

ANALYSIS OF CHALLENGES AND SUPPORT MEASURES FOR THE WORK OF INFORMAL CARERS



Awareness of the role of informal caregivers

- Severely reduced participation in social life (leisure time, holidays, etc.).
- Financial problems, through often reduced working hours.
- Many often give up the job altogether.

Better financial support

- Structural deficits in long-term care.
- Lack of nursing care places, although willingness for use is available.
- Systemic problems such as fragmented care infrastructures.
- Public institutions are not sufficiently supported.

Better collaboration between public and private institutions

- Poor quality of care due to a lack of coordination and excessive demands on informal caregivers.
- Lack of cooperation between professional and informal caregivers.
- Lack of use of technology at the interface between private individuals and public institutions (e.g. when making appointments).

Voluntary participation of the community in informal care

- Lack of public services, especially in rural areas.
- Severe emotional stress, time burden, burnout and exhaustion among informal carers.
- Lack of appreciation for informal care among broad sections of the population.

Self-help groups and consulting services

- Emotional stress
- Need for emotional and psychological support, especially in difficult decisions such as residential care.
- Particular stress sometimes leads to unbalanced behavior.
- Resistance to nursing homes causes stress in families.

Comprehensive training programs

- Formal caregivers also need training to work with informal caregivers.
- Informal carers often lack easy access to legal requirements and care resources.
- Lack of training programs for informal caregivers.