Family Associations

- Carers report increased Loneliness and poorer QoL when living with persons they care for

- Better information access
- Increase in psychological interventions
- Promote better peer support

Recommendations for **Family Carers and Civil Society**



Public Awareness Campaigns to highlight contributions of Family Carers to Society

- Emphasis on importance of role
- Raise visibility of Role played by Family Carers
- Key component to the positive economic situation

Increase awareness of risk to health in general for Family members who provide care

- Public awareness of caregiving
- Vulnerability and Risks associated with caregiving
- Positioning of the importance of the caregiving role in society

Regular Information Collection to help inform the policy debate

- Time spent caring by Families
- Levels of loneliness experienced by Family Carers
- Family QoL