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Nordic Council of Ministers'
Office in Estonia



MTÜ Eesti
Omastehooldus

Carer's home as workplace – safe and accessible

(Omastehooldaja kodu kui töökeskkond – turvaline ja ligipääsetav)

Instructions for organising **Focus group**

The aim of the international joint project funded by Nordic Council of Ministers is to research an innovative approach to informal care. Fulfillment of care obligation that is informal carer's work at home that is workplace. In order to address this theme, it is important to familiarize with similar services that are socially recognised and legally regulated – home care and residential care.

To create a common starting point, it is necessary to analyse legislation that regulates the rights and responsibilities for an employee and specifies conditions for the work environment to grant safety. It is essential to agree upon the definitions and give sense to the value of informal carer's work, holding in mind the fulfillment of care obligation, responsible sharing of care burden and smart approach to carework.

The reasoning behind the theme of „Carer's home as workplace“ is to introduce to informal carers life environment that is safe and accessible and ensure through different tools and instructions sustainable fulfillment of care responsibilities. The focus is on the health and welfare of the informal carer and the dependent person.

Funded project activity for information collection is conducting the focus group. In order to secure that the results of focus groups would be comparable, the following agenda is provided:

1. Legal basis – nature of the informal carer's responsibility

Principal of equal treatment when sharing the responsibilities of social protection provision based on the Constitution and Family Law Act

- 1) Care obligation and maintenance provision – reasons for unequal treatment when fulfilling obligations
- 2) Definition of the person with care burden and obligation to provide maintenance – the link between these definitions
- 3) Care obligation transforming into care burden – protection from excessive care burden
- 4) Inviolability of private life and the right for a private life in the light of care obligation – minimum standard of living, relative poverty, subsistence level, pension versus minimum costs of care



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2. Residential care

Care service as alternative for informal care outside the home(or in similar settings)

- 1) Legal basis for residential care – work regulation, internal rules, work safety, technical and staff requirements
- 2) Employee's rights and obligations – work and rest, training
- 3) Risk assessment and elimination – safe and accessible work environment

3. Home care service

Home care service as alternative for informal care in dependent's home

- 1) Preparation for service delivery – home as service delivery environment, assessing care burden
- 2) Risk assessment and elimination – safe and accessible work environment
- 3) Employee's rights and obligations – work and rest, training

4. Labour Inspectorate – supervision mechanism

- 1) Risk assessment in care service delivery – where is the focus?
- 2) Shortfalls, compliance with the regulations for service delivery

5. Health promotion

General practitioner's support for informal carer fulfilling care obligation

- 1) Resources and opportunities for health promotion
- 2) Prevention tools, role on occupational disease noticing

It is essential to find suitable partners and participants for focus group, that are qualified to discuss and interpret the themes described in the agenda. Any legal act, rule or instruction and other relevant documents, that are used during the focus group, are necessary for compilation of training course for informal carers and comparing the position of informal carers in three states – Estonia, Latvia and Finland.