

CARE-WORK IN THE PUBLIC EYE IN ALBANIA

My experience- A reality shared by many





Achieve a *Balanced Life:* *Work and* Parenting Done Right

WORK–LIFE BALANCE IS IN CRISIS

- The 1985–1995 generation faces a triple burden:
 - Raising children
 - Caring for ageing parents
 - Maintaining a career



THE REALITY OF WORKING PARENTS

- Rigid working hours
- Limited flexible arrangements
- School/kindergarten schedules often do not match working hours
- Parents must personally solve the childcare gap
- Private childcare = additional family cost



THE HIDDEN FINANCIAL BURDEN

- State support after childbirth is limited
- Birth grant: approximately €380 — one time
- Childcare and daily family expenses continue for years
- Families increasingly carry costs that are not sufficiently covered by public support





CHILDREN WITH DISABILITIES

- Approximately €100/month per child in state support
- Additional support can require a long bureaucratic process
- Public schools often lack:
 - Specialized resources
 - Trained teachers
 - Adequate support
- Parents often turn to expensive private services





CARING FOR AGEING PARENTS

- Pensions: approximately €100–€200/month
- Elderly parents often depend on their children
- Families cover increasing costs of:
 - Healthcare & medication
 - Food and daily living
 - Residential care
- Residential care can reach €700–€800/month for a couple



ONE GENERATION. THREE RESPONSIBILITIES

- **Children**
Care • education • expenses
- **Career**
Work • income • professional development
- **Ageing Parents**
Healthcare • living costs • financial support

The pressure comes from both directions.





The Gender Dimension

- Women disproportionately carry **unpaid care work**
- Care responsibilities affect:
 - Employment opportunities
 - Career advancement
 - Financial independence
 - Long-term economic security
- Care has a **direct economic cost for women**

CARE IS NOT JUST A PRIVATE FAMILY MATTER.

- Care has an economic cost
- Care affects employment
- Care affects women's careers
- Care affects family income
- Care affects future pensions

WE NEED TO RECOGNIZE CARE AS A PUBLIC RESPONSIBILITY.





THANK YOU FOR YOUR ATTENTION!

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