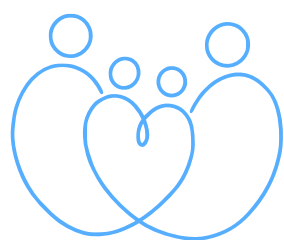


# Family Caring in Ireland

## 2025

### Who is a Family Carer?

Someone who provides regular unpaid personal help or support to a family member, neighbour or friend with a long-term illness, health issue, an issue related to old age or disability (CSO, 2022a)



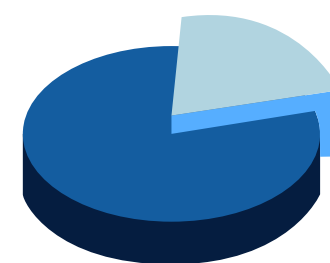
### Who Cares?

**14%** or **611, 828**

of the population aged 15 and over are providing family care (CSO, 2022b & Healthy Ireland, 2024)

### What About Gender?

61% of family carers are women, and 39 % are men. (CSO 2022)



29% of women aged 45-54 identify as a carer (Healthy Ireland, 2024)



**€244** per week

is the additional cost of caring for an adolescent with additional needs (MacMahon, Boylan & Thornton, 2022)

**101,426**

carers receive the Carers Allowance

**137,000**

carers receive the Carer Support Grant

(DSP, 2025)

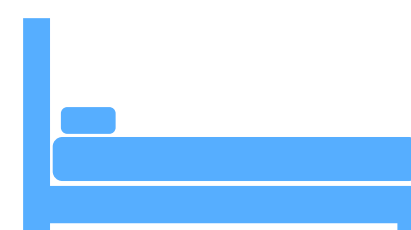
### What is the Financial Contribution of Family Carers?

**€ 20bn per year**  
(FCI, 2021)

### How Many Home Support Hours Are Provided Each Year?

**23.4m** in 2024

(HSE 2024; excludes PA & Home Support Hours delivered through Disability Services)

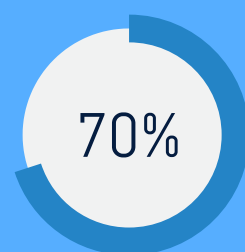


**160,000**

overnight respite stays are provided for people with a disability (HSE, 2024)



### Who are Carers caring For?



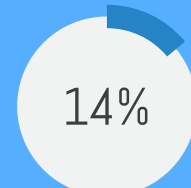
**care for a person aged 65+**

(Healthy Ireland, 2024)

**2/3**

**care for a person aged with a physical illness or disability**

(Healthy Ireland, 2024)



**care for a child**

(Healthy Ireland, 2024)



**6% of family carers are LGBTQ+**

(FCI, 2024)

**11%**

of family carers report an ethnicity other than White Irish

(CSO Request, 2024)

**67,000**

children aged 10-17 provide regular unpaid care

(FCI, 2023)

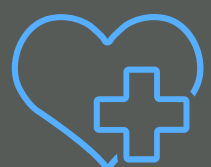


### What are some impacts of caring?

**48%**

of family carers report severe loneliness

(FCI, 2024)



**41%**

of family carers also have a long-term health condition

(Healthy Ireland, 2024)

**69%**

find it hard to make ends meet

FCI, 2024

Family carers have a **38%** higher probability of experiencing depression than the average population

(Gallagher & Wetherell, 2020)

### Sources of Information

CSO (2022a) Census 2022, Household Form. Question 23

CSO (2022b) Census 2022, Summary Results.

CSO Request (2024) Private request through CSO using 2022 Census Data

Department of Social Protection (DSP) (2025) Numbers published at DSP Annual Carers Forum, May 2025

Family Carers Ireland (FCI) (2021) 2022 Pre-Budget Submission

Family Carers Ireland (FCI) (2023) Sharing The Caring: Young Carers' Experiences and Access to Supports in Ireland

Family Carers Ireland (FCI) (2024) The State of Caring 2024

Gallagher, S., & Wetherell, M. (2020) Risk of depression in family caregivers: Unintended consequences of COV-19. BJPsych Open 6(6) E119

Healthy Ireland (2024) Healthy Ireland Survey 2024. Summary Report

HSE (2024) HSE National Service Plan 2025

MacMahon, B., Boylan, H. & Thornton, R. (2022) Care at Home: Costs of Care Arising from Disability. The additional costs of a Minimum Essential Standard of Living for a household caring for an adolescent with a profound intellectual disability.