

INTERSECTIONALITY & DIVERSITY IN FAMILY CARE

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Family Carers in Ireland: Assumptions

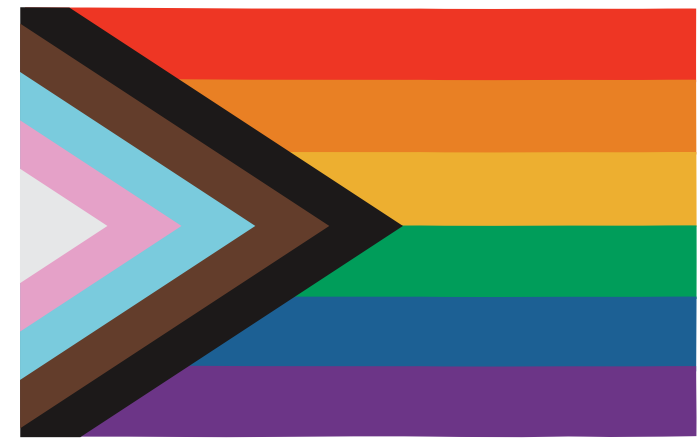
- Female
- White
- Irish
- Middle-aged
- Catholic
- Straight
- Cisgender



Census 2022

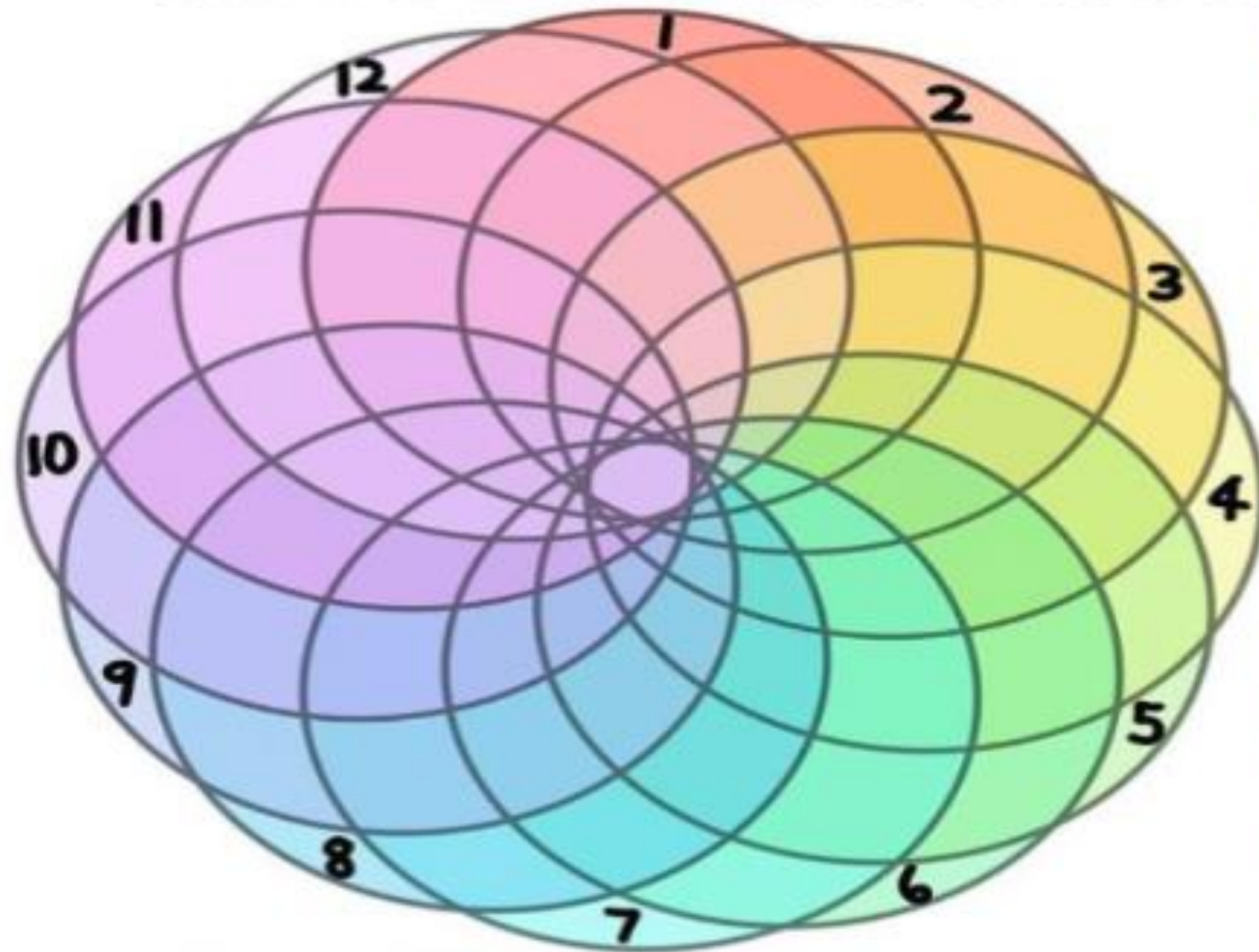
A family carer is someone who;

“... provides regular unpaid personal help or support to a family member, neighbour or friend with a long-term illness, health issue or an issue related to old age or disability”



- Family carers can be gay, straight, bisexual, queer...
- Family carers can be cisgender or transgender...
- Family carers can be male, female, or non-binary...
- Family carers can be Catholic, Protestant, Jewish, Buddhist, Muslim, Orthodox, Sikh, Satanist, Atheist...
- Family carers can be rich or poor...
- Family carers can be young or old...
- Family carers can be highly educated or early school leavers...
- Family carers can be of any race or ethnic group...
- Family carers can be disabled...
- **Family carers can be literally anyone**

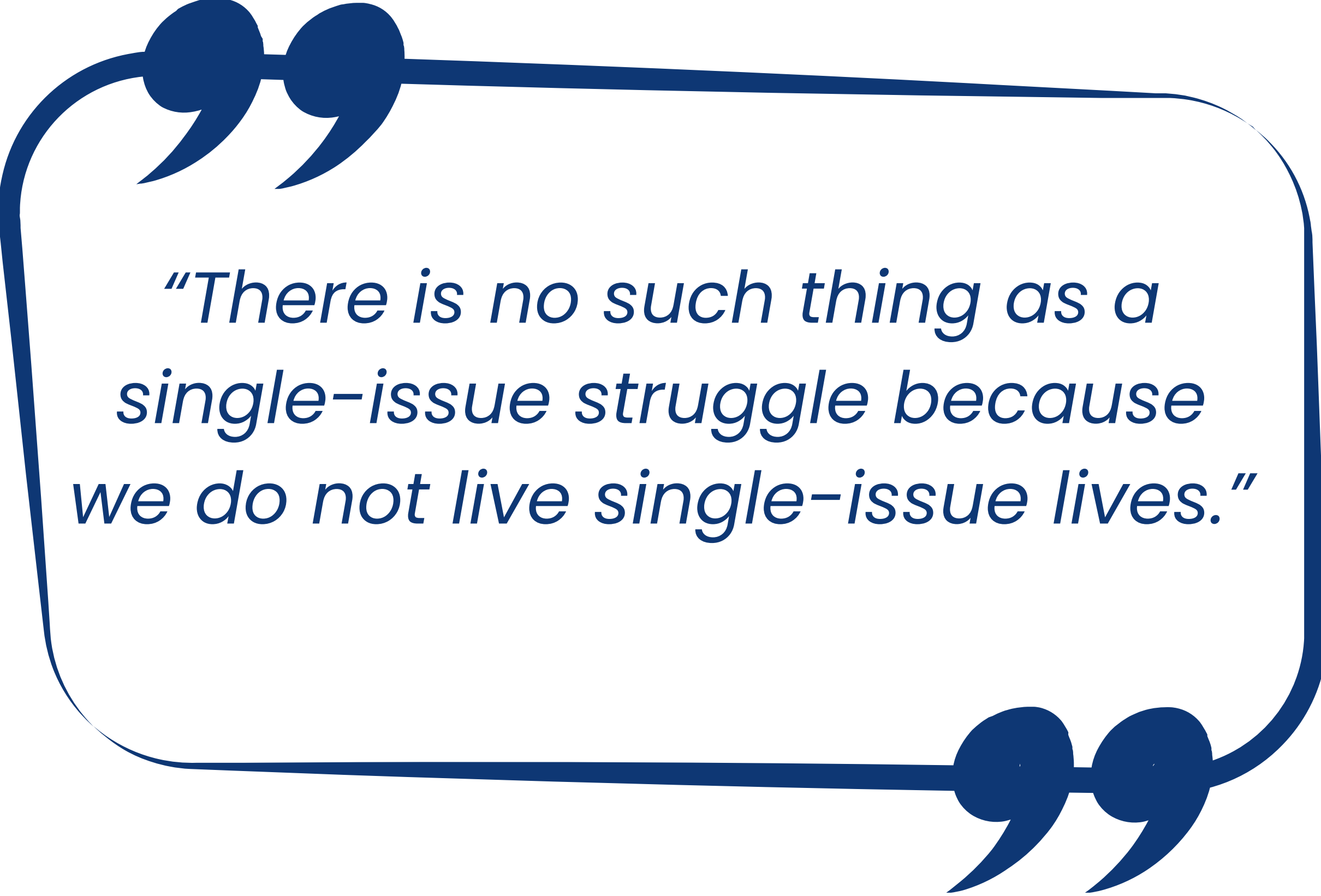
INTERSECTIONALITY



- 1 Race
- 2 Ethnicity
- 3 Gender identity
- 4 Class
- 5 Language
- 6 Religion
- 7 Ability
- 8 Sexuality
- 9 Mental health
- 10 Age
- 11 Education
- 12 Attractiveness
- (...and many more...)

Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

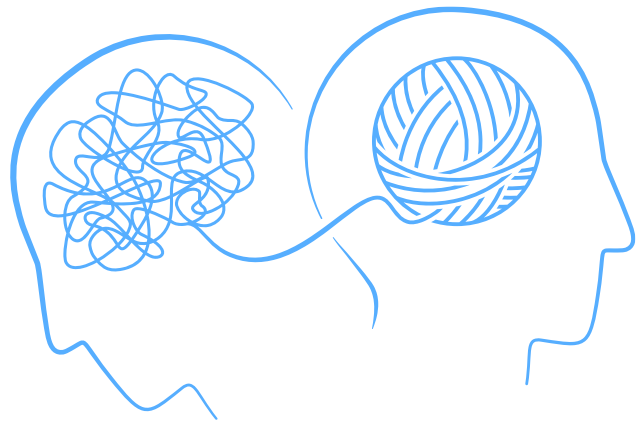
– Kimberlé Crenshaw –



*“There is no such thing as a
single-issue struggle because
we do not live single-issue lives.”*

Audre Lorde

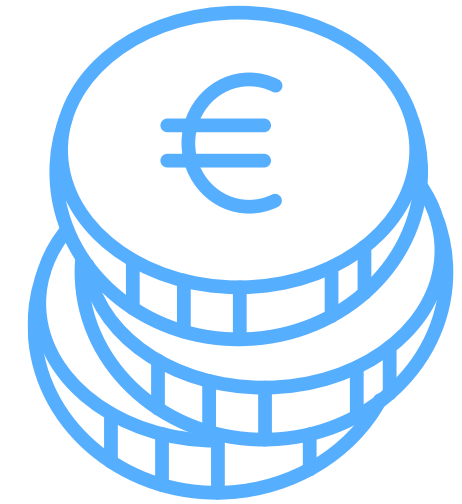
Impacts of Caring



- 38% higher chance of experiencing poor mental health than general population
- 71% of carers feel 'left out' of society



- 43% of carers report good-very good health (vs 85% of general population)
- Back pain and exhaustion are key problems

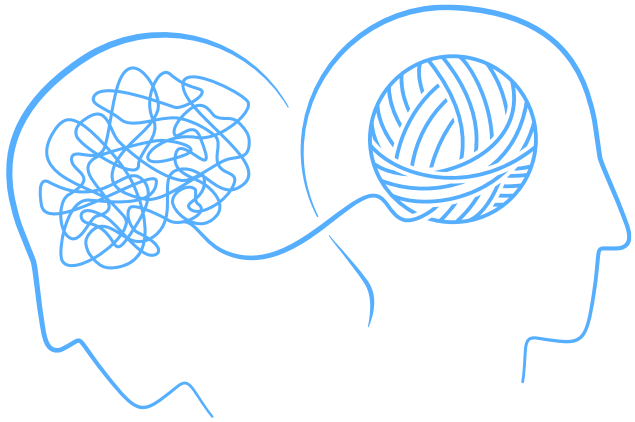


- 68% carers in 'financial distress'
- 13% in arrears with rent or mortgage (vs 7% of general population)
- 23% cutting back on essentials to make ends meet

Being part of a minority group in Ireland

- Census 2022
 - 23% of the population identified as something other than 'White Irish'
 - 31% identified as a religion other than 'Roman Catholic'
 - 751, 507 people spoke a language other than English or Irish at home; 212,285 of these were born in Ireland
 - 32,949 Irish Travellers live in Ireland
- 4–25% of the population may identify as part of the LGBTQ+ community

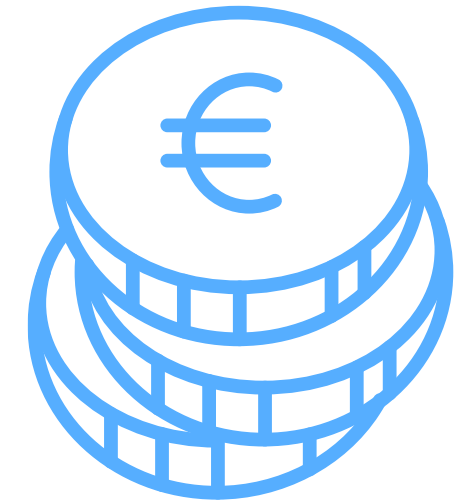
Why Does it Matter?



- 37% of LGBTQ+ people were discriminated against in the past year
- Severe mental health difficulties more prevalent in ethnic minority groups



- Minority groups less likely to access health & mental health services
- Barriers such as racism, stigma and language difficulties get in the way



- Minority groups more likely to be in precarious employment
- Black non-Irish workers twice as likely to experience workplace discrimination

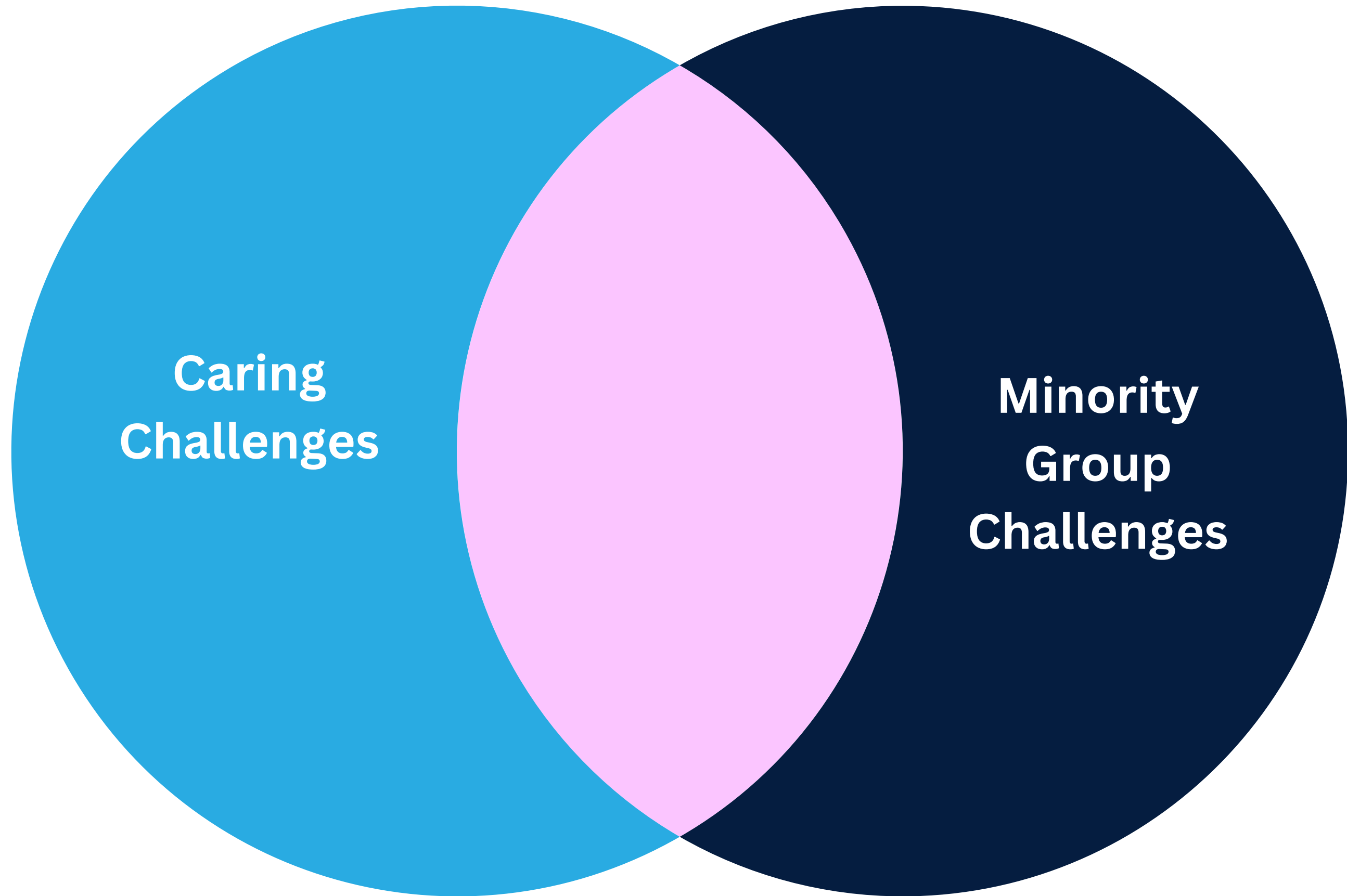


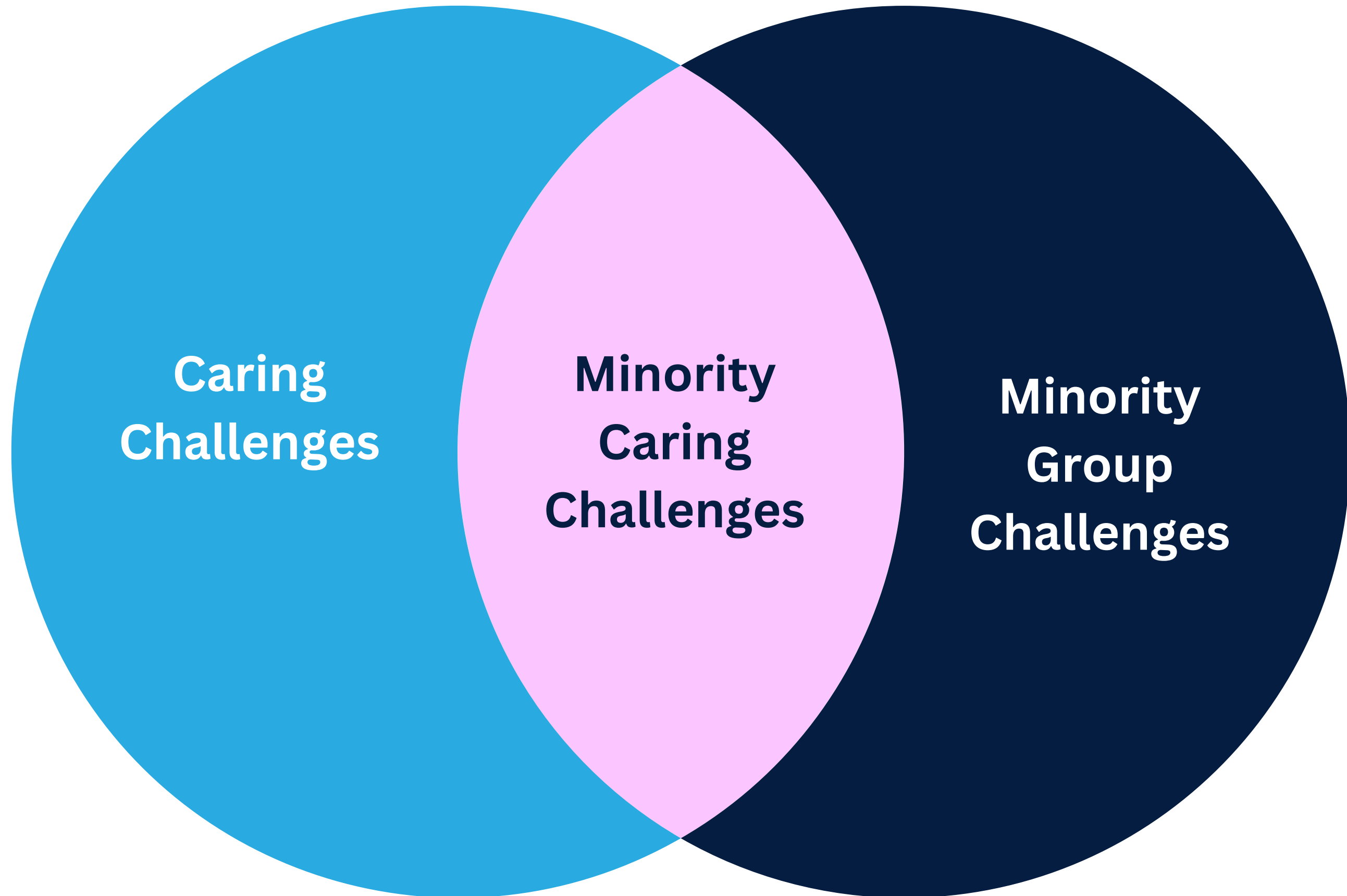
Healthy Ireland Survey 2024
Summary Report

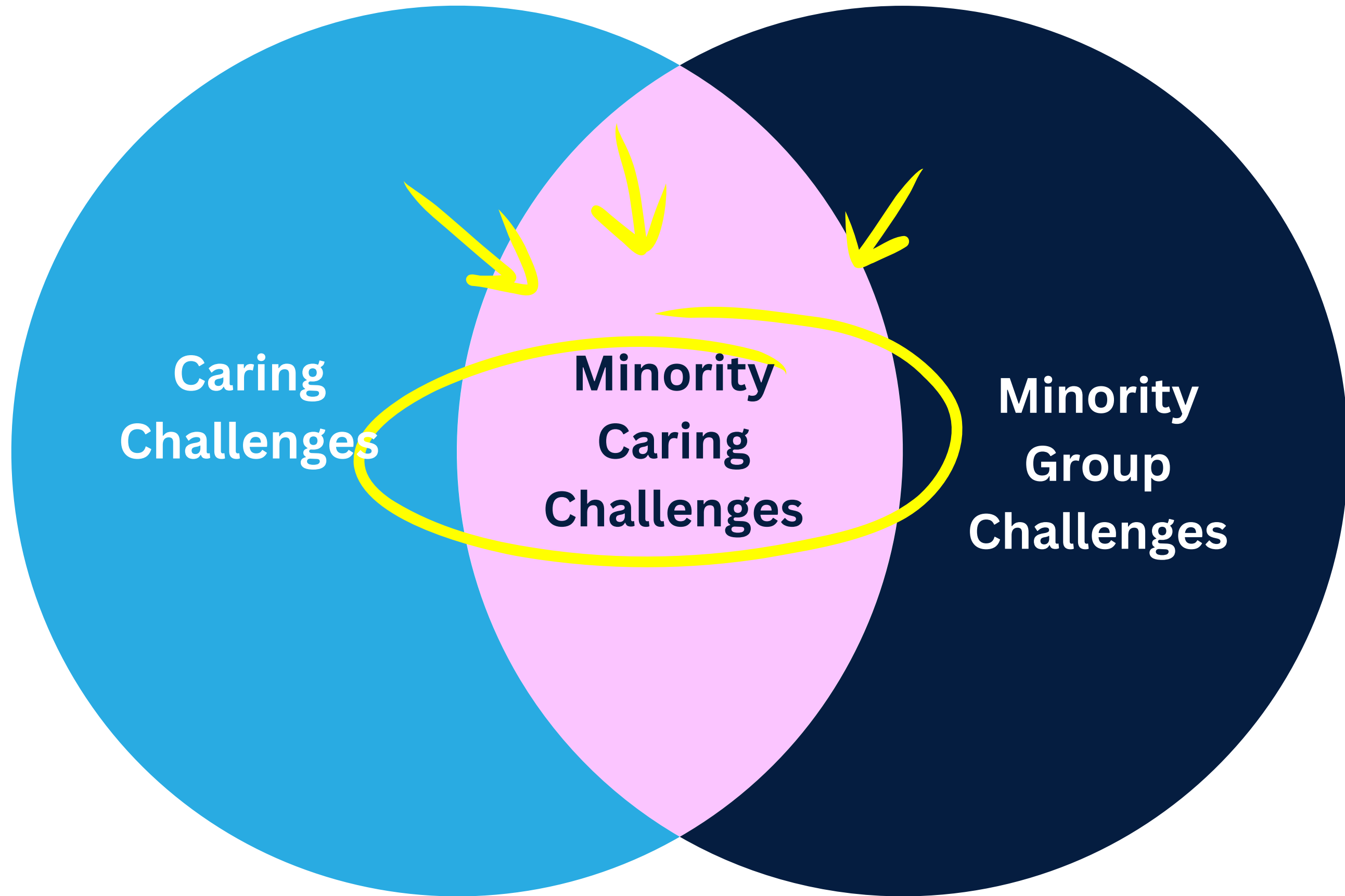


Healthy Ireland 2024

- No breakdown of health outcomes by minority group membership
- No use of words/phrases:
 - LGBTQ
 - Race
 - Ethnicity
 - Minority
 - Traveller
 - Religion







Examples

- Imagine the trans woman who cares for her father with dementia - who doesn't remember having a daughter, only sons
- Imagine the Muslim carer who only sees Mass celebrations for family carers in his local area
- Imagine the gay couple who feel they have to 'de-gay' the house before homecare workers come in to visit
- Imagine the Black Irish family carer who can only access bandages etc. for white skin
- Imagine the Indian family carer who can't understand any of the literature in the local health centre, and who is forced to bring her daughter to medical appointments to translate
- Imagine the Irish Traveller who can't avail of any adaptation grants for their home, as it's not a 'house'

Policy Recommendations

- Increase research & reporting on family care in minority populations to improve our knowledge
- Include specific actions re: minority family carers in the next Strategy
 - There were none in NCS 2012
- Encourage services (including the HSE and voluntary) to include reference to minority groups in their literature and online presence– but avoid tokenism!
- Understand that many challenges remain – but the solutions may be specific