



EUROPEAN
CARERS
DAY - 06 OCT.

First EUROPEAN CARERS DAY 6 October: a strong voice for carers at European level

It is estimated that in the EU, **80% of long-term care** for people with a chronic illness, disability or other long-lasting care needs is **provided by informal carers, i.e. relatives, friends or neighbours**.

In [insert your country] the number of carers is estimated at [insert your local data] [and any local information you would like to put forward]

Without the efforts of informal carers,
health and long-term care systems would
simply not be sustainable

Informal carers often do this **unpaid and with minimal support**. As such, they are an essential component in the, organisation and provision of health and social care services; without the efforts of informal carers, care systems would simply be unsustainable – indeed, their contribution to the economy and

society as a whole should be explicitly recognised.

Moreover, while caring for a loved one can be a source of **personal satisfaction and emotional gratification**, it can also have many **challenging consequences for carers themselves**: it can affect their physical and mental health, their social participation and inclusion, their financial situation and labour market participation. For young carers, caring can have a negative impact on their formal education, personal and social development and employment prospects in later life.

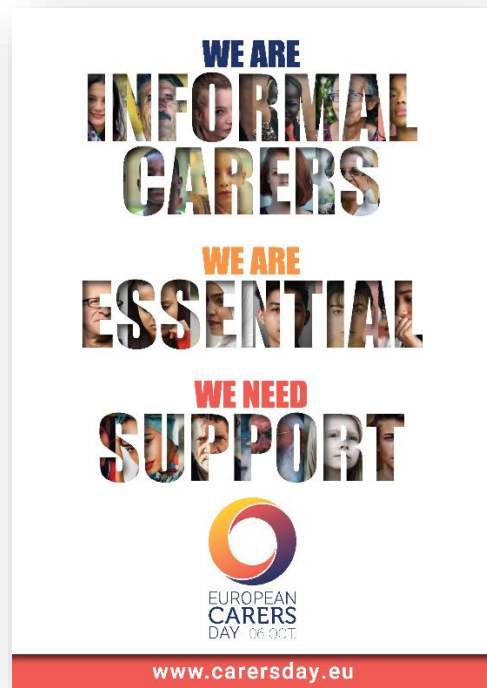
The current **COVID-19 pandemic outbreak** has not only aggravated the challenges facing informal carers, it is also **highlighting the essential nature of informal care**, as millions of people in [insert your country] and across the EU have become unpaid carers for loved ones in recent months. Confinement measures, put in place have exacerbated their isolation, caused distress and created challenging home situations. These measures will continue to have a stronger impact on carers and their families than on the population in general.

It is high time we celebrated the amazing contribution of informal carers across Europe, shed light on their situation and addressed their needs. This is why [Eurocarers](#) (the European organisation working with and for informal carers), is launching **the first-ever European Carers Day on October 6**. This first edition of the European Carers Day will deliver a simple but powerful message, capturing both the role of carers as well as their need for support:

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logo here





[change with the version in your language if needed]

Society simply cannot do without carers; this means that their support needs have to be addressed, in all domains which concern them.

For more information, please contact:

[Insert your logo and contact details]

For visuals, please visit <http://www.carersday.eu>

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