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AUSTRIAN RED CROSS



# Empowering Informal Carers in Montenegro, Serbia and Austria

## Approaches and good practices for informal carers

**31st May - 1st June 2022 | Sutomore, Montenegro**

## Key Conference Findings & Conclusions



# Workshop Findings

## Speaking up for informal carers tools for advocacy

**Why?** Burden of care, unpaid labour, hidden costs, risk of poverty

### **What issues do we need to advocate for?**

- Data, surveys
- Early diagnosis, specialised centres
- Salary / benefits / pension for informal carers
- Awareness on rights & entitlements
- Entitlement for home help
- Recognised education for caring profiles
- Working conditions & recognitions in country (to avoid migration)

### **How can we advocate for informal carers (strategies, tools?)**

- Media coverage
- Start on a micro level
- Identify entry points for policy discussions → right for participation!
- Partnerships
- Community engagement

# Key Conference Findings

1. Informal care impacts us all & requires our support
2. Lack of definitions, data, statistics on informal carers (ME, SRB)
3. Lack of legal framework / formal recognition / payment and benefits (ME, SRB)
4. Low awareness on rights & benefits
5. Impact on (mental) health & elder abuse
6. Importance of trainings/skills
7. Cultural dimension of care
8. Gender pay & pension gap
9. No national dementia plans in Serbia and Montenegro, and no national dementia association in Serbia
10. Informal care should be a choice and not a necessity.
  - Long-term care should be available, accessible and affordable.
  - Informal carers need to be supported.
  - We need to provide evidence on the barriers to care.

# Recommendations & Conclusions

1. Increase awareness on rights & benefits for informal carers
2. Increase media coverage & find media partners
3. Advocacy for more support to carers (recognition, payment & benefits)
4. More funds for services and consultations
5. More data & statistics needed
6. Support the establishment of informal carer groups
7. Need for concrete actions – who what when?
8. Circulate recommendations with relevant stakeholders