

IMPACT OF ECONOMIC CRISIS ON CARERS OF PEOPLE WITH DEMENTIA IN GREECE



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Dementia Day Care Centres

Athens Association of Alzheimer's Disease, Greece

Economic crisis

- Economic crisis has devastating effects on welfare state of Greece:
 - Salary and pension cuts
 - unemployment, taxation
 - cuts in public health and other areas of welfare state

Economic crisis and health

- The quality of life of people living in Greece has a linear deterioration in last 3 years.
- Financial crisis is connected with deteriorated health status, less utilisation of medical services, increased rates of mortality and mental disorders (Zavras et al, 2011).

Mental health services and Dementia Centres

- The majority of Mental Health Services are provided by NGOs.
- Dementia Day Care Centres are funded by the Ministry of Health under Psychargos Programme – Mental health reformation - started in 1998
- 55% cuts in funding in years 2011 and 2012
- Commissionaire Andor agreement for the funding of mental health services from EU funds have been approved on April 30th, 2013

Carers and cost of care

- 200.000 People with Dementia (PwD) in Greece
- Monthly cost for PwD in first stage of the disease : 341,00 €
- Monthly cost for PwD for highly dependent: 957,00 €
- Monthly cost for PwD living in Hospices: 1276,00 €

Economic crisis and informal carers

- Development of questionnaire for economic crisis and informal carers
- Focus groups with experts, informal carers
- Survey with 250 informal carers – users of Athens Alzheimer Association services

Focus group with carers on economic crisis

- Dimension discussed in Focus group with spouses and children carers:
 - **Social life** . Less outings and activities due to pension and salary cuts
 - **Family relationships**
 - not able to assist family financially,
 - less travelling opportunities
 - **Health**
 - Carers have tried to keep the same quality standards in health e.x visits at private practice doctors or short –term care when there is a need
 - major difficulty the change in drug prescriptions with the use of generics , as well as percentage of contribution in 25% from 0%
 - **Quality of Care**
 - **Nutrition** : financial difficulty to satisfy patient needs in diet e.x special preferences in foods, - decrease in grocery costs
 - **Dementia services**: not able to attend as frequent as they wanted as they cannot afford taxi costs
 - **Working carers:**
 - There is no flexibility from employers
 - Stress of being unemployed
 - Employers lack information on carers issues

Questionnaire of impact of economic crisis on Greek informal carers

- Demographic, caregiving and employment information
- 4 core dimensions:
- Health (4 questions- 5 likert scale, 1 open ended)
 - Social life (4 questions – 5 likert scale, 1 open ended)
 - Caregiving (4 questions – 5 likert scale, 1 open ended)
 - Financial issues (1 question- 5 likert scale, 1 open ended)

Preliminary Results

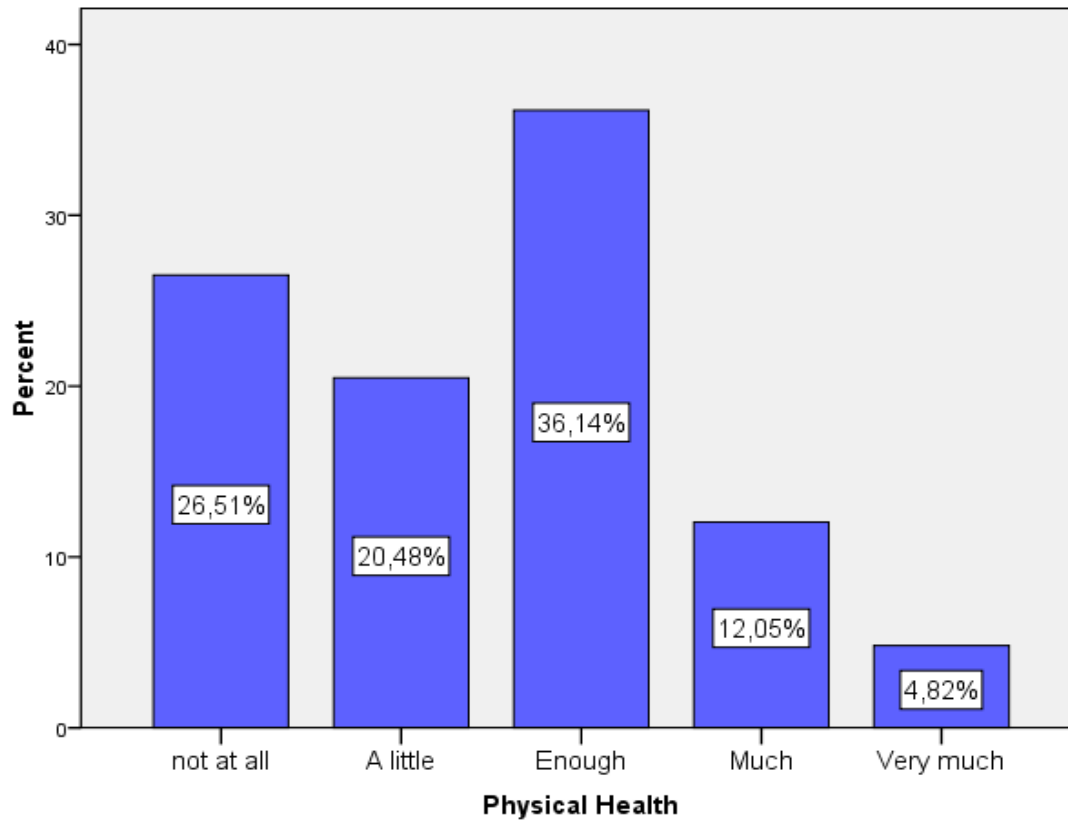
GENDER	%
Female	81
Male	19
AGE	%
35-45	27
46-55	32
56-65	23
66-75	7
76-85	11
FAMILY STATUS	%
Married	68
Single	26
Other	6
EDUCATION	%
Elementary	12
Secondary	22
Tertiary	46
18<	20

FINANCIAL STATUS	%
Good	12
Moderate	66
Bad	22
RELATIONSHIP	%
Child	63
Spouse	30
other	7
YEARS OF CARE	%
1-5 years	77
6-10 years	23
LIVING CONDITIONS	%
Same household	65
Different households	35
CHANGES IN FINANCIAL STATUS	%
Yes	93
No	7
PAID CARER	%
Yes	43
No	57

Working status

Employment	%
Yes	39
No	57
Other	5
Working Relation	%
Full time	57
Part time	11.4
Freelancer	26
Other	6
Changes in Work	%
Reduced hours	3
Salary cuts	40
Salary delay	6
Pension cuts	36
Unemployment	20
Other	2

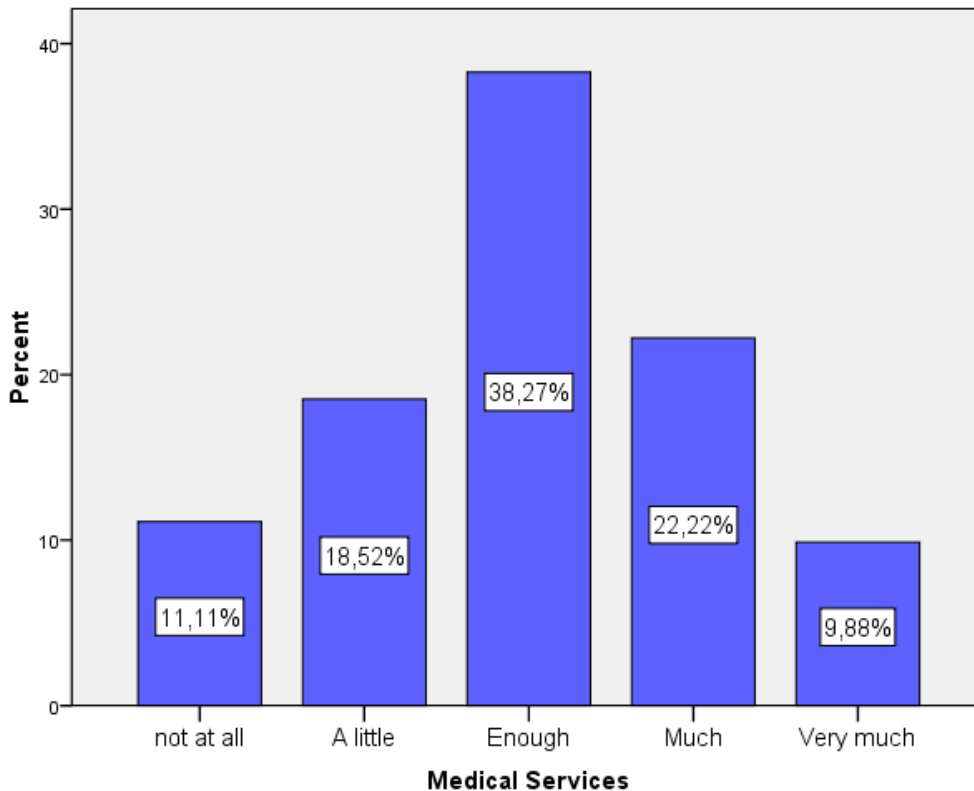
Has economic crisis influenced physical health in any way?



I feel tired, my bones are aching, increased blood pressure, bad nutrition and as a consequence gastrointestinal problems, hair loss, musculoskeletal pains”



Has economic crisis influenced accessibility to mental health services?



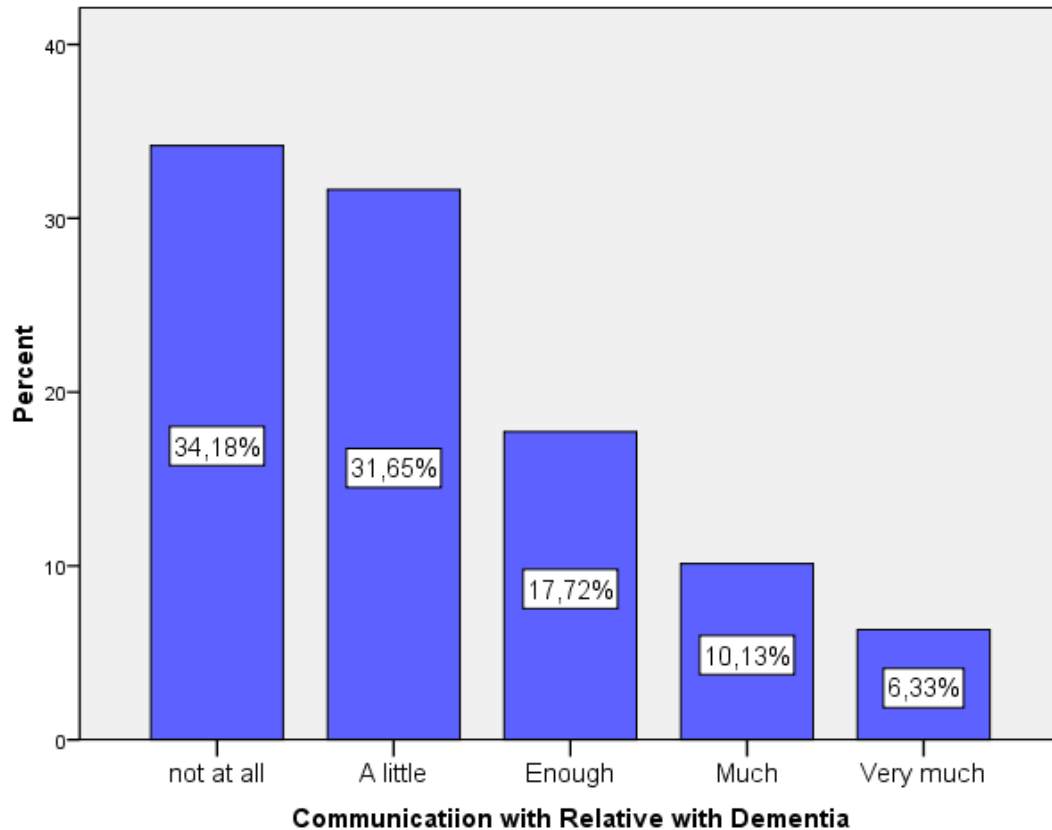
We have postponed medical visits, especially in case of doctors in private sector .

We try to find the most costless way of medical examinations.

We have try to cut from doctor's visits, medicine and examinations



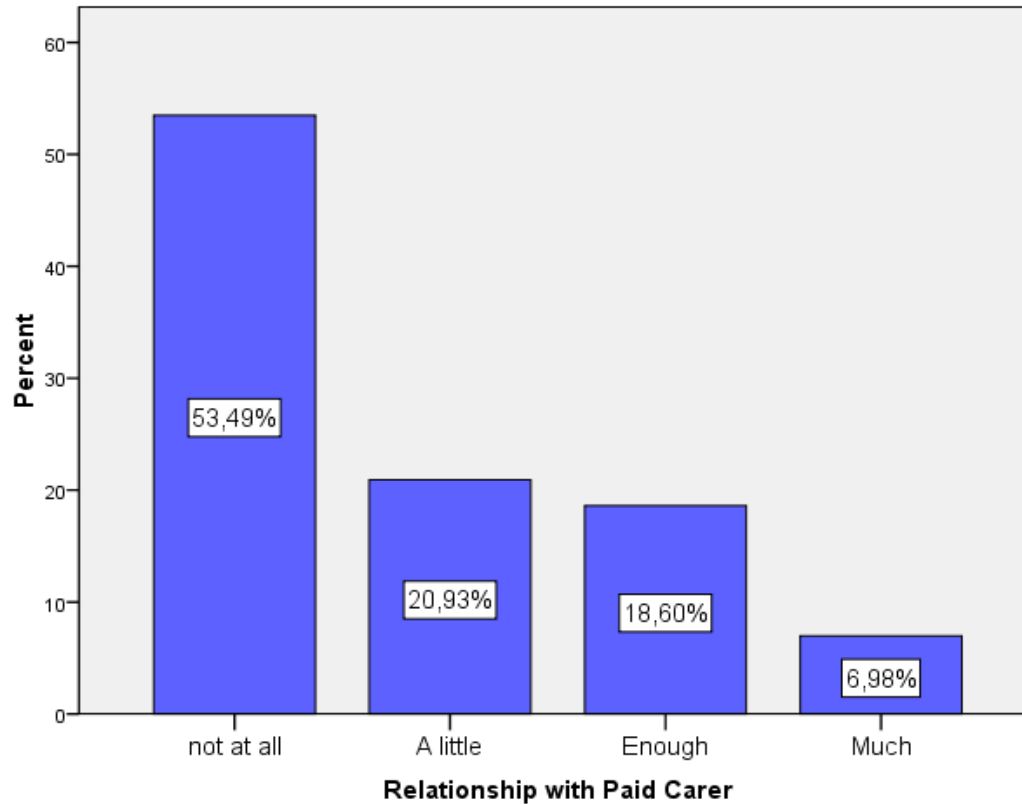
Has economic crisis influenced communication with your relative with dementia?



We ought to show affection to our relative in need. It is not good for his health and communication



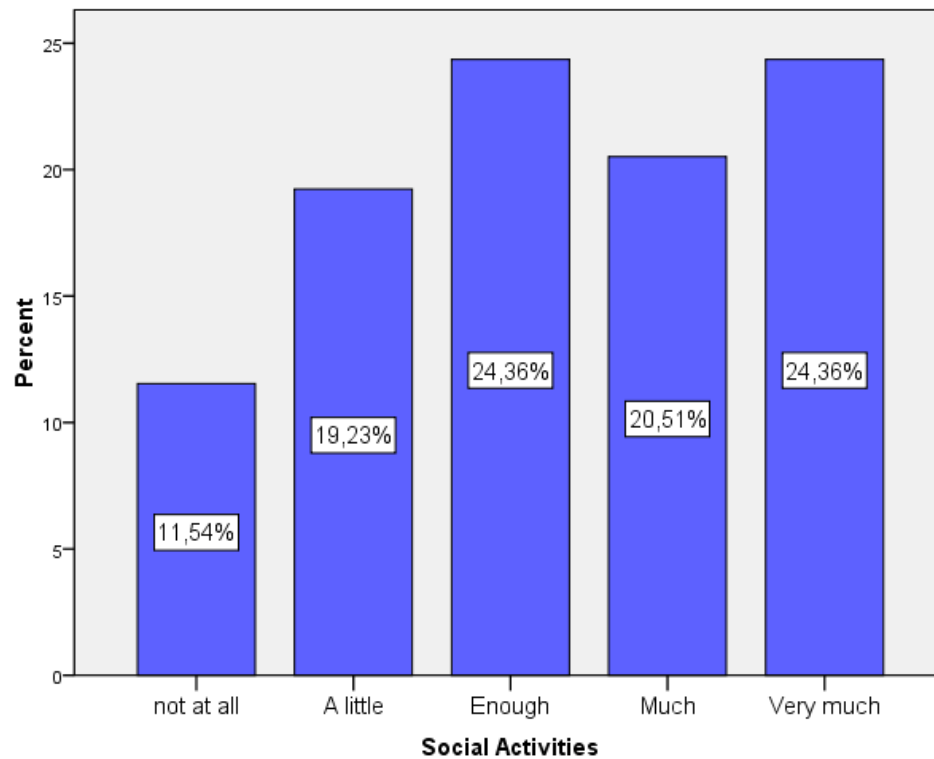
Has economic crisis influenced relationship with paid carer?



“As paid carer takes care of and gives plenty of love to my beloved person, I prefer to cut other things instead her income”

“Paid care workers, young in age request high salaries. That overcomes me. This is the cause why I cannot find quickly a careworker”

Has economic crisis influenced social activities?



"I go out rarely, as our income isn't enough to cover basic needs"

"I have decreased outings, I choose the cheapest choice in comparison with previous years"

Conclusions

- Carers avoid to include their relatives in the financial problem that they are facing and try to keep the quality of caring high
- The majority of carers have experienced major problems in everyday life as self care, access to medical services, social contacts and outings, salary and pension cuts
- Changes in relationships with friends and family are well recognized by children who care for their parents in comparison with spouses

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Thank you for your attention!