



# Strengthening advocacy by knowledge in Carers Finland

Eurocarers AGM Seminar  
Brussels 22 May 2024



# About us and family care in Finland

- Carers Finland
  - ✓ 60 local associations (family care associations)
  - ✓ Governmental funding
- 350 000 family carers
- 50 000 have carers allowance granted by the counties
- Social and healthcare reform 2023
  - ✓ More that 300 municipalities -> 22 counties
  - ✓ Counties provide social- and healthcare services





## What has been done so far?

Two separate data collections

- Questionnaires and interviews in focus groups for the local associations regarding social and health care services for family carers (2023)
- Survey for family carers concerning social and health care services and other forms of support (2024)

# Objectives

- Strengthening advocacy by knowledge - information is a means of influence
- Getting a better understanding and overall picture of the knowledge accumulated in practice and development work
- Getting an understanding of how services meet the needs of family carers and what kind of experiences family carers have
- Providing local associations information about the current state in each county and giving comparisons between the counties

## Current state in family care – views from local associations

- We asked from the associations about 1) the services aimed for family carers at different phases and 2) the services needed by those being cared
  - Three groups of care receivers under review: under-age children, working-age persons and elderly
  - Availability and quality
- Online survey, one answer from an each association. Answers as county-specific averages
- Focus group interviews deepened the themes that emerged from the questionnaires
- Data collection fall 2023 – the same year as the 22 counties began operating
- Aim is to repeat the survey every few years

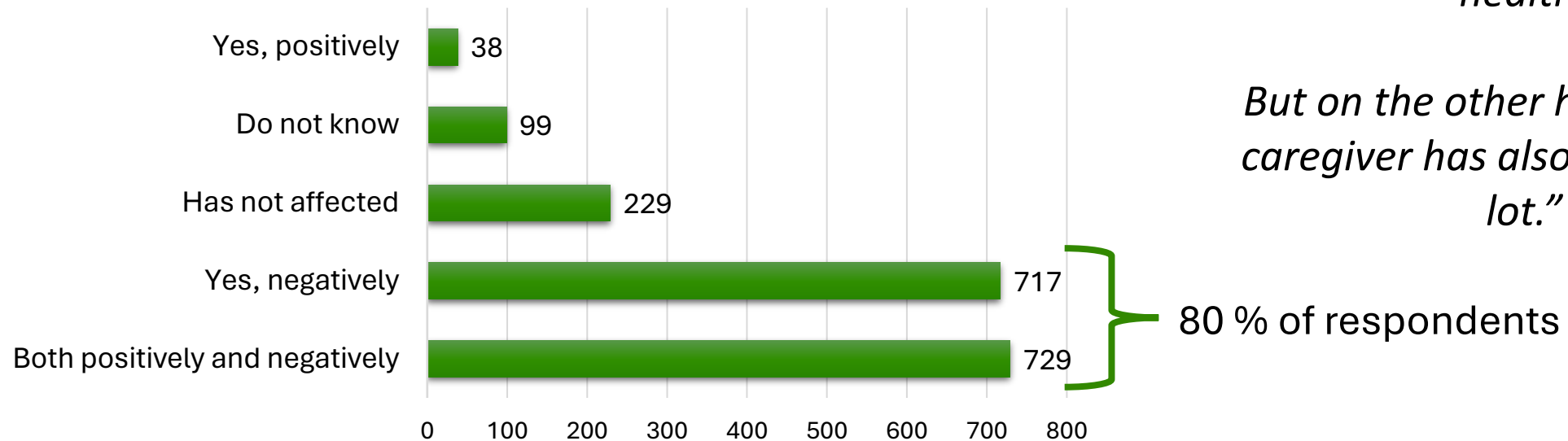
# Survey for family carers

- Themes
  - 1) Background questions concerning both family carer and person in need of care. Including care relationship and carer's perceived health
  - 2) Social and health care services
  - 3) Cost of care (for family carer)
  - 4) Reconciling work and care
  - 5) Participation in the association's activities
- Online survey was open from the 20<sup>th</sup> of March until the 15<sup>th</sup> of May. Distribution through family care associations and other organizations
- Cooperation with the University of Helsinki (Social sciences)
- Based lightly on the European [online survey](#) targeted at family carers across Europe regarding their experience during the COVID-19 crisis

# A preview of the survey results

- N= 1821, female 86 %, male 14 % (16.5.2024)

## Has family care affected your health in general? (N=1812)



*“Fatigue and inadequacy have had an affect on mental health.”*

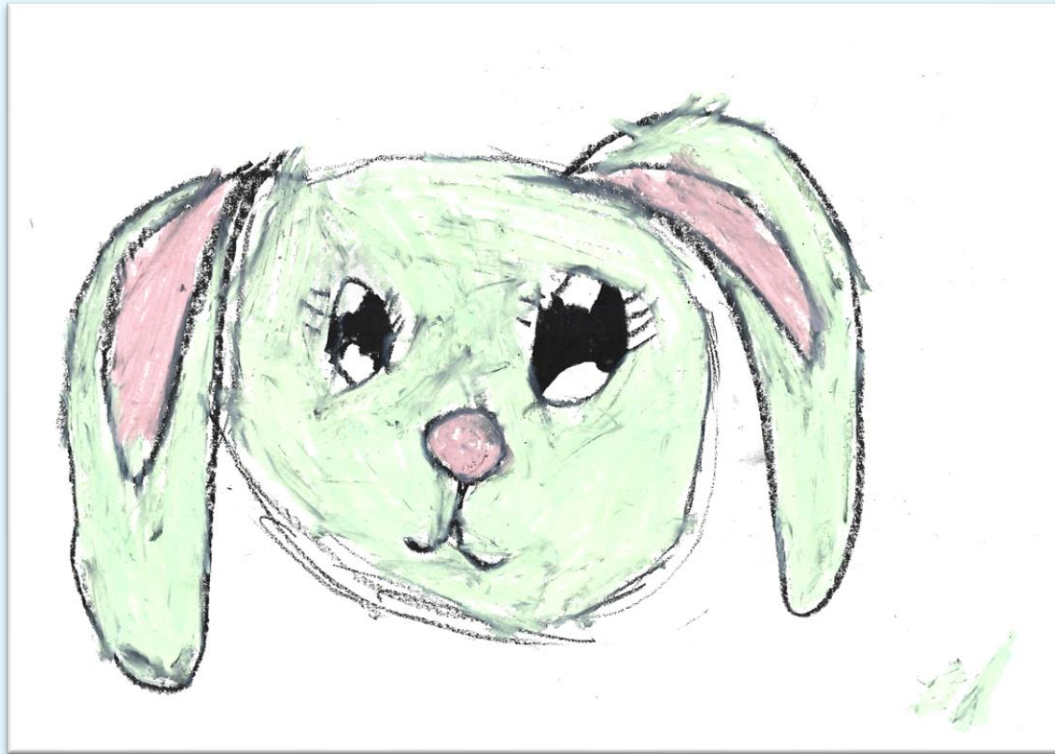
*“But on the other hand, being a caregiver has also taught me a lot.”*

# Discussion and Take-Home Message

- How can we strengthen Europe-wide, joint data collection?
- What do we have in common -> questions concerning family carers across Europe







# Thank you!

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