Including carers' contributions in the economic evaluation of integrated care

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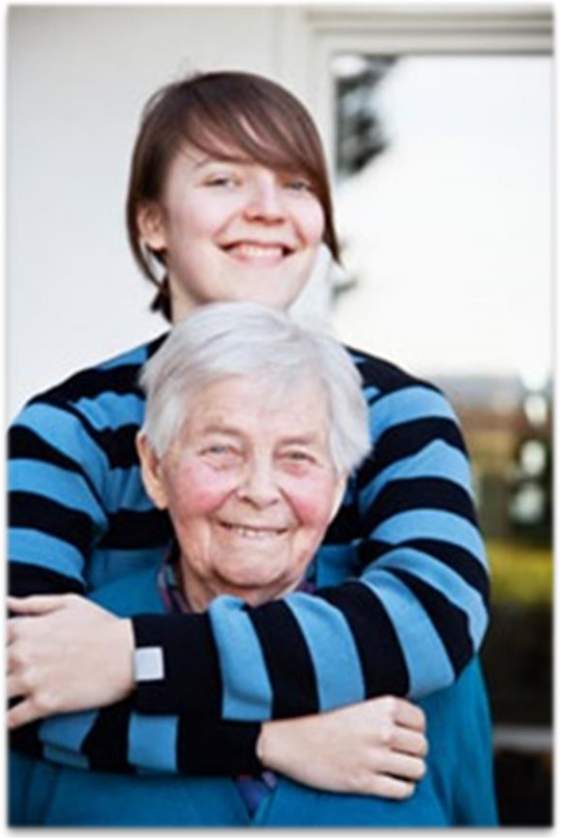
The Situation of carers in Europe

The Personal is Political



Across Europe, unpaid family carers and friends are the largest providers of health and social care support

As demographic change increases demand, the 'balance of care' increasingly shifts to informal care

Women are disproportionately affected and are more likely to give up employment to care

Huge economic value of unpaid informal care

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Impact of caring

Clear correlation between caring and:

- Work-life/care balance and employment
- Social exclusion and poverty
- Health and well-being

"As a carer, you have no social life whatsoever. I have been an unpaid carer for 20 years. I do not feel part of society at all. I feel a complete outsider"

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Informal carers as partners in integrated care

→ To support healthcare providers to become outcome-based organisations

→ *"Specialists also encompass community carers, social carers,* ***family carers****, as well as the patient"*

→ *"Patient* ***and carer*** *organisations should be actively involved in designing better Integrated Care services, especially for complex, frail and elderly groups of patients which existing systems of care are failing to support"*

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Including the hidden costs of informal care within integrated care systems

→ Opportunity costs of time carers spend on informal caring and giving up of paid labour

- Carers providing 20 or more hours per week are less likely to participate in the labour market

→ Indirect costs of informal care: 'Triple penalty'

- Personal income, future pension
- Health and well-being
- Social exclusion

→ Direct costs of care or 'out of pocket expenses' associated with informal caring

- i.e. medication, heating, special diet, home adaptations, etc.

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Ways forward

Examples of best practice in the field of eHealth and mHealth

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Thank you

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