



Interessengemeinschaft  
pflegender Angehöriger

## **Current demands of Politics by the Interest Group**

### **1. Advice, free of charge, concerning care and support for people in need of care and their relatives.**

Relatives and people in need of care must receive this care by telephone or by individual persons. The subjects are manifold, comprising financing, support offers, judicial problems and also care advice and should be given by competent personnel.

Every relative should have the right to personal advice, at least twice a year.

### **2. Increasing affordable offers for care and support**

Individual situations for care and support need diverse and affordable opportunities. They must be easily accessible and barrier-free.

New ways for care and housing must be developed in order to safeguard the accessibility in the entire field of care and support.

In order to create individual care and support facilities there is a need for local sites for advice, networking and coordination for caregiving relatives.

### **3. Increase and more flexibility of supplementary care.**

Supplementary care must be adapted to the living conditions of the relatives. It should be flexible, which implies that supplementary care should also be provided on a daily basis. We also demand a legal right to supplementary care through the support fund.

### **4. Support of children and young people as caregiving relatives**

Children and young people who participate in the care and support of relatives must be supported and supervised. Here, new and innovative offers must be implemented corresponding to demands by children and young people. These should comprise an exchange on social media as well as individual support.

### **5. Improving the compatibility of care and profession**

The demand by the interest group for care leave and part-time care leave with financial support was made into law and came into force on 1 January 2014.

Furthermore, employers must be made aware of the situation of caregiving relatives. We demand a framework that allows for individual and flexible arrangements (e.g., working hours, home office).

### **6. Caregiving relatives for people with dementia**

The strategy concerning dementia describes a number of actions, for example, measures relieving and accompanying caregiving relatives. Here, specially trained caregiving and support personnel as well as adequate offers are needed.

## **7. Legal rights**

Legal rights to support opportunities are a precondition for people needing and using them. This is true for caregiving or part-time leave, supplementary care, etc. We demand regulated legal rights.

## **8. Legal security for parents of chronically ill or disabled children**

Chronically ill or disabled children need measures for a continued self-determined and secure life after the death of their caring parents, even if they themselves are grown-ups. Therefore, living and work models must be provided.

## **9. Care leave for self-employed people**

Self-employed relatives (commercial law and self-employed social security) also must have a legal right to paid care leave.

## **10. Support for caregiving relatives after the termination of care**

At the end of a sometimes years long care, the caregiving relatives are often faced with big challenges. To continue living with the loss of a person, to return to a “carefree daily life” without guidance often leads to a crisis. Mourning and crisis support must be available for relatives.

## **11. Psychosocial support during the whole caregiving process must be available on a low-key basis**

Available support such as psychological talks with relatives or days free of caregiving are important to be available during the care process, which sometimes lasts for many years. These offers are limited in time.

The care situation is psychologically stressful, tension increases over the years and leads caregiving relatives to the limit of their psychological resilience. Institutions, associations, self-help groups and media should draw attention to groups of caregiving relatives and contribute to the availability of low-key psychosocial support.

## **12. Supporting offers for care and assistance of relatives suffering from post-viral after effects**

Caregiving relatives who care for people suffering from a medically proven, long-covid-syndrome or other post-viral infectious diseases and their long-term effects, must get access to all support initiatives for caregiving relatives. Far-reaching reform for care pay.

## **13. Far-reaching reform for care pay**

The system of care pay needs to be reformed drastically in order to correspond to long-time care. The incidence of new diseases which will in all likelihood last longer than six months, such as long and post Covid must also be included in care pay.

## **14. Caregiving relatives with a migration background must have access to information**

Caregiving relatives with a migration background must have access to information for the care of their relatives. This needs special, individual and personal guidance helping them to overcome bureaucratic hurdles.