



# European Care Strategy

**Our plan for better care services  
in the European Union**

## Easy-to-read version

Easy-to-read is information that is written in a simple way so that all people can understand it. You can find more information at: [www.inclusion-europe.eu/easy-to-read](http://www.inclusion-europe.eu/easy-to-read).



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The difficult words in the text are marked in **bold**.  
You can find their explanation at the end of this booklet.

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## What care services mean

'Care services' is the support someone gets to manage their daily lives.

For example:

- Persons with disabilities may need support to be able to live independently.
- Older persons may need help to eat, dress, take a shower, do their groceries or pay their bills.
- Parents may need help to take care of their children.



A person who regularly looks after other people is called 'carer'.

For example, a carer can be:

- A mother or a father who look after their child.
- A person who looks after a person with disability or an older person in their family.



There are also paid carers whose job is to look after other people.

For example:

- Nurses are paid carers.  
It is their job to look after people who are sick or have a disability.
- Teachers at childcare are paid carers.  
It is their job to look after babies and young children.



## Why care services are important for all of us

Having good care services where you live is important for all of us.

We may all need to take care of someone at some point in our lives.

For example,  
we may need  
to look after our parents  
when they get older.  
Or to take care of our children.

We may also need someone else  
to look after us  
at some point in our lives.



For example:

- If we have an accident,
- If we have a disability,
- When we get older,
- When we become parents and we need support to take care of our child.



At the **European Commission**, we believe that all people in Europe should have access to good care services.



With good care services:

- Persons with disabilities will be able to get the support they need to live independently and take part in the community.
- Older persons will be able to get the support they need to live a good life.
- Parents will be able to get support to take care of their children.  
With the right support, it will also be easier for them to work, if they want to.



## How care services are in the European Union

Unfortunately,  
many people in the **European Union**  
still cannot enjoy good care services.

This can be because the care services  
are not available where they live,  
or they are too expensive  
or they do not fit their needs.



For example:

- Many parents in Europe cannot continue working after the birth of their child because they cannot pay for childcare.
- Many older persons do not get the care they need at home.
- Many persons with disabilities do not get the support they need to be able to live independently.
- It is mostly women who are expected to look after a member of their family. For example, a child or an older parent. This makes it more difficult for women to work than for men.



- People who work as carers often work too much and get low salaries for their job. This is unfair and makes it hard for other people to choose to do this job. This is one of the reasons why there are not enough nurses and carers in Europe.



## Our plan to make care services in Europe better

At the **European Commission**, we believe that all people in Europe should enjoy good care services.



In 2022, we made a plan to guide countries in the European Union to give more and better care services to their people.

We call this plan 'the European Care Strategy'.

Amongst others, in this plan, we ask all countries in the European Union to:



### 1. Make sure that families in Europe have access to good childcare

This way young children can grow their skills and spend time with other children



of their age  
while their parents work.

## **2. Collect useful information about childcare**

For example, countries  
in the European Union  
should collect information about  
how many young children with disabilities  
take part in childcare.



## **3. Make sure that people in Europe have access to good care throughout their lives**

Persons with disabilities, older persons  
and all people who need care  
should be able to enjoy  
good care services  
wherever they live In Europe.



## **4. Listen to the views of carers when they plan how care services should be**

They know best  
the challenges of their work  
and can suggest what can be better.



## **5. Make sure that women and men have the same chance to work and take care of their loved ones**





It should not be mostly women who look after other members of the family.

Men are also able to look after their loved ones.

Men can also work as nurses same as women.

Being a carer or a nurse should not be seen as jobs only for women.



## 6. Support the important work of carers

The work of carers is very important, and it should be recognised as such.

Carers should get good salaries for their work.

Carers should get the support and training they need to do their work well.

This way, more people will choose to become carers.



## What we will do next

To make the European Care Strategy happen, it is important to work all together.

In the next period, the **European Commission** will work with other bodies of the **European Union**



to make the European Care Strategy happen.

For example:

- The European Parliament,  
and
- The Council of the European Union.



All together we can make the care services in Europe better for all people.



## More information

If you have questions, you can [send us a message by clicking here](#).



# Explanation of difficult words

## European Union

The European Union is a group of 27 countries in Europe that have come together to make things better for people.

You can find more information about the European Union at [www.european-union.europa.eu/easy-read](http://www.european-union.europa.eu/easy-read).



## European Commission

The European Commission is the body of the European Union that suggests laws that can make a difference in the lives of people in Europe.



## European Parliament

The people of the European Parliament are elected by all people in Europe to stand for their rights.



## Council of the European Union

People who make decisions in every country of the European Union come together and make the Council of the European Union. Together with the people of the European Parliament, they decide what laws will happen in Europe.

