

Name Cuidar de Quem Cuida (Social Impact Bond)

Website cuidardequemcuida.com

Year Launched 2019

Area Mental health and well being



Description

The Cuidar de Quem Cuida Social Impact Bond supports informal caregivers by providing municipalities and local networks with a 7-month training and mentoring programme, that creates and empowers local multidisciplinary teams to assist informal caregivers.

Impact in Numbers

Expected at least 5% improvement in the average overall quality of life of the 240 caregivers that will receive the support. This outcome will be measured by an independent evaluator: [CINTESIS](#). Project still in progress.

Impact Management Project assessment

What: Cuidar de Quem Cuida focuses on increasing the quality of life of the informal caregivers who see a steep decline of their average wellbeing and mental health as a result of fulfilling this role. It represents a positive outcome of significant importance.

Who: The population is underserved as there are only a few interventions working in this field. Portugal is one of the EU countries with the highest rate of care provided by informal caregivers (30.6% compared with 24.5% in the EU-28, [Eurostat](#), 2019).

How much: Deep effect in changing the quality of life of caregivers (5%), measured by CINTESIS by assessing the capabilities of the caregiver and depression and anxiety (through [HADS](#)).

Contribution: Likely better than what would have happened, given the tendency for the quality of life of the caregiver to gradually worsen, due to cumulative fatigue and frequent deterioration of the condition of the person being cared for. However, there is limited attribution analysis embedded in the evaluation of the project.

Risk: Execution risk can occur given the natural limitations to deploy this type of intervention within a pandemic scenario. However, this risk is still considered low, given its temporary / context-specific nature.

Conclusion

According to the [IMP framework](#), we classify the Cuidar de Quem Cuida SIB as a C project (Contributing to Solutions) because it is focused on important positive outcomes, works with underserved populations, carries a deep change, and as the potential to scale.

SDG Analysis

Cuidar de Quem Cuida addresses the sub-goal 3.4, promote health and well-being, by focusing on improving mental health of informal caregivers. Also, the Social Impact Bond addresses sub goal 17.17, by encouraging the promotion of effective public-private and civil society partnerships, building on different stakeholder's experiences, resources, and strategies.

