

THE CARING FOR CARERS (C4C) SURVEY

The C4C survey, an international survey on-going in 25 countries, is being undertaken **by the European Federation of Associations of Families of People with Mental Illness (EUFAMI)**, in collaboration with LUCAS, the centre for care research and consultancy at the University of Leuven



Initial results are based on more than **400 respondents**, providing **evidence of the continuing burden of caring for those living with schizophrenia** and highlighting the contribution that carers make and **the overwhelming impact this has on their own lives**



78% of carers of those living with schizophrenia surveyed **were female and the average age was 61**

78% 22%

Almost **1 in 5 carers** of those living with schizophrenia **look after more than one person** with mental health problems



72% of carers of those living with schizophrenia are the main (34%) or sole (38%) carer, **a huge emotional burden**

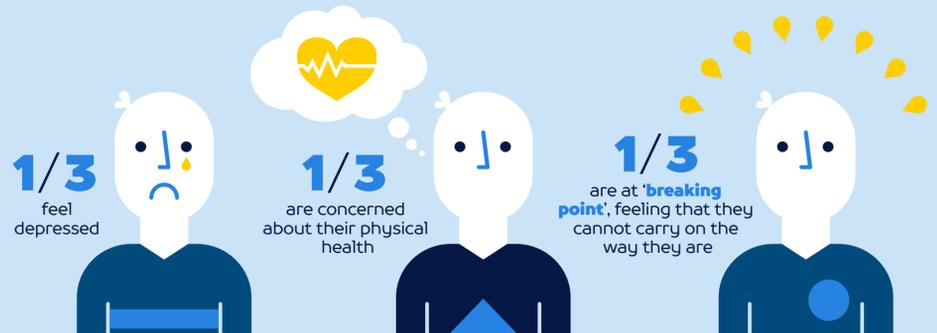


Family carers of those living with schizophrenia report **an average of 23 hours a week** caring for a loved one, equivalent to a part-time job

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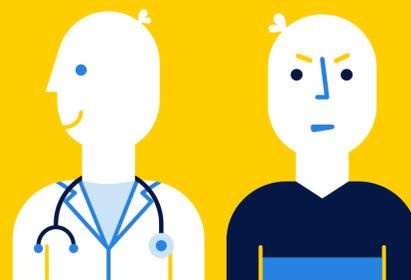
Almost **4 out of 10 carers** of those living with schizophrenia **battle feelings of being unable to cope** with the 'constant anxiety' of caring



A third of carers of those living with schizophrenia are **concerned about the burden that caring places on their finances**



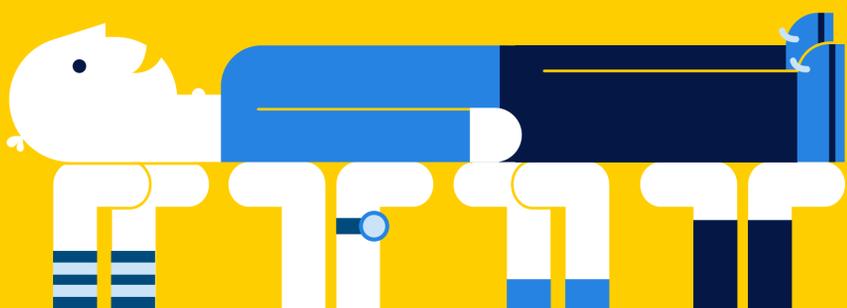
Nearly half (46%) of carers of those living with schizophrenia express a degree of **dissatisfaction with the support received from medical/healthcare staff**



38% feel they are **not being taken seriously**

44% are unsatisfied with their ability to **influence important decisions in treatment and care planning**

90% of carers of those living with schizophrenia **say they want more support**



1 in 7 carers of people living with schizophrenia **are unable to take a break from caring**

50% say they **cannot plan for the future**

54% are concerned about the person they care for becoming too dependent on them in the future

