

Development of a workplace programme to promote health and self-care behaviours among working family carers



**CAREWELL**  
familycarers@work  
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### Project Team

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### Background

Family carers are the main source of care provision for those in need of care living in the community. Caring for someone can be a positive experience, but balancing caregiving responsibilities with other life commitments such as work, can be particularly challenging and juggling these roles can sometimes affect carers' health.



### Project Aim

This four year research project aims to promote health and self-care behaviours among working family carers through the development of a workplace 'CAREWELL' programme and to determine the feasibility of the programme for use with family carers in public and private work settings. The project also aims to examine strategies that enable family carers to combine caregiving responsibilities with work.



### Project Design

**Phase 1:** Collate the available evidence on health, work and caregiving.

**Phase 2:** Conduct interviews with employers, focus groups with working family carers and a web-based survey with both groups.

**Phase 3:** Design the 'CAREWELL' programme and assess the feasibility of the programme for use with family carers in the workplace.



### Collaborators

LEO Pharma, Fusion HR, CIRCLE, University of Sheffield, Robert Walters, CIPD Ireland, UCD HR, UCD Geary Institute, Care Alliance Ireland, University of Limerick, and UCD School of Social Policy, Social Work and Social Justice.



### Contact Us

If you are interested in this project or would like further information, please contact the project team at [CAREWELL@ucd.ie](mailto:CAREWELL@ucd.ie) or visit [www.carewellproject.wordpress.com](http://www.carewellproject.wordpress.com)



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