

Position paper on LGBT+ carers

Key findings and recommendations

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12% of EU population above 18 years of age provide informal care at least twice a week (44m) – 80% of care providers in FTE



Their role and contribution is not uniformly recognised, and the level of support they are entitled to varies considerably from country to country



When not adequately supported (and not a free choice) informal care exacerbates pre-existing vulnerabilities and inequalities

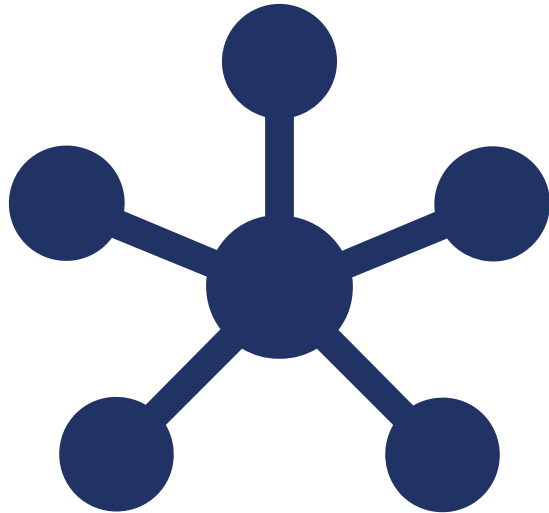


Paper focusing on informal carers that belong to one marginalised group: the **LGBT+ community** – using a **social protection framework**



Intersectionality

Columbia Law School's Center for
Intersectionality and Social Policy Studies:



Intersectionality moves beyond traditional frameworks that separate social problems into discrete challenges facing specific groups. It starts from the premise that people have multiple identities, and being members of more than one "group," they can simultaneously experience oppression and privilege. Intersectionality sheds light on the unique experiences that are produced when various forms of discrimination intersect with these converging identities

The experience of LGBT+ carers is not a monolith: the intersection of different axes of oppression creates layers of privilege and vulnerability



Person-centred care



A graphic titled "EUROPEAN CARE STRATEGY" with a purple and blue gradient background. It features a stylized mountain-like shape divided into four segments labeled 16, 17, 18, and 19. Segment 16 has a first aid kit icon, 17 has a wheelchair icon, 18 has a person with a cane icon, and 19 has a house icon. To the right, it says "European Pillar of Social Rights Principle 18: Long-term care" in white and pink text. A circular inset shows a caregiver in a blue uniform and gloves assisting an elderly man. At the bottom, there is a hashtag "#EUCareStrategy" and the European Commission logo.



Understanding the experience of LGBT+ carers is the first step to ensuring they are not left behind



Current gaps



Most of research focuses on LGBT+ individuals as care recipients

Need to better understand the experience of LGBT+ carers



Most of data from US, UK and Australia

Need more research and data focusing on Europe/EU

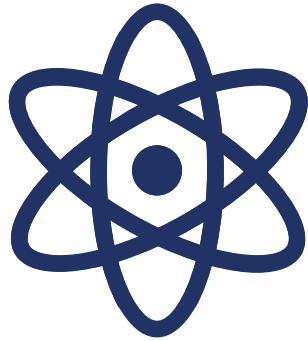


Most of policy initiatives work in separate siloes

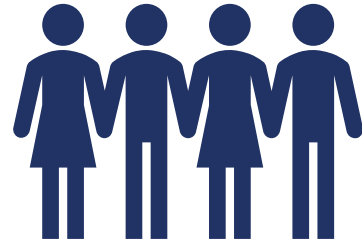
Need for an intersectional approach to social protection



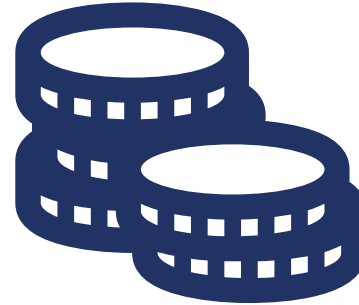
Challenges and obstacles faced by LGBT+ carers



Identity and coming out



Family relations



Poverty



Discrimination and stereotyping



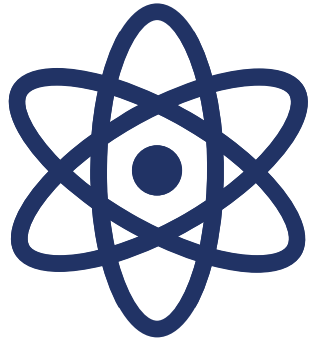
Physical and mental health



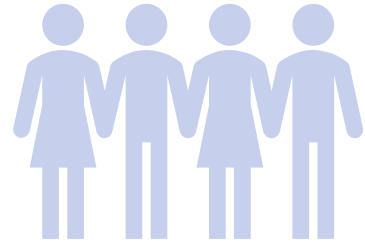
Young carers



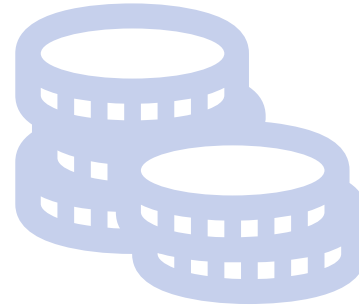
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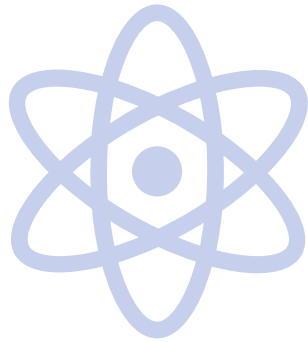
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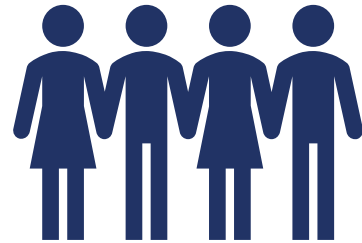
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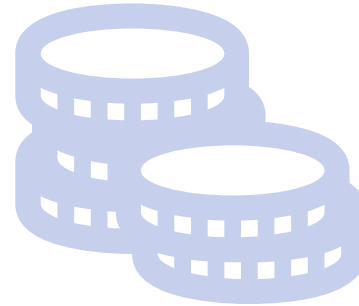
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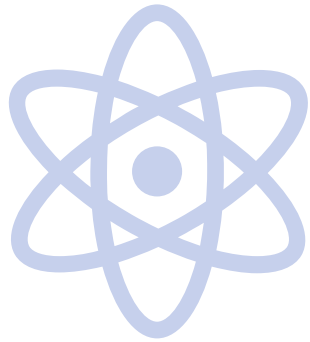
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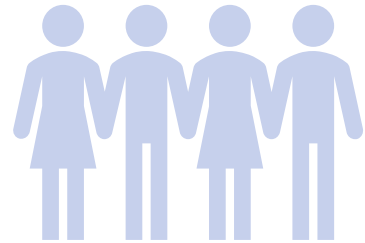
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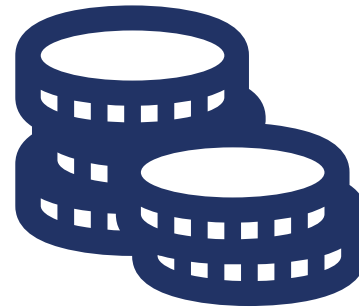
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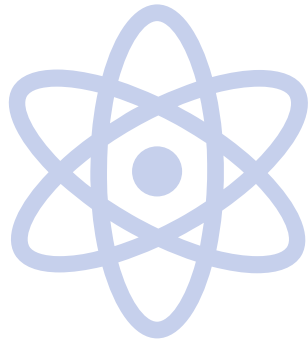
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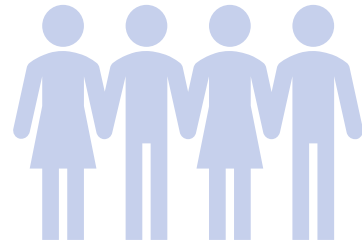
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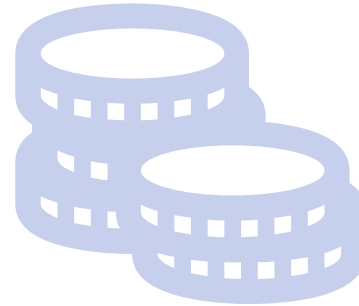
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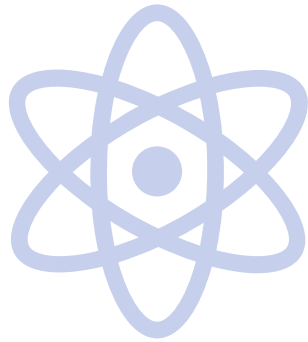
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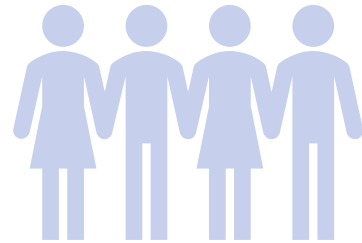
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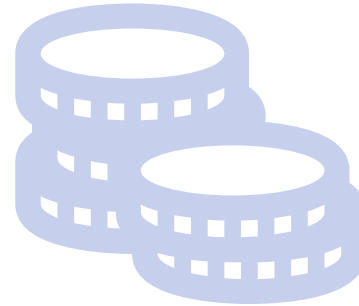
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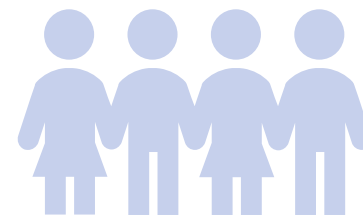
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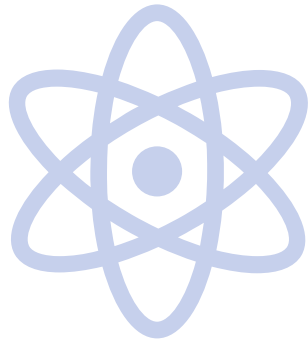
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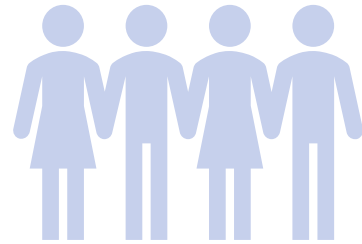
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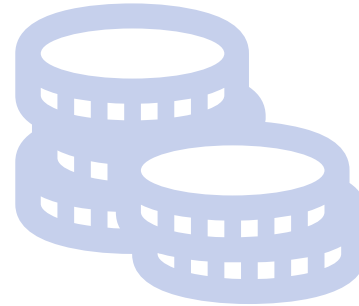
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We can learn from caregiving practices within the LGBT+ community



Primary role of friends and chosen families in care



Primary role of community and reciprocity in care



Less rigid gender roles, more equitable division of labour in caregiving



Strong political movement transnationally



Recommendations to better support LGBT+ carers – research & data

- Involve LGBT+ carers and young LGBT+ carers in research activities.
- Collect data specifically on the experience of LGBT+ carers and young LGBT+ carers to address current gaps in research.
- Increase research efforts in Europe, as the majority of studies have been conducted in the UK, US and Australia, which limits discussions on LGBT+ carers in Europe.
- Focus on the experiences of minority groups in informal care from an intersectional perspective, recognising the complexities that arise from overlapping identities.



Next steps

Ongoing



Experts review

January 2025



Publication

From January 2025



Dissemination



Discussion

- How can we ensure LGBT+ carers (and carers from other marginalised groups) are included in national and local policy frameworks?
- What steps can organisations take to better support LGBT+ carers in their communities?
- Are you aware of any additional dissemination channels we should explore for this position paper?
- How can we promote research that enriches our understanding of informal care as a complex and diverse topic (not a monolith), focusing more on LGBT+ carers and other intersectional identities?

