

ERWG Meeting 2024 – 12 November 2024 Gran Canaria, Spain

World Café Discussion – Group 2: Positive Aspects of Informal Caregiving

In our workshop, we explored the positive aspects of being an informal carer, focusing on both personal rewards and skill development.

Caring often strengthens family relationships, allowing carers to express love and gratitude, especially when caring for ageing parents who once cared for them. Many participants spoke about how the experience can deepen their appreciation for life, provide a renewed sense of purpose, and bring personal satisfaction, even during challenging moments.

On the practical side, caring helps build valuable skills. Carers develop resilience, empathy, multitasking abilities, stress management, and practical problem-solving. These competencies—such as empathy, trustworthiness, assertiveness, sense of responsibility, financial management, organisational skills, and adaptability—not only support their role but also open up new professional opportunities.

In short, while informal caring certainly presents its challenges, it can also provide profound personal satisfaction and help build a set of life skills that open doors both personally and professionally.

RAW NOTES :

Positive aspects of being an informal carer:

- Restored relationships within the family
- Opportunity to witness the end of life of a loved one
- Personal satisfaction
- Return of care (parents have cared for you, you care for your parents)
- Dealing with changes in behaviour
- Sense of purpose in life
- Knowledge of the condition of the person being cared for
- Understanding the value of life (philosophical)
- High moral standards
- Caring as an expression of love

Competences:

- Resilience
- Practical skills
- Stress resilience
- Strengthened overall
- Solidarity
- Empathy
- Sense of responsibility

- Prioritisation
- Action-oriented (doing rather than talking)
- Patience
- Multitasking
- Navigating administration
- Sense of humour
- Trustworthiness
- Financial management
- Independence
- Assertiveness