



Mr Anil Patil (India)

Celebrating carers: recognising the contribution of family carers and addressing their needs





Celebrating Carers: Recognising the Contribution of Family Carers and Addressing their Needs

BY ANIL PATIL

5th Commonwealth Nurses and
Midwives Conference
7th March 2020, London UK

STORY

Two experiences inspired the creation of Carers Worldwide...



MENTAL HEALTH IN INDIA



FAMILY



WHO ARE UNPAID FAMILY CARERS?

“Carer” means an individual of any age who cares for or nurses a relative, friend or partner requiring this help due to physical or mental ill health, disability, old age, frailty, substance misuse or any other cause.

In developing countries, they are:

- Invisible
- Isolated
- Vulnerable



ISSUES AND PROBLEMS FACING FAMILY CARERS



Carers are particularly hard hit in a number of different ways as a result of their caring role.

These include:

- loss of employment;
- reduction in earnings;
- loss of education (in the case of children and young people);
- poor health;
- reduction in social contacts;
- reduction in opportunities to participate in family and socio-cultural activities.

ABOUT CARERS WORLDWIDE

- Established in 2012, Carers Worldwide is the only international NGO exclusively and strategically addressing the needs of family carers.
- Our **vision** is a world in which the needs of every carer are routinely met in order to achieve **physical, emotional, economic and social wellbeing** for each individual.
- Our **mission** is to enable carers, service providers, policy makers and other stakeholders to **recognise and respond** to the needs of carers in the developing world, ensuring **balance and equal value** is given to the needs of the carer and the person receiving care.
- We work through 10 well-established partners in India, Nepal and Bangladesh who implement the 'Carers Worldwide Model'.



OPERATIONALISING OUR MISSION



We serve as a **catalyst** to:

- **Bring about systemic change** in the work of various stakeholders so that they recognise and respond to the needs of carers in the developing world
- **Facilitate the provision of support** for individual carers and their families in the developing world, bringing them better health, wellbeing and economic security.

6 Million Carers in UK

1 in every 8 adults



1.2 Billion
population of India

10+ million
with severe mental illness

3.7 million
people with dementia

20 million
people with a disability

£134B

saving to UK economy



400%
increased
need
for Carers



These adults and children
all have carers...

...but just how many?

THE STATE OF CARING IN INDIA

86% of carers are women

90% are of working age

92% of carers worry about not having enough money to meet their family's basic needs

79% of carers experience anxiety or depression

48% of carers are concerned about their physical health but do not seek treatment due to lack of time or money

CARERS WORLDWIDE MODEL



OUR IMPACT

Since 2012 our work has impacted the lives of 58,731 people in India, Nepal and Bangladesh



9,761

carers lives
changed



+ 9,926

people they care for



+ 39,044

family members



93%

carers earning
a living



78%

carers with
improved
health



£48,470

in carers
group savings



£560,000

new government
support accessed



1,512

staff and
carers trained

- ✓ 497 Carers Group established
- ✓ 6 Carers Associations registered
- ✓ 2 Carers Co-operatives registered
- ✓ 17 Community Caring Centres established
- ✓ 2,825 carers receiving respite care
- ✓ 312 child carers supported

OUR IMPACT



2017 INDIA EVALUATION REPORT - CARER FAST FACTS

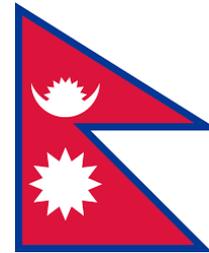
	Before	After
Families living below the poverty line	97%	22%
Engaged in employment	30%	84%
Have no reliable income	62%	7%
Experiencing anxiety or depression	61%	9%
Have significant health worries	55%	16%

OUR IMPACT

Collaboration

- 3x premier academic institute
- 7x baseline report enabled us to build the evidence
- 1x policy review document
- 4x SLCF promoted
- SDG's and Carers

10 partners in 3 countries



Recognised by



“HAPPINESS AND A BETTER LIFE”

- 45-year old carer, Chinthadevi, from Ham Nari village in Jharkhand
- Carer of 52-year old husband, Mahendra, who is severely mentally ill and also has epilepsy
- Used to borrow money often to purchase her husband’s medicine and also just to make ends meet
- Took a loan from her local carers group to set up a small shop from which she sells supplies and snacks like pakora and bhajis
- Is now earning Rs 600-800 per day, a healthy income which makes her family financially stable
- Takes part actively in her local carers group where she gets support from her peers and also helps out others



STRATEGIC OBJECTIVES 2020 - 2022

Strategic Objective 1: Increase reach and impact through empowering existing partners and establishing new partnerships

Strategic Objective 2: Develop a brand-new training and consultancy service on carers and caring to deliver to national and international level NGOs, government agencies and the corporate sector

Strategic Objective 3: Build up a body of evidence on carers to inform future policy and practice

Strategic Objective 4: Engage in policy and advocacy work at regional, national and international levels



EXPECTED IMPACT BY 2025



Working in a total of **4 or 5** countries



Working with **30** partners/other agencies



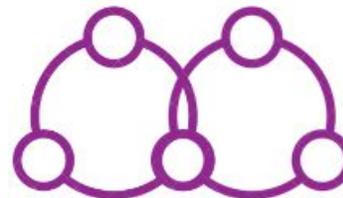
Directly impacting **250,000** carers, cared-for relatives and family members



Indirectly impacting **5 million** carers through influencing at state and national policy level



India National Alliance of Carers established



Working towards Carers Alliance at SAARC level



Study of policies related to caring across Commonwealth countries completed and informing the way forward for carers



"It's like a drop of ink in a bucket full of water. You don't need a whole bottle of ink to change the colour."

IN CONCLUSION...

- To healthcare systems, carers are the **unpaid army** keeping everything going.
- To service providers, they are the potential **catalysts** to therapy success.
- To doctors, they are the **experts-by-experience** turning treatment plans into reality.
- And to patients, they are the **indispensable** brothers, mothers, husbands, grandmothers, friends, and neighbours that make each day possible.



carersworldwide.org



[CarersWorldwide](https://www.facebook.com/CarersWorldwide)



[@CarersWorldwide](https://twitter.com/CarersWorldwide)



[@carersworldwide](https://www.instagram.com/carersworldwide)

THANK YOU FOR LISTENING