

clariane

# Overview of carers in Europe



October 2025

*OpinionWay survey  
for Clariane*



## Overview of carers in Europe October 2025

As our populations age, the role of carers in our societies is becoming an increasingly central issue. To better understand this role and carers' realities, Clariane, the leading health and long-term care community in Europe, has sought to shed light on the subject.

The European carer survey, conducted for Clariane by OpinionWay, is designed to study and better understand the population of non-professional carers in six European countries: Belgium, France, Germany, Italy, the Netherlands and Spain.

In particular, this survey aims to identify the characteristics of this population and measure the scale of their caring commitments but also to better understand their daily lives, their difficulties, their needs and the emotions they encounter. The study focuses on regular non-professional carers, defined as those **who provide care at least once a week**.

To define regular carers, we chose respondents from the 13,488 people in the sample who met the following cumulative criteria:

- people who report providing care to one or more loved ones with impaired independence due to age, illness or disability;
- who provide this care at least once a week;
- where the care is not exclusively financial but includes psychological, physical, practical or administrative care; i.e. 3,841 people out of the entire sample interviewed.



The study was conducted on a sample of 13,488 people, representative of the population aged 18 and over:

 **France: 2,320 people**

 **Spain: 2,233 people**

 **Germany: 2,316 people**

 **Belgium: 2,157 people**

 **Italy: 2,195 people**

 **Netherlands: 2,267 people**

The sample was selected using the quota method with regard to sex, age, socio-professional category, region of residence and income.

Interviews were conducted using a self-administered online questionnaire via a CAWI (Computer Assisted Web Interview) system.

They took place from 18 to 25 August 2025.

Any publication, in whole or in part, must state the following in full: "OpinionWay survey for Clariane" and no reproduction of the survey can be dissociated from this title.

OpinionWay conducted this survey in accordance with the procedures and rules of the ISO 20252 standard.





## Carers in Europe

### Proportion of carers?

**28%**  
are carers



Despite variations by country, **European carers have a generally similar profile**. They are mostly adults aged 35 to 65, often in work and living in urban areas.

### Who are they?



- Average age: **47.30 years old**
- Urban: **55%**/Suburban: **23%**/Rural: **21%**
- **71%** work/**29%** do not work
- **61%** live as a couple
- **49%** have at least one child
- **50%** women/**50%** men

### Frequency



**29%**  
every day

**24%**  
once a week



### They care for...



**13%**  
their spouse

**45%**  
their mother, their father

**14%**  
their grandmother, their grandfather

**4%**  
their child

**1%**  
their grandchild

**4%**  
their brother, their sister

**10%**  
another family member

**6%**  
a friend

**3%**  
a neighbour

**3%**  
someone else

### Type of care



practical

**73%**

administrative

**54%**

financial

**22%**

psychological

**59%**

physical

**40%**

other

**2%**

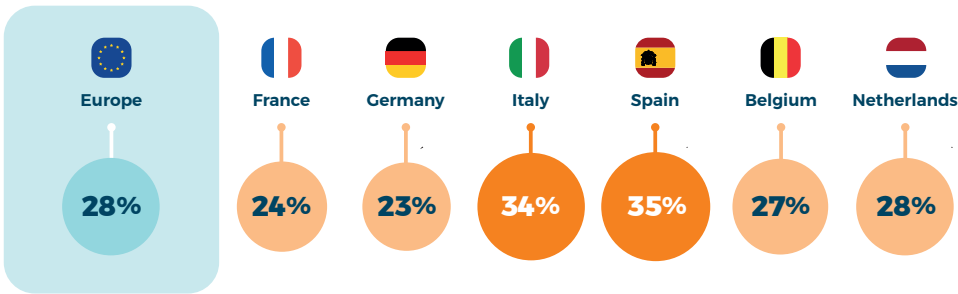
28% of Europeans say they **regularly** care for a loved one with impaired independence

## Regular carers in Europe: a consistent profile

Among the 13,500 people surveyed in six European countries, more than a quarter (28%) reported providing care at least once a week, with 3,841 regular carers who provide care to a single family member or friend (93% of cases) or to several.

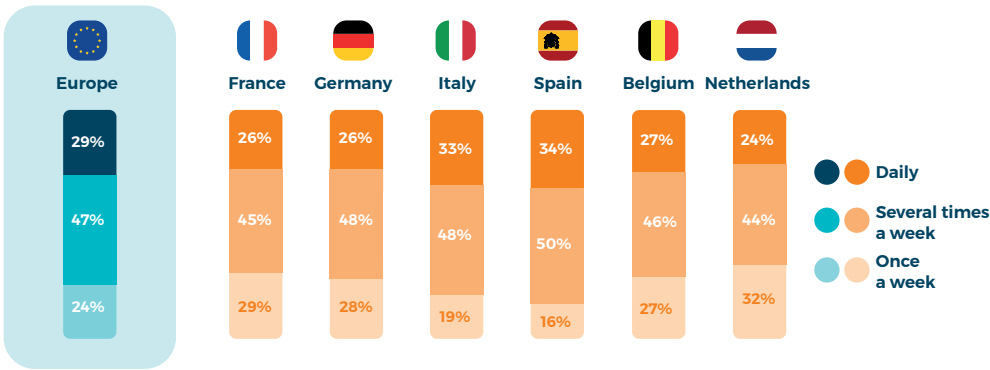
Beyond characteristics specific to each country, regular European carers demonstrate a high level of similarity in their profile. These are mostly adults aged 35 to 65, with an average age of 47, who are in work (71%) and live in urban areas. The role is shared equally between women and men, with no significant variation from one country to another.

Percentage of carers by country



The care they provide is far from occasional. Nearly three in ten non-professional carers (29%) provide care daily, and more than three quarters (76%) do so several times a week, with an even higher frequency in Italy (81%) and Spain (84%).

How often do you provide care to your loved one(s) with impaired independence?



Carers spend an average of **13 hours per week** caring for their loved one(s), which equates to nearly two hours per day.

**In 9 out of 10 cases, carers provide care to a family member**

## Type of care

Carers also provide multiple kinds of care. In 73% of cases, it is practical, such as shopping, travel and cleaning. But it is also psychological (59%), administrative (54%) and financial (22%). Four out of ten carers (40%) also provide physical care, such as toileting and dressing, requiring close presence. This is particularly pronounced in Spain and Italy, where more than half of carers (54%) report providing such care, compared to a European average of 40%. In the Netherlands, financial support is particularly notable, arising in 29% of situations compared to 17% in France.

## Family carers

In almost 9 out of 10 cases (89%), European carers provide care to a family member. In 59% of situations, this is to a parent or grandparent, but this varies significantly by country. In Spain and Italy, the figure is 68%, while it falls to 44% in the Netherlands. Conversely, almost a quarter of Dutch carers (23%) support a person outside their family circle, whether a friend or a neighbour, compared to only 5% in Italy. When children or grandchildren are less present, the role of carer more often falls to the spouse: this situation accounts for just 7% of care receivers in Italy, but 20% in the Netherlands.

## Reasons for care

In the majority of cases, carers' commitment arises due to age (84%) or illness (78%) causing a loved one to lose independence. These figures reflect a common trend stemming from population ageing and an increase in chronic conditions. Disability is less frequently mentioned, but it is nonetheless the reason why half of carers (53%) provide care as a result of specific needs.

For what reason(s) do you care for your loved one(s) with impaired independence?



**Eight out of ten carers take on the full burden or most of the burden of caring for their loved one**

## A personal commitment

The role of carers is most often based on a strong personal commitment. Eight out of ten carers (79%) are solely or primarily responsible for supporting their loved one, confirming the considerable daily commitment the role involves.

## The twin facets of caring: both a burden and a source of satisfaction

**71% of carers** report sometimes or often feeling that caring for their loved one is **a burden**

Although caring for loved ones is essential, it is not without repercussions for those who dedicate themselves to it. 71% of carers report sometimes or often feeling a burden when caring for their loved ones.

Their commitment has significant effects on their well-being, with nearly seven out of ten carers (69%) indicating that their role has an impact on their physical or mental health. It also causes difficulties in family life (59%) and impacts other areas of relationships, whether professional or personal (57%).

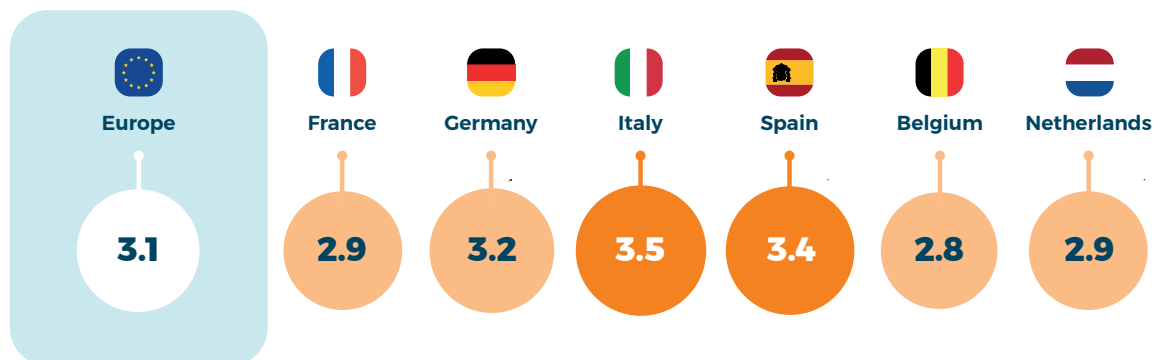
Daily closeness to the loved one receiving care also transforms the perception of the relationship; for example, half of all carers say that they sometimes feel that they no longer recognise the person they care for.

**88% of carers** fear for **the future** of their loved ones

This reality is coupled with long-term concerns: 88% of carers fear for the future of their loved ones. This climate of uncertainty feeds into a sense of vulnerability. 70% of carers say they often or sometimes feel discouraged, while 68% feel they are facing their responsibility alone.

While helping loved ones is primarily based on family solidarity, it can also be a source of tension. In 12% of cases, carers report that their commitment generates conflict within the family, due to an unfair or excessively unbalanced distribution of responsibilities between different members.

### The Mini-Zarit



**3.1 / 7**

On a scale of 1 (no burden) to 7 (heavy burden), on average, carers report a **moderate burden (3.1)**.

Caring has a greater emotional impact in Italy and Spain, where the level of commitment is, on average, higher.

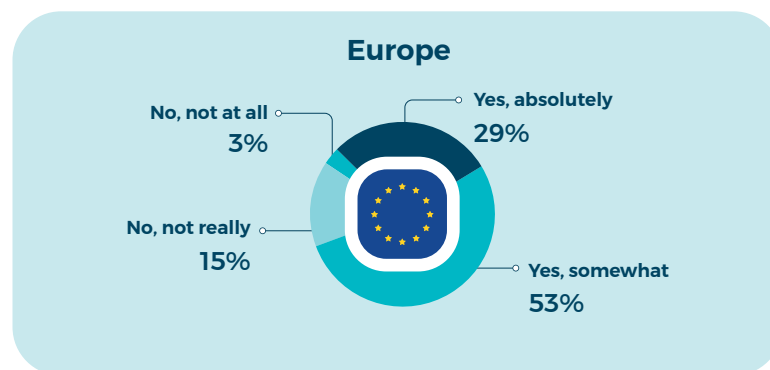
→ **The Mini-Zarit** is a recognised assessment tool used to measure the intensity of the burden as subjectively experienced by family carers. An abridged version of the Zarit Burden Interview, the test is based on seven targeted questions, facilitating a quick self-assessment of the emotional, physical and social impact of helping a loved one with impaired independence. The Mini-Zarit is widely used in hospital settings, including geriatric, oncology and palliative care services, to identify carers at risk of burnout and guide tailored support interventions.

**In 84% of cases, caring is mostly perceived as a choice**

**While the role of a carer weighs on the personal balance and daily life of those who assume it, it also brings a strong sense of satisfaction.** Far from being perceived as a constraint, it is mostly seen as a choice, with 84% of carers sharing this perception. The lack of alternatives, linked to what carers deem as insufficient availability of specialised services or home help, is mentioned only by a minority (17%).

Their satisfaction comes primarily from the feeling of responsibility. For 63% of carers, it is their duty to care for their loved ones with impaired independence. Almost half (49%) go further, saying they enjoy caring, with this figure even higher in Germany (60%).

In general, would you say that caring for your loved one(s) with impaired independence makes you happy?

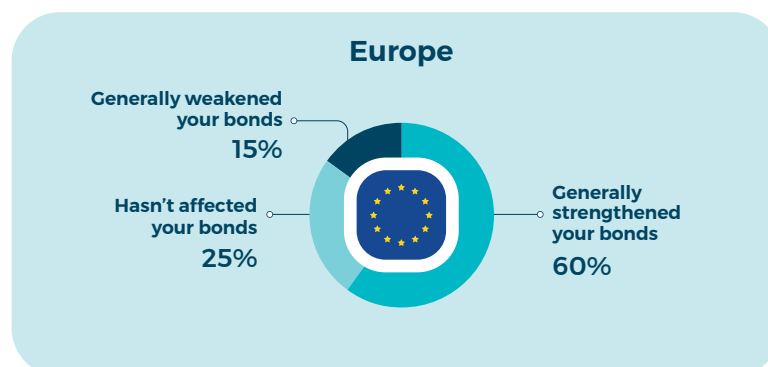


**9 out of 10 carers say they are proud of the care they provide to their loved one**

**Pride is another key driver:** nine out of ten carers (90%) say they are proud of the care they provide, with half very proud. This sentiment is shared across all the countries studied, with particularly high levels in Italy (93%) and Spain (95%). More generally, the majority of carers (82%) report that they are happy to care for their loved one. This is often nuanced – most say “somewhat happy” – but it reflects the importance of the bond and the role care recipients play in carers' lives.

**A caring commitment even tends to strengthen relationships.** Six out of ten carers (60%) believe that the bond with their loved one has strengthened thanks to the care they provide. This feeling is even more pronounced in Italy (65%) and Spain (67%). Conversely, only 15% of European carers report a deterioration in the relationship.

Would you say that regularly caring for your loved one(s) with impaired independence has strengthened your bonds with them, has weakened those bonds, or has not had any impact?



**Only 46%**  
of carers believe  
that **public  
authorities  
offer practical  
measures** to make  
their lives easier

## Public support deemed insufficient and the future uncertain

Carers believe that support from public authorities remains insufficient, fuelling a certain level of pessimism about the future of caring as a role. The vast majority (82%) would like to receive more support in their role, with this figure rising to 91% in Spain.

Less than half of carers (46%) believe that concrete measures to make their lives easier are currently in place. This view is found across all the countries studied, even if the perception is slightly more positive in France (50%), German (53%) and Belgium (49%). Added to this is a visibility problem: only 42% of carers say they are well informed about the systems available in their country. This reflects a pressing need for greater clarification, awareness and accessibility of existing support.

The impression of insufficient support fuels a gloomier vision of the future: only 38% of carers anticipate a reduction in the burden of caring in the coming years. As such, the survey results highlight the need for public authorities to fully invest in this field.

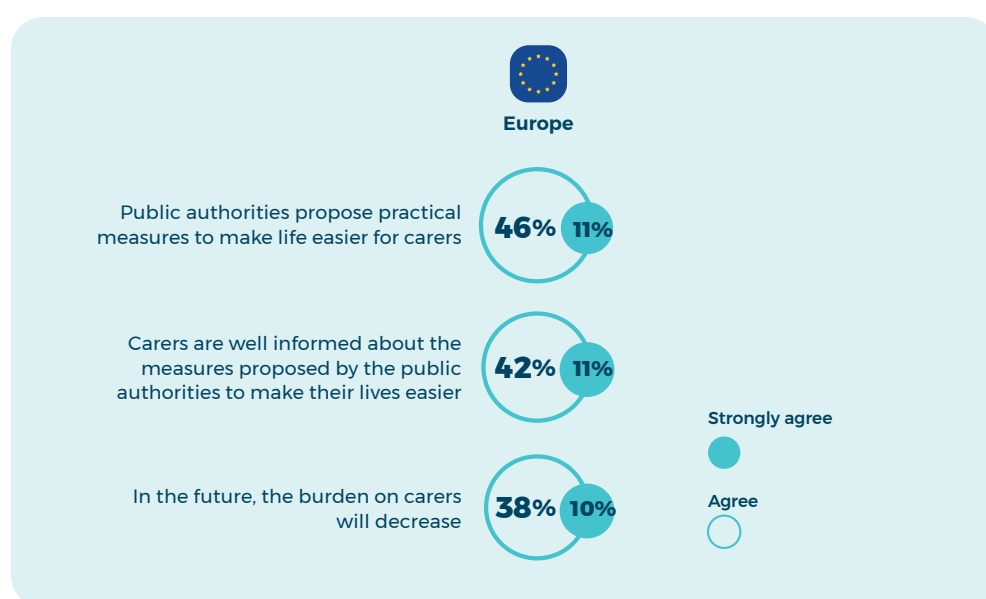
Carers' experience also weighs on how they envision their own future. The vast majority (81%) are afraid of placing too heavy a burden on their loved ones when the time comes.

The issue is all the more pressing as the upcoming generation of seniors has fewer children and more single people, necessarily reducing the number of potential carers available.

The study is a strong reminder that the role of carers – already essential today – will be even more crucial tomorrow.

**Just 38%**  
of carers expect  
**improvement**

Do you agree or disagree with each of the following statements?





## COUNTRY FOCUS

### Carers in France

#### Proportion of carers?

**24%**  
are carers



#### Who are they?



- **53%** are men
- Average age: **48.1 years old**
- Urban: **52%**/Suburban: **34%**/Rural: **14%**
- **34%** do not work (**23%** are retired)
- **62%** live as a couple
- **50%** have at least one child

#### Frequency



**26%**  
every day

**29%**  
once a week

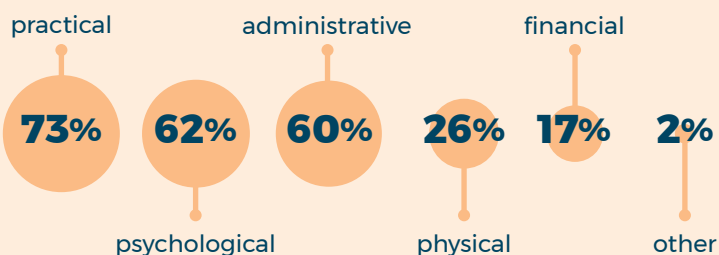


#### They care for...



- | Category           | Relationship                         | Percentage |
|--------------------|--------------------------------------|------------|
| FAMILY             | their spouse                         | 12%        |
|                    | their mother, their father           | 44%        |
|                    | their grandmother, their grandfather | 17%        |
|                    | their child                          | 3%         |
|                    | their grandchild                     | -          |
|                    | their brother, their sister          | 4%         |
| OUTSIDE THE FAMILY | another family member                | 9%         |
|                    | a friend                             | 8%         |
|                    | a neighbour                          | 5%         |
|                    | someone else                         | 3%         |

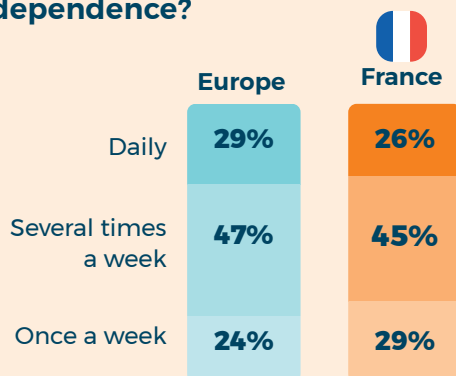
#### Type of care



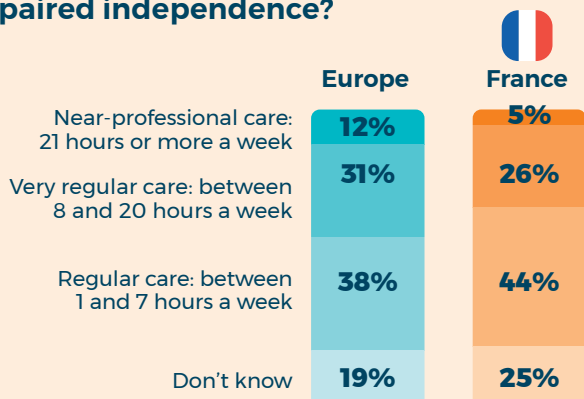
## COUNTRY FOCUS

### Carers in France

**How often do you provide care to your loved one(s) with impaired independence?**



**On average, how many hours per week do you spend caring for your loved one(s) with impaired independence?**



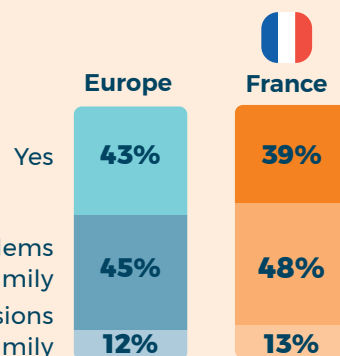
**Would you say that the care you give to the person or people you care for is distributed fairly between you and the other members of your family? \***



Yes

No, but it doesn't cause any problems within your family

No, and it can cause tensions within your family



**What form(s) of care do you provide to your loved one(s) with impaired independence?**



**For what reason(s) do you care for your loved one(s) with impaired independence?**

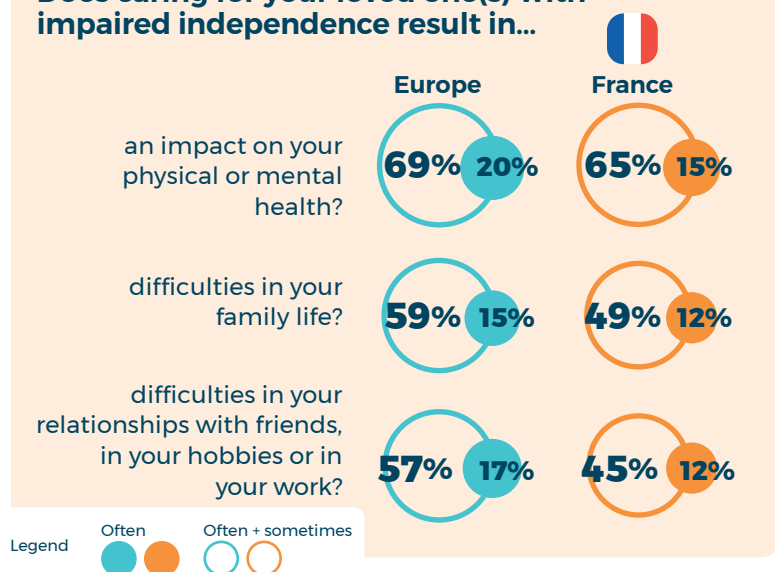


\* Question asked only to respondents who care for one or more family members

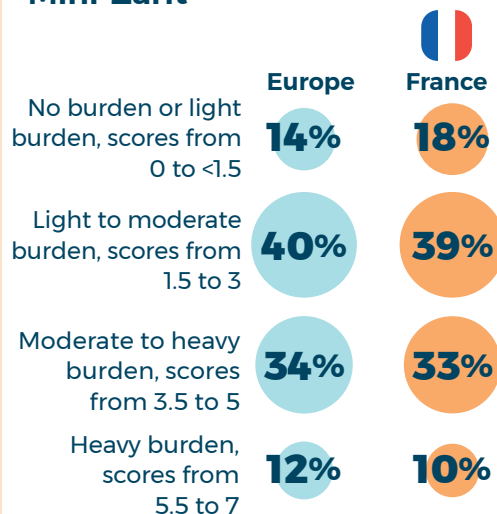
## COUNTRY FOCUS

### Carers in France

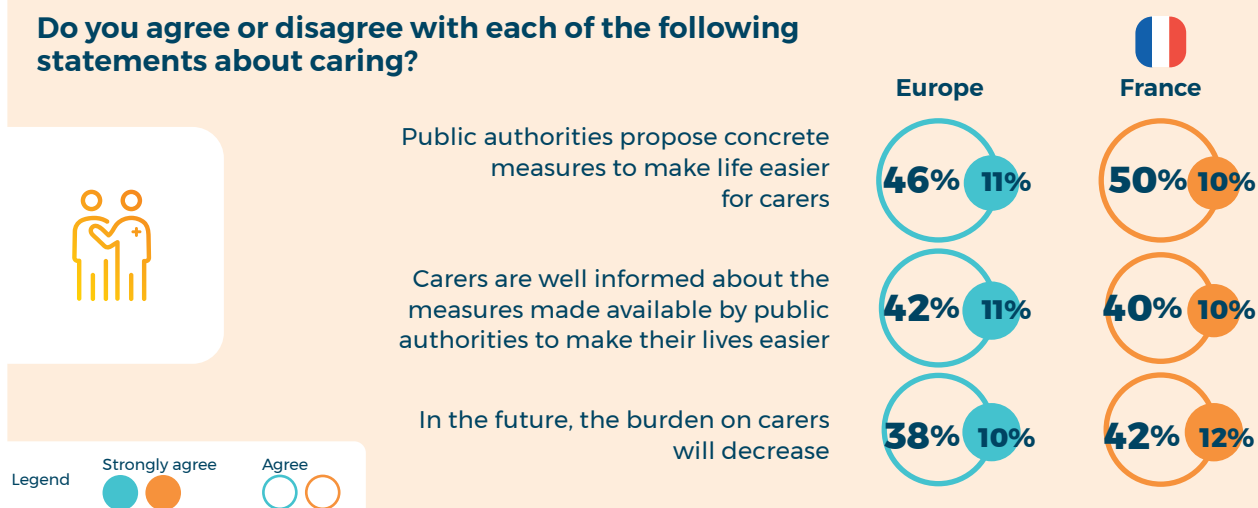
#### Does caring for your loved one(s) with impaired independence result in...



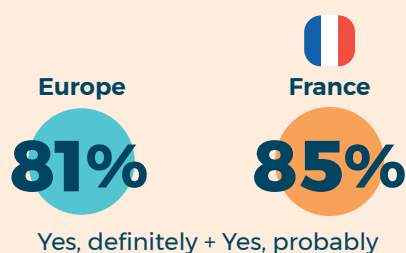
#### Mini-Zarit



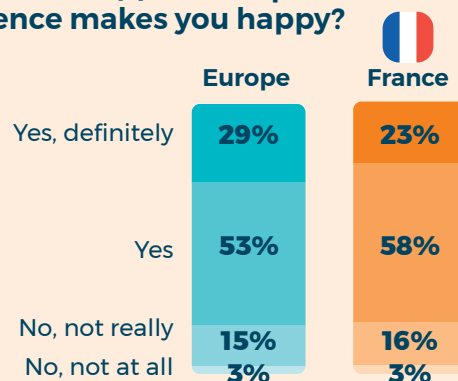
#### Do you agree or disagree with each of the following statements about caring?



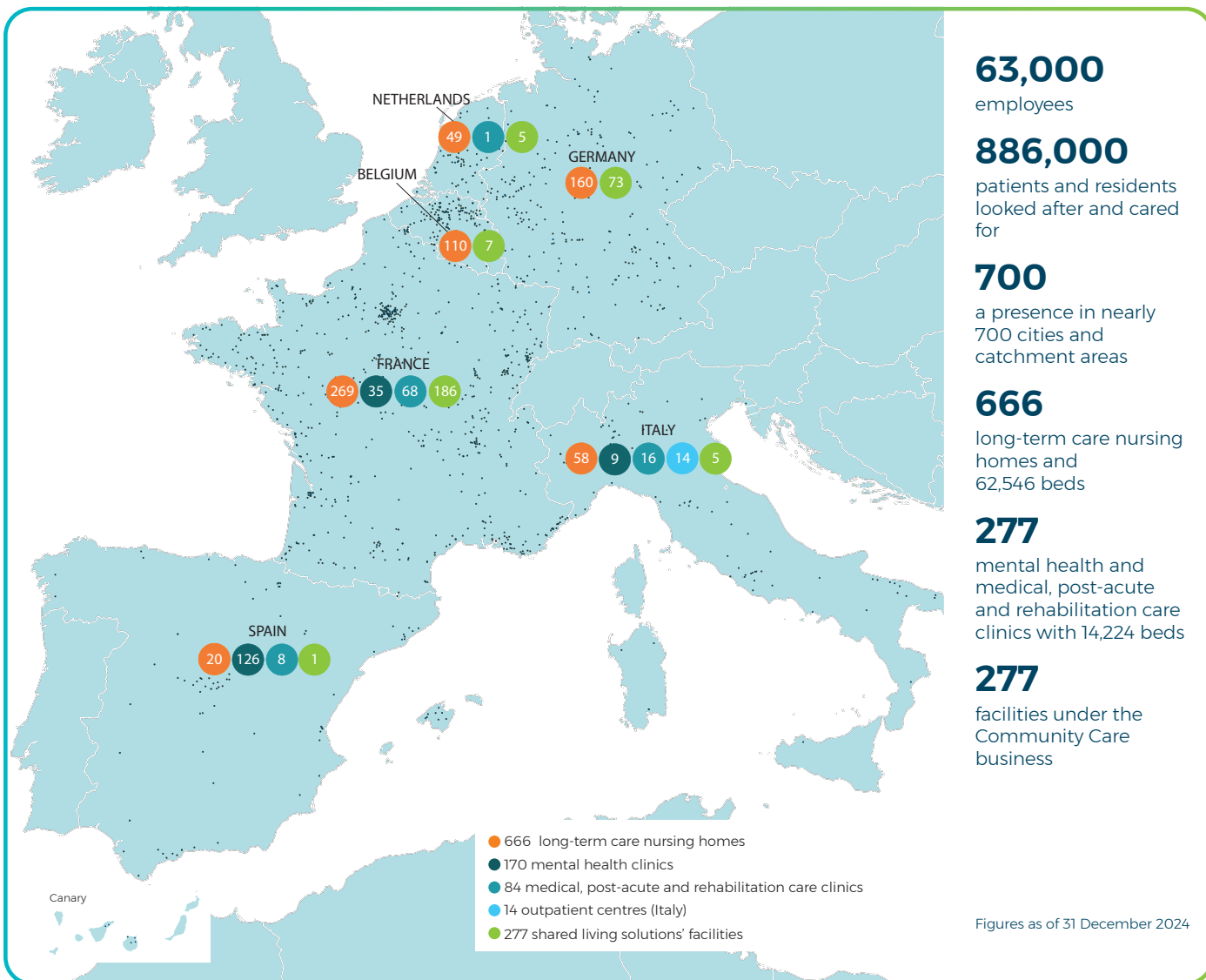
#### If you yourself had impaired independence, would you be worried about placing too great a burden on your loved ones if they regularly helped you with your daily tasks?



#### In general, would you say that caring for your loved one(s) with impaired independence makes you happy?



## Our activities and facilities



**Clariane** is the leading European care services community, with three complementary business segments (long-term care nursing homes, specialist healthcare facilities and services and shared living solutions). With its network of more than 1,200 facilities in six countries, its expertise is recognised across the care, health and support sector. Its dense, diverse networks bolster Clariane's appeal as a leading employer in the sector.

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The full survey is available at [clariane.com](https://clariane.com). You can also access it by scanning this QR code:



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