

Carers of Persons with Heart Failure

A Four Nation Study

Supported by Novartis

A LANDMARK STUDY about the impact of caregiving on persons with heart failure in Australia, Canada, the United Kingdom and the United States. A total of 519 carers shared how caring affects them and the factors impacting their health and well-being. Conducted by the International Alliance of Carer Organizations (IACO) and supported by Novartis, this work advances IACO's mission to build a global understanding and recognition of the role of carers*.

HEART FAILURE DIRECTLY IMPACTS THE LIVES OF

26 million people globally¹

Heart failure (HF) is a chronic and degenerative disease which does not allow the heart to pump enough blood to the body, causing it to have less oxygen and nutrients²

¹ Cowie MR et al, 2014
² IHHUB, 2017

CAREGIVERS OF PERSONS WITH HF SHARE THEIR EXPERIENCES

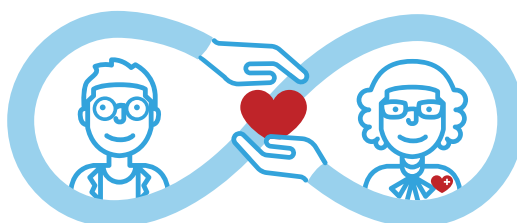
79% **21%**

Average age **58 years**

49% spouses/partners **12%** children

39% caring for more than 5 years

CARERS HAVE A POSITIVE INFLUENCE ON THE HEALTH OUTCOMES OF PERSONS WITH HEART FAILURE



Better quality of life
Improved survival
Reduced hospitalization

IMPACT ON CARERS' EMPLOYMENT

"I work from home, but have had to cut my hours and so my income."



45% are employed full or part-time

13% quit their jobs

9% lost job benefits or turned down a promotion

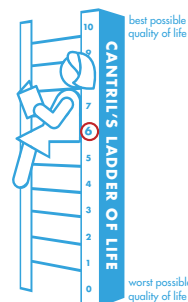
IMPACT ON CARERS' HEALTH AND WELL-BEING

52% experienced a deterioration in their own health

Only **3%** of carers reported that caregiving had improved their health

Carers scored their quality-of-life as **6.0**

The population norm is around 7.5



CARERS DO NOT FEEL PREPARED OR SUPPORTED IN THEIR ROLE

50% felt unprepared

"I was not prepared. I had no caregiving skills."



Percentage of carers who **felt supported** varies by country

	Australia	35%
	Canada	27%
	UK	21%
	USA	37%

CAREGIVERS PLAY A VITAL ROLE IN SUPPORTING INDIVIDUALS WITH HF



70% of persons with heart failure depend upon a family caregiver when receiving care in the home



22 hours/week average amount of time carers spent looking after a person with heart failure



70% of carers helped with medical and/or nursing tasks



75% supported the health care plan through supervision, reminding and coaching

* Around the world, the term carer is used interchangeably with caregiver or family caregiver.

ACTIONS TO SUPPORT THE VITAL ROLE OF CARERS FOR PERSONS WITH HEART FAILURE

- + Include carers as partners in the health care team
- + Assess caregiver needs as part of the care planning process
- + Provide resources to help carers navigate health and social care systems
- + Create workplaces that recognize, respect and support carers' obligations
- + Invest in research on heart failure caregiving to support decision-making