

NGO Estonian Carers & Questionnaire 2015

More You Care in Estonia, Latvia, Finland –
MYSELF

Final seminar, 8 June 2015, Helsinki



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Nordic Council of Ministers'
Office in Estonia



About NGO (1)

- ♥ NGO Estonian Carers – 24.02.2011
- ♥ Improving the situation of people who are caring for family members and relatives at home, support and knowledge for informal carers and their family members, local peer support groups and to all people who value the efforts of carers
- ♥ Council of experience – 17 peer support groups across Estonia
- ♥ 104 registered members



About NGO (2)

- ♥ Project-based work is directed towards training and awareness raising of informal carers and at the whole society, taking into account the different needs of different interestgroups
- ♥ Informal care Forum of Estonia 2011, 2013
- ♥ Action plan for informal care in Estonia 2013-2020 (2012)
- ♥ Policy partner for Social Ministry of Estonia
 - ♥ Action plan for social protection, inclusion, employment and equal rights in Estonia 2016-2023
- ♥ Eurocarers, European association working for carers – full member and board member, 2013



Welfare and health of informal carers

- ♥ Collection of adequate information
- ♥ Specific stories of people – overall view and carers issues, necessary developments
- ♥ Questionnaire completed by 30 people – 23 women (77%) and 7 men (23%) – random sample.
- ♥ Average age 55, different education, care responsibilities, residence, employment status, destiny
- ♥ 6 subtopics – choice reply, facts, open questions



Main information

- ♥ 90% are caring for spouse, their or spouse's child, their or spouse's elder
- ♥ Family Law Act of Estonia – responsibility of maintenance – care responsibility for informal carer towards family
- ♥ 1/6 care for two people simultaneously
- ♥ Average age of care dependant: 61 – youngest 8, eldest 92
- ♥ 40% have been caring more than 10 years
- ♥ Personal assistance, emotional support, housekeeping, medical assistance
- ♥ 73% of carers live in the same household with the care dependant
- ♥ Main support comes from the family members when fulfilling care responsibilities



Work life

- ♥ 50% of carers are in employment – reconciliation of work, care and family life, state of balance
- ♥ 50% of carers would be ready to leave active employment when care dependant needs constant and intensive care
- ♥ 50% of working carers have felt the need to focus solely on work, experienced difficulties fulfilling their duties at work, given up on additional training, new challenges, participating in work-related events – feeling shame, offended, guilt
- ♥ 56% of carers have talked about their care responsibilities at work – 70% experienced lack of understanding



Personal health and coping ability

- ♥ Only 3 people find enough time for themselves besides caring
- ♥ At least 90% of carers have experienced stress due to the care responsibilities
- ♥ 70% feel constraint in freedom of choice and socializing
- ♥ Most important for coping and preserving strength is the support of family members; additionally friends, hobbies, help of professionals



Social services

- ♥ Satisfaction level with the services of local municipalities is very low
- ♥ 2/3 do not use local municipality services – homecare, support person, personal assistant
- ♥ In average 50% of carers do not use any of the services
- ♥ Capacity of local municipalities, access to services, care needs assessment, availability of suitable service, awareness of informal carers



Health

- ♥ 80% mark their health status as satisfactory
- ♥ 2/3 of carers evaluate their health being worse than previous year
- ♥ 2/3 feel worried about their health due to the care responsibilities
- ♥ 2/3 of carers see clear correlation between careload and diminishing health
- ♥ 40% of carers have permanent health issues
- ♥ 50% of carers use medication regularly
- ♥ Only 50% of carers feel complacency with current situation



Informal carer

- ♥ 40% of carers receive financial carer support by local municipality – mostly unemployed – may depend on the regulation of local municipality
- ♥ 25% are appointed as legal guardian of the care dependant
- ♥ Feel concern about their ability to care, stress and ageing
- ♥ Youngest respondent 25 years of age, eldest 71
- ♥ Usual characteristic of carer – empathy, calmness, consistency, communication skills



Thank You for the attention!

NGO Estonian Carers

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