

NGO Estonian Carers – efforts in carers training

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Background

- ♥ Leading principle in **social care provision** is the personal responsibility for both themselves and their family members, as well as the obligation to provide assistance when a person's or family's ability to cope is insufficient.
- ♥ **Informal care** in Estonia is viewed as providing care for family members as a result of legal obligation, good will or voluntary work, but this is not right and does not meet modern requirements.



Who is the „informal carer“?

A carer is a person of all ages who provides unpaid care to family member(s) or close relative(s) with a chronic illness, disability or other long lasting health or care need, outside a professional or formal framework.

(Eurocarers, 2014)



Informal carer's quality of life and welfare

- ♥ Survey of 30 individuals (23F; 7M)
- ♥ Average age – 55 (25-71)
- ♥ 40% receive carer's allowance – depends on the local municipality
- ♥ 25% are legal guardians of caree
- ♥ 40% have cared over 10 years
- ♥ 1 of 6 care for 2 persons simultaneously
- ♥ 73% share the household with caree
- ♥ 50% of carers work – balance of care and work responsibilities



Carer's basic training

- ♥ Based on the formal carer training (260 hours)
- ♥ Cooperation with vocational education provider or corresponding college
- ♥ Duration 40 hours
- ♥ Topics:
 - ♥ Self-help/care
 - ♥ Counselling – communication
 - ♥ Ergonomic care skills
 - ♥ Healthy diet
 - ♥ Physical health
 - ♥ Legal assistance
 - ♥ Care aids
 - ♥ First-aid



Peer groups for carers

- ♥ Gives opportunity to share experience – success and shortcomings
- ♥ Individual and group approach – relevant themes, lecturers
- ♥ Local level assistance



Carer's home as workplace

- ♥ Carer's rights and obligations (as worker)
- ♥ Safe and accessible care environment
- ♥ Risk assessment
- ♥ Adaptations
- ♥ Harmonization of terms and definitions in the field of informal care



Recommendations

- ♥ Face-to-face learning
- ♥ Practical content – real situations, real solutions
- ♥ Possibility for sharing, sense of belonging
- ♥ Need for respite care
- ♥ Focus on self-identification, legal rights and obligations
- ♥ Improvement of care arrangements
- ♥ Smart and resourceful caring



Thank You for the attention!

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