

**InformGloucestershire**

# **Informal Carers in Gloucestershire Characteristics and Need**

Release date: July 2020

## Key points

**Census 2011** - There were 62,644 unpaid carers (10.5% of the population) in Gloucestershire in 2011. A small proportion of carers were children under the age of 16 (1.7%) but the majority were aged 50 or over (64%).

**Impact of ageing population** - The total population of Gloucestershire is projected to increase by 6.4% from 2020 to 2030 but the population aged 65 and over is increasing four times faster (25.8%). If the proportion of carers in the population stays the same, the number of carers aged 65 and over is predicted to rise from 20,157 in 2020 to 25,077 in 2030, a rise of 24.4%, with the greatest increase predicted for 80-84 year-olds (53.35%).

**Impact of caring** - Carers caring for long hours are more likely to experience poor health themselves and less likely to be economically active. Many carers face very difficult financial situations due to their caring responsibilities, despite the valuable contribution they make to society. Carers often find their own income affected by caring (for example because of having to give up work or reduce their hours to care). 39% of all carers are struggling to make ends meet and of these, 78% regularly use their own income or savings to pay for care or support services, equipment or products for the person they care for.

**Impact of Covid-19** - 70% of unpaid carers are providing more care (an additional 10 hours of care a week on average) due to the coronavirus outbreak.

**Who carers care for** - 40% of unpaid carers look after a parent, 18% look after a spouse, partner, or cohabitee, and 17% look after a son or daughter.

**BME carers** - 7.2% of the BME population were carers, compared to 10.7% of the white population. This is mainly because BME groups have an age profile that is significantly younger than the white majority population. As the BME population ages, the proportion of BME carers is likely to increase.

## 1. Overall Carer Numbers in Gloucestershire

*“Most people don’t expect to become carers. However, there is a 50:50 chance any one of us could find ourselves playing such roles by the time we’re 50.” \**

### 2011 Census

- 62,644 people in Gloucestershire were carers
  - This was 10.5% of the Gloucestershire population
  - Compared to 10.3% for the UK population

### 2001 Census

- 55,700 people in Gloucestershire were carers.

### 2001 to 2011

- Population growth 5.7%
- Vs Carer growth 12.5%

\*Anita Wadhawan. (2020). *Make Caring Visible*. Available: [https://socialcare.blog.gov.uk/2020/06/09/make-caring-visible/?wp-linkindex=10&utm\\_campaign=Social\\_care\\_coronavirus\\_weekly\\_&utm\\_content=dhsc-mail.co.uk&utm\\_medium=email&utm\\_source=Department\\_of\\_Health](https://socialcare.blog.gov.uk/2020/06/09/make-caring-visible/?wp-linkindex=10&utm_campaign=Social_care_coronavirus_weekly_&utm_content=dhsc-mail.co.uk&utm_medium=email&utm_source=Department_of_Health). Last accessed 20/06/2020.

## 2. Carer Characteristics – Age and gender

### Carers in Gloucestershire (2011 census)

- The 2011 Census recorded more female (58.1%) than male carers (41.9%) in Gloucestershire.
- The peak age for caring in Gloucestershire in 2011 was age 50 to 64, accounting for 38.8% of all carers.
- Nearly a quarter of all carers (15,582 or 24.9%) were aged 65 and over and a further quarter (15,153 or 24.2%) were aged 35 to 49.
- Nearly 1,100 carers recorded in the 2011 Census were children under the age of 16, representing 1.7% of all carers in Gloucestershire.

Age	Number of carers	% of carers
Under 16	1,084	1.7%
17 to 24	2,608	4.2%
25 to 34	3,934	6.3%
35 to 49	15,153	24.2%
50 to 64	24,283	38.8%
65 and over	15,582	24.9%
<b>All ages</b>	<b>62,644</b>	<b>100.0%</b>

## 2. Carer Characteristics – Carers in districts

2011 Census:

Stroud had the highest **number** of carers (12,847), followed by Gloucester (12,124) then Cheltenham (10,533). Forest of Dean had the highest **proportion** of carers - 11.8% of the district's population, followed by Stroud (11.4%) then Cotswold and Tewkesbury (both 10.6%).

District	Population	Unpaid carers	Unpaid carers per 100 district population	Unpaid carers per 100 county carers
Cheltenham	115,732	10,533	9.1	16.8
Cotswold	82,881	8,750	10.6	14.0
Forest of Dean	81,961	9,668	11.8	15.4
Gloucester	121,688	12,124	10.0	19.4
Stroud	112,779	12,847	11.4	20.5
Tewkesbury	81,943	8,722	10.6	13.9
<b>Gloucestershire</b>	<b>596,984</b>	<b>62,644</b>	<b>10.5</b>	<b>100.0</b>

## 2. Carer Characteristics – Carers in districts

### 2011 Census

This table shows the number of carers in different age groups as a proportion of the district population by age group.

Highest prevalence\* of carers:

- Forest of Dean all ages (11.8%), aged 0-15 (1.3%), aged 25 to 34 (7.4%), aged 35 to 49 (13.3%) and aged 65 and over (14.9%).
- Stroud aged 16 to 24 (4.6%) and aged 50 to 64 (21.8%).

Lowest prevalence of carers:

- Cheltenham all ages (9.1%), aged 16 to 24 (3.3%), aged 25 to 34 (4.6%) and aged 65 and over (13.3%).
- Cheltenham and Cotswold ages 35 to 49 (both 10.7%) and aged 50 to 64 (both 19.8%).
- Cotswold under the age of 16 (0.7%).

\* *Prevalence = number of unpaid carers in district and age group / population in district and age group*

District	All ages	Age 0 to 15	Age 16 to 24	Age 25 to 34	Age 35 to 49	Age 50 to 64	Age 65 and over
Cheltenham	9.1%	0.9%	3.3%	4.6%	10.7%	19.8%	13.3%
Cotswold	10.6%	0.7%	3.5%	5.6%	10.7%	19.8%	13.4%
Forest of Dean	11.8%	1.3%	4.4%	7.4%	13.3%	20.9%	14.9%
Gloucester	10.0%	1.0%	4.5%	6.4%	12.5%	20.0%	14.2%
Stroud	11.4%	1.1%	4.6%	6.0%	12.4%	21.8%	14.2%
Tewkesbury	10.6%	1.0%	3.7%	6.0%	11.1%	20.7%	14.0%
<b>Gloucestershire</b>	<b>10.5%</b>	<b>1.0%</b>	<b>4.0%</b>	<b>5.8%</b>	<b>11.8%</b>	<b>20.5%</b>	<b>14.0%</b>

## 2. Carer Characteristics - Ethnicity

2011 Census:

4.6% of Gloucestershire's population came from black and minority ethnic (BME) groups.

7.2% of the BME population were carers, compared to 10.7% of the white population (see next slide for explanation).

Ethnic Group	Total population	Number providing unpaid care	% population providing unpaid care*
White: English / Welsh / Scottish / Northern Irish / British	546,599	59,108	10.8%
White: Irish	3,759	418	11.1%
White: Other White	19,289	1,146	5.9%
<b>White: Total</b>	<b>569,647</b>	<b>60,672</b>	<b>10.7%</b>
Mixed/multiple ethnic group	8,661	484	5.6%
Asian/Asian British	12,433	950	7.6%
Black/African/Caribbean/Black British	5,150	454	8.8%
Other ethnic group	1,093	84	7.7%
<b>BME: Total</b>	<b>27,337</b>	<b>1,972</b>	<b>7.2%</b>
<b>All Ethnic groups</b>	<b>596,984</b>	<b>62,644</b>	<b>10.5%</b>

\* Denominator = population in ethnic group

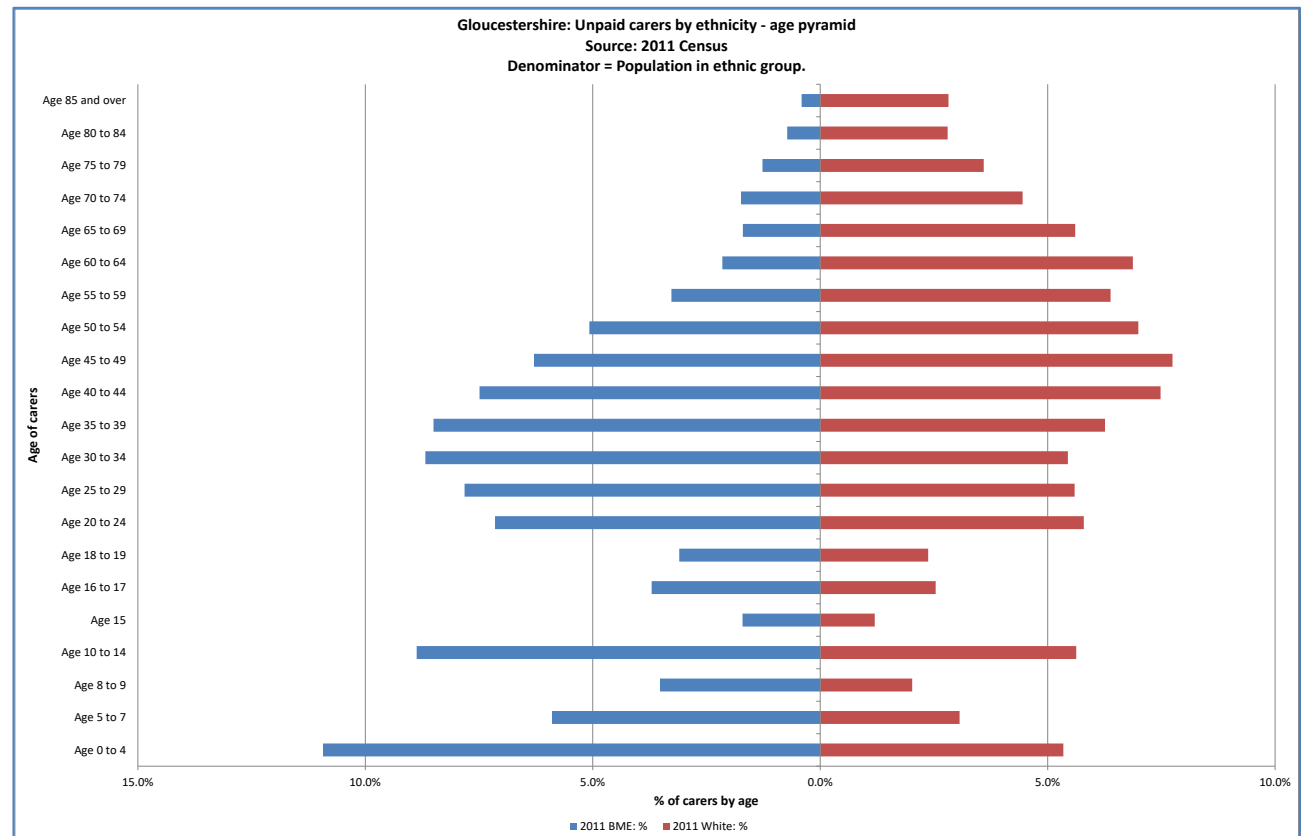
## 2. Carer Characteristics - Ethnicity

2011 Census:

7.2% of the BME population were carers, compared to 10.7% of the white population. The lower proportion of BME groups providing unpaid care is at least partially explained by the differences in the age structure of the different ethnic groups (see chart below). The BME groups have an age profile that is significantly younger than the white majority population. In particular, the BME groups contain relatively low numbers of people aged 85 and over – the age range that tends to have high levels of need.

This chart shows the proportion of white or BME carers in each age group.

As the BME population ages, there will be a substantial increase in their need for care and carers, but it is difficult to predict numbers needing funded services.



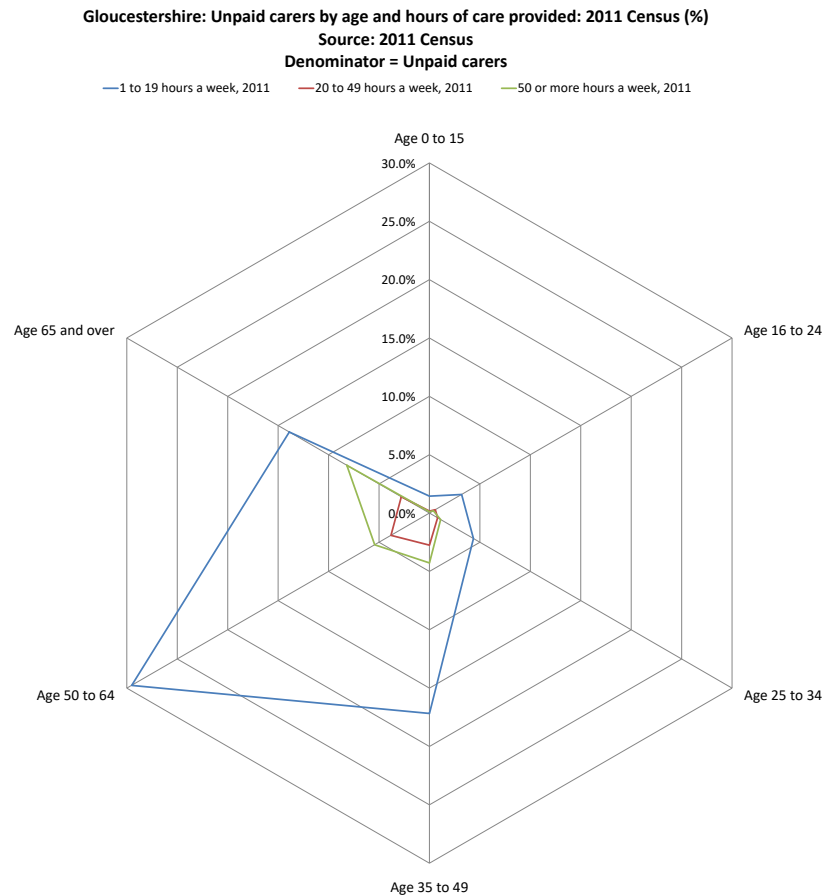


## 2. Carer Characteristics – Hours of caring

In Gloucestershire (2011 Census), 70% of carers provided care for up to 19 hours, 11% for 20 to 49 hours and 19% for over 50 hours a week.

Carers providing 1 to 19 or 20 to 49 hours of care per week were most likely to be aged 50-64

Carers providing 50 or more hours of care per week were most likely to be aged 65 and over.



## 2. Carer Characteristics - Health

2011 Census:

Carers caring for long hours are more likely to experience poor health themselves.

- 11.0% of those who spend 50 or more hours a week caring describe their health as bad or very bad, compared to 7.4% of carers providing 20-49 hours of care and 3.2% of carers providing 1-19 hours of care per week.
- Conversely 81.3% of those who spend 1 to 19 hours a week caring describe their health as good or very good, compared to 69.2% of carers providing 20-49 hours of care and 58.9% of carers providing 50 or more hours of care per week.

2011 Census - Gloucestershire	Hours spent caring per week			
General health	None	1 to 19	20 to 49	50 or more
Very good/good	83.6%	81.3%	69.2%	58.9%
Fair	12.0%	15.5%	23.4%	30.1%
Very bad	4.4%	3.2%	7.4%	11.0%

## 2. Carer Characteristics – Economic activity

### 2011 Census

Carers were less likely to be economically active than non-carers:

- 65.8% of non-carers were economically active
- 59.5% of carers were economically active

People caring for 50 or more hours a week were least likely to be economically active (31.7%), followed by those caring for 20 to 49 hours a week (54.7%) then those caring for 1 to 19 hours a week (68.1%).

2011 Census (Gloucestershire)	Unpaid care provided per week (%)				
	None	Unpaid care: Total	1 to 19 hours	20 to 49 hours	50 or more hours
In employment: Employee: Total	49.8%	45.1%	51.6%	42.5%	23.8%
In employment: Self-employed: Total	10.0%	10.9%	12.8%	8.3%	5.5%
In employment: Full-time students	2.5%	0.8%	1.0%	0.7%	0.3%
Unemployed: Unemployed *	3.0%	2.5%	2.5%	3.1%	2.0%
Unemployed: Full-time students	0.5%	0.1%	0.2%	0.1%	0.0%
<b>Economically active: Total</b>	<b>65.8%</b>	<b>59.5%</b>	<b>68.1%</b>	<b>54.7%</b>	<b>31.7%</b>
Retired	22.5%	29.1%	24.4%	29.0%	45.8%
Student (including full-time students)	4.3%	1.3%	1.4%	1.0%	0.7%
Looking after home or family	3.0%	6.1%	3.3%	9.0%	14.2%
Long-term sick or disabled	2.9%	2.6%	1.6%	4.1%	5.1%
Other	1.6%	1.4%	1.1%	2.2%	2.4%
<b>Economically inactive: Total</b>	<b>34.2%</b>	<b>40.5%</b>	<b>31.9%</b>	<b>45.3%</b>	<b>68.2%</b>

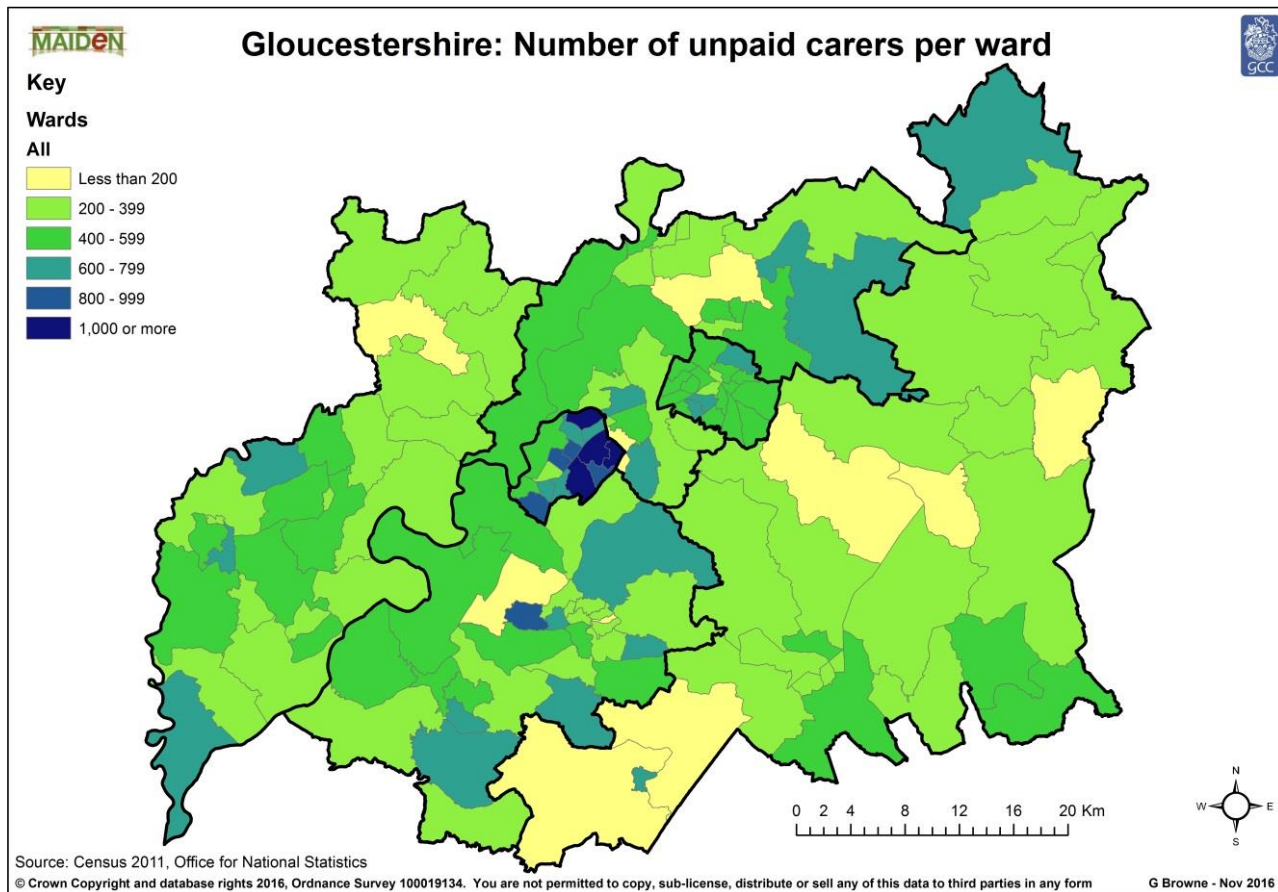
\* (excluding full-time students)

## 2. Carer Characteristics – Carers in wards

2011 Census

The wards with the highest number of unpaid carers in Gloucestershire were Matson and Robinswood (1,136), Barnwood (1,064), Longlevens (1,055), Hucclecote (1,026)

*See following slide for table!*



## 2. Carer Characteristics – Carers in wards

### 2011 Census

This table shows the ten wards with the highest number of unpaid carers as a percentage of the ward population. It can be seen that these wards are concentrated in the more rural parts of the county. Of all wards, Painswick had the highest proportion of carers in the population, representing 14.7% of the ward's population, compared to the County average of 10.5%.

Ward name	Population	Unpaid carers (number)	Unpaid carers (% ward pop)	District
Painswick	4,158	613	14.7%	Stroud
Hewelsfield and Woolaston	1,690	242	14.3%	Forest of Dean
Tibberton	1,664	238	14.3%	Forest of Dean
Twyning	1,668	238	14.3%	Tewkesbury
Randwick, Whiteshill and Ruscombe	1,747	248	14.2%	Stroud
Isbourne	1,955	277	14.2%	Tewkesbury
Coaley and Uley	2,299	319	13.9%	Stroud
Ermin	1,793	244	13.6%	Cotswold
Christchurch and English Bicknor	1,520	204	13.4%	Forest of Dean
Newland and St Briavels	3,297	439	13.3%	Forest of Dean

## 2. Carer Characteristics – Population projections

The total population of Gloucestershire is projected to increase by 6.4% from 2020 to 2030 but the population aged 65 and over is increasing four times faster (25.8%).

If the proportion of carers in the population stays the same, the number of carers aged 65 and over is predicted to rise from 20,157 in 2020 to 25,077 in 2030, a rise of 24.4%, with the greatest increase predicted for 80-84 year-olds (53.35%).

### People aged 65 and over providing unpaid care to a partner, family member or other person, by age, projected to 2030

Age group	Estimated carers: 2020	Projected carers: 2030	Projected change 2020-2030 (number)	Projected change 2020-2030 (%)
65-69	6,557	8,360	1,803	27.5%
70-74	5,579	5,861	282	5.1%
75-79	3,849	4,647	798	20.7%
80-84	2,463	3,777	1,314	53.3%
85 and over	1,709	2,432	723	42.3%
<b>65 and over</b>	<b>20,157</b>	<b>25,077</b>	<b>4,920</b>	<b>24.4%</b>

### 3. National Research - Who do carers care for?

Where carers provide care:

- 57% of informal carers provided care to somebody outside their household while 45% of informal carers provided care to someone living within their household
  - Some people cared for more than one person, both inside and outside their household. Therefore, the total sums to more than 100%.

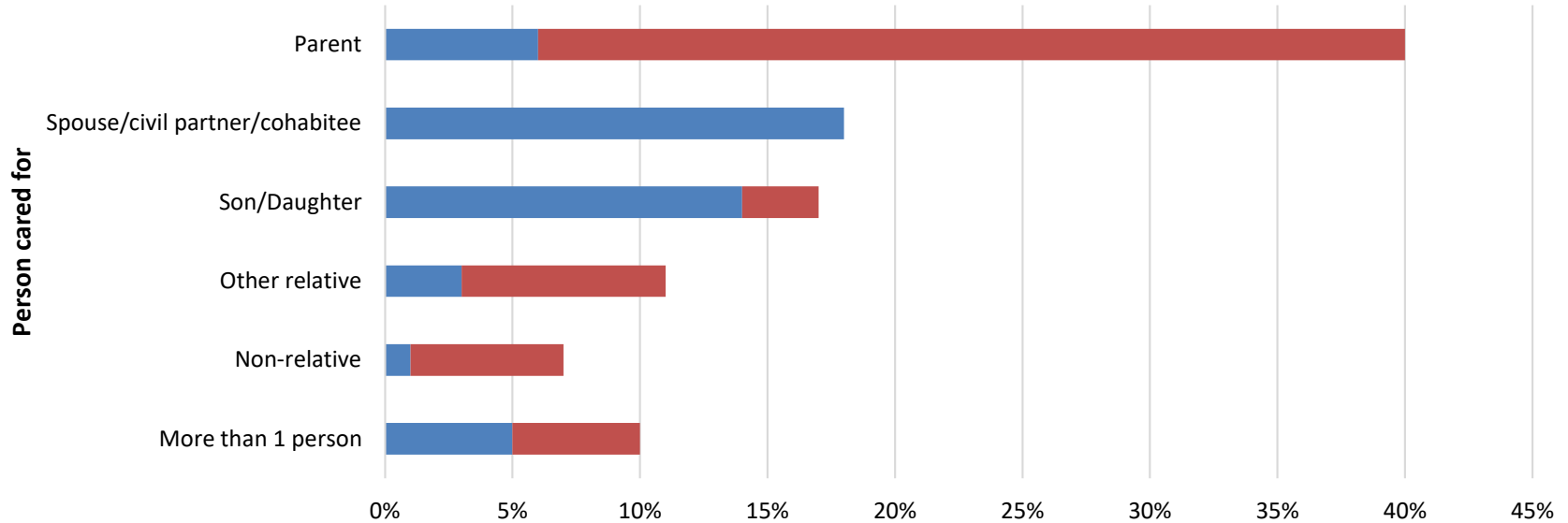
The main recipients of informal care were parents:

- 34% of informal carers were caring for parents living outside their household and 6% of informal carers were caring for parents within their household.
- 18% of informal carers gave care to a spouse, partner, or cohabitee within the same household.

*See following slide for chart!*

### 3. National Research - Who do carers care for?

**UK: Who unpaid carers care for 2018/19**



	More than 1 person	Non-relative	Other relative	Son/Daughter	Spouse/civil partner/cohabitee	Parent
% Inside household	5%	1%	3%	14%	18%	6%
% Outside household	5%	6%	8%	3%	0%	34%

**Percentage of informal carers\***

**\* Constituent parts may not add up due to rounding**

■ % Inside household   ■ % Outside household

Department of Work and Pensions. (2020). *Family Resources Survey: financial year 2018/19*. Available: <https://www.gov.uk/government/statistics/family-resources-survey-financial-year-201819>. Last accessed 17/06/2020.

Sample size: 3,186



### 3. National Research – Type of care provided

According to the NHS Information Centre Survey of Carers in Households:

- 82% provide practical help such as preparing meals, doing laundry or shopping.
- 76% keep an eye on the person they care for
- 68% keep them company
- 62% take the person they care for out
- 49% help the person they care for with financial matters
- 47% help the person they care for deal with care services and benefits
- 38% help with aspects of personal care
- 38% provide physical help

The type of care provided varies with the number of hours a carer provides and whether they are caring at a distance or not:

- Those caring for 20 or more hours a week, were more likely than those caring for less time to help with person care (57% compared to 21%), provide physical help (54% compared to 23%), or give medicines (54% compared to 17%)
- Those caring for someone in their household, rather than at a distance, were more likely to perform more personal tasks such as personal care (54% compared with 22%), physical help (49% compared with 25%) and giving medicines (50% compared with 18%)

### 3. National Research – Young carers

Children’s Society (2001 Census to 2011 Census):

There has been an increase in the numbers of reported young carers in every age band.

- In the 10 years between the Censuses there had been an overall growth of 24% in the reported number of young carers (aged 5 to 24 years old) in the population, as compared to a 4.7% growth overall for the number of young people in this age group.
- The proportion of reported carers in the youngest age group – aged 5 to 9 years – had increased substantially (+67%), relative to growth for other age groups.

**Changes in the numbers of children and young people in the population, in the numbers and proportion of young carers recorded, and in the overall proportions of young carers by age group between the 2001 Census and 2011 Census**

Age group	2001			2011			% change	
	Overall population	Number of young carers	% of young carers	Overall population	Number of young carers	% of young carers	Overall population	% of young carers
5-9 years old	3,118,934	12,386	0.4%	2,970,186	20,744	0.7%	-5%	67%
10-15 years old	3,812,511	78,026	2.0%	3,696,524	89,969	2.4%	-3%	15%
16-19 years old	2,261,676	97,878	4.3%	2,490,524	116,694	4.7%	10%	19%
20-24 years old	2,805,853	135,961	4.8%	3,411,283	176,196	5.2%	22%	30%
All years (5-24)	11,998,974	324,251	2.7%	12,568,517	403,603	3.2%	4.7%	24%

Source: Census tables M205 CT0415, Office for National Statistics (ONS)

Sarah Wayman, Phil Raws and Helen Leadbitter. (2016). *‘There’s nobody is there – no one who can actually help?’: Young carers report and policy briefing*. Available: <https://www.childrensociety.org.uk/what-we-do/resources-and-publications/theres-nobody-is-there-no-one-who-can-actually-help>. Last accessed 17/06/2020.

### 3. National Research – Young carers

Research by [Carers Trust](#) in 2016 found:

While young carers frequently report that their caring role can cause distress and impact on their mental health, there are gaps in support and there are barriers that prevent them from accessing the support that they need.

#### Key points

- Nearly half of the young carers in the survey (48%) said that being a young carer made them feel stressed and 44% said it made them feel tired.
- A different survey of 61 young carers in school found that 38% had mental health problems.
- The demands of their caring role and their family's circumstances were often one of the reasons they found it difficult to access support, from the difficulty of arranging appointments without help from a parent, to worrying about revealing that they are “not good enough” to care for their family member.
- The criteria for accessing Children and Adolescent Mental Health Services can discourage young carers from getting support so that problems become even harder to tackle and cause more harm.

Carers Trust. (2016). *Invisible and in distress: Prioritising the Mental Health of England's Young Carers*. Available: <https://carers.org/resources/all-resources/82-invisible-and-in-distress-prioritising-the-mental-health-of-englands-young-carers>. Last accessed 20/06/2020.

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Carers Trust provide best practice guidance for commissioners as well as information and resources for carers.

### 3. National Research – Working carers

#### Carers UK 2019:

- More working carers responded to the survey than in previous years 39% in 2019 compared to 31% in 2015.
- The number of working carers could be far higher than previously thought – around 4.87 million (compared with 3 million in the Census 2011). This is one in seven of all workers.\*
- The number of working carers varies by employment sector, for example it has been estimated that one in five of the NHS workforce in England is an unpaid carer.\*\*
- The public expenditure costs of carers leaving employment in England is at least £1.3 billion per year made up of £1 billion in lost tax revenues and £0.3 billion in carers allowance.

Carers UK. (2019). *State of Caring - A snapshot of unpaid care in the UK*. Available: <https://www.carersuk.org/news-and-campaigns/news/state-of-caring-report-2019>. Last accessed 19 June 2020.

\* Carers UK (2019) Juggling work and unpaid care

\*\* [www.carersuk.org/news-and-campaigns/press-releases/quarter-of-a-million-nhs-workers-juggle-job-with-caring-unpaid-for-loved-one](http://www.carersuk.org/news-and-campaigns/press-releases/quarter-of-a-million-nhs-workers-juggle-job-with-caring-unpaid-for-loved-one)

### 3. National Research – Working carers

Carers UK 2019:

Carers often find that it can be a struggle to balance their responsibilities in work with their caring responsibilities.

- 38% of all carers reported that they had given up work to care
- 18% had reduced their working hours.
- 17% said that they work the same hours but their job is negatively affected by caring, for example because of tiredness, lateness, and stress.
- 12% of carers said that they have had to take a less qualified job or have turned down a promotion to fit around their caring responsibilities.
- 11% said that they had retired early to care.\*
- Only 4% of respondents of all ages said that caring has had no impact on their capacity to work.

Only one quarter (25%) of carers who aren't yet retired and had an assessment in the last year felt that their need to combine paid work and caring was sufficiently considered in their carer's assessment.

Carers UK. (2019). *State of Caring - A snapshot of unpaid care in the UK*. Available: <https://www.carersuk.org/news-and-campaigns/news/state-of-caring-report-2019>. Last accessed 19 June 2020.

\* Due to rounding, these do not add up to 100.

### 3. National Research – Sandwich generation carers

Sandwich generation carers are people who provide unpaid care for an older person and one or more dependent children.

- Up to 10% of the population provide sandwich care
- Sandwich carers are less likely to be in full time employment (26% compared to 67%) and younger on average (89% compared to 83% aged under 55 years ) than carers in general.
- 84% of sandwich carers are women
- 66% of sandwich carers say that their physical health has been affected by caring while 70% said that their emotional wellbeing has been affected.
- Over 40% of sandwich carers are struggling to cope financially or are 'at breaking point'
- Flexibility in working hours is the most important thing that employers can offer to facilitate the continuing employment of sandwich carers

### 3. National Research - Impact of Covid-19 – Changing levels of care

Carers UK's 2020 [survey](#) into the experiences of over 5,000 current and former carers found that:

70%



of unpaid carers are providing more care due to the coronavirus outbreak

35%



Over a third of unpaid carers are providing more care as a result of local services reducing or closing

10hrs



Unpaid carers are on average providing 10 additional hours of care a week

55%



of unpaid carers feel overwhelmed and are worried that they are going to burnout in the coming weeks

### 3. National Research - Impact of Covid-19 – Reasons for providing more care

Has the amount of care you are providing changed since the start of the coronavirus outbreak?  
(Extract of carers who said they are providing more care)

**I am providing more care than before because:**

Local services have been reduced/closed (e.g. day care) 35%

I am worried about paid health and social care staff having contact with the person I care for 22%

The paid health and social care staff have reduced personal care 10%

My paid working arrangements have changed so I have more time 10%

I am providing more care for another reason 27%



### 3. National Research - Impact of Covid-19 – Reasons for providing less care

Has the amount of care you are providing changed since the start of the coronavirus outbreak?  
(Extract of carers who said they are providing less care)

**I am providing less care than before because:**

I am following Government advice and reducing face to face contact with the person I care for 7%

I am no longer spending as much time with the person I care for 3%

I am providing less care for another reason 2%

### 3. National Research – Unmet need

Health Survey for England (HSE) 2018:

- 19% of men and 28% of women aged 65 and over had some unmet need with at least one Activity of Daily Living
- Unmet need for help among older adults in the most deprived areas was at least double that of those in the least deprived areas

Carers UK [2019 State of Caring](#) report:

- There is still a high level of unmet need among carers, with many carers struggling without any support at all.
  - 21% of carers neither buy or receive support with caring.

NHS Digital. (2019). *Health Survey for England 2018 Adults' Health*. Available: <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2018>. Last accessed 19 June 2020.

Carers UK. (2019). *State of Caring - A snapshot of unpaid care in the UK*. Available: <https://www.carersuk.org/news-and-campaigns/news/state-of-caring-report-2019>. Last accessed 19 June 2020.

### 3. National Research – Disabled carers

Carers UK, Facts about Caring 2019:

Carers with disabilities are:

- Significantly more likely to give up work to care (61% of working age disabled carers compared to 52% of non-disabled working age carers)
- Much less likely to be in paid work alongside caring (only 18% were in paid work alongside caring, compared to 33% of carers who were not disabled).
- Substantially more likely to be on lower incomes or have no-one in their household in paid work:
  - 74% of carers receiving Disability Living Allowance were in this situation, compared to 55% of all working age carers.
- Significantly more likely to be in debt and much higher levels of debt than other carers—this resulted from a combination of their own additional disability-related costs and reduced earnings.
  - 57% of those who considered themselves to have a disability said their financial circumstances were affecting their health.

## 4. National Research - Lesbian, Gay, Bisexual, Transgender (LGBT) Carers

Carers UK estimates there are 390,000 LGBT carers in Britain, based on the estimates from Stonewall that 3.7 million people in the UK are LGBT

According to a 2015 Stonewall report, one in twenty (5%) staff in the social care profession have witnessed other colleagues discriminate against or provide a patient or service user with poorer treatment because they are lesbian, gay or bisexual in the last five years.

## 4. The impact of caring – Financial pressure

Carers UK 2019:

Of all carers surveyed:

- 68% said they regularly use their own income or savings to pay for care or support services, equipment or products for the person they care for
- 21% are or have been in debt as a result of caring
- 8% cannot afford utility bills
- 4% cannot afford their rent/mortgage payments

Many carers find that cutting back on household spending is an essential part of balancing their budget.

- 81% have cut back on luxuries
- 47% of carers have also had to cut back on essentials like food and heating

Almost 2 in 5

39%



carers say that they are struggling to make ends meet

Over half

53%



of carers who are receiving Carer's Allowance are struggling to make ends meet

Carers UK. (2019). *State of Caring - A snapshot of unpaid care in the UK*. Available: <https://www.carersuk.org/news-and-campaigns/news/state-of-caring-report-2019>. Last accessed 19 June 2020.

Based on 7,525 responses from people providing care.

## 4. The impact of caring – Financial pressure

Carers UK 2019:

Carers who are struggling financially often have to make difficult decisions and cut back on spending. Of those carers who are struggling to make ends meet:

- 78% regularly use their own income or savings to pay for care or support services, equipment or products for the person they care for
- 77% have had to cut back on hobbies and leisure activities
- 64% have cut back on seeing family and friends
- 44% are relying on their savings
- 36% are using credit cards
- 33% are using their bank account overdraft
- 15% are falling into arrears with utility bills
- 14% have had to cut back on the support services which help with caring
- 9% are falling into arrears with their housing costs i.e. rent or mortgage payments
- 6% have used food banks
- 3% have used pay day loans

Carers UK. (2019). *State of Caring - A snapshot of unpaid care in the UK*. Available: <https://www.carersuk.org/news-and-campaigns/news/state-of-caring-report-2019>. Last accessed 19 June 2020.

Based on 7,525 responses from people currently providing care.

## 4. The impact of caring – Practical support

Carers UK 2019:

Carers reported receiving or buying the following types of support:

- 48% equipment (e.g. hoists, grab rails)
- 31% help from family or friends
- 26% technology (e.g. alarms, sensors or remote monitoring)
- 21% Motability vehicle
- 15% break from caring
- 11% use of day centre for older/disabled people
- 11% help with other household chores (e.g. shopping or cleaning)
- 4% help managing or co-ordinating care

90% of carers don't know what might happen to the practical support they receive in the future or worry that it might be reduced

Carers UK. (2019). *State of Caring - A snapshot of unpaid care in the UK*. Available: <https://www.carersuk.org/news-and-campaigns/news/state-of-caring-report-2019>. Last accessed 19 June 2020.

Based on 7,525 responses from people currently providing care.

## 4. The impact of caring – Technology

Carers UK 2019:

4 in 5 carers (79%) reported using one or more types of technology. The following figures show that there are still significant opportunities to increase the numbers of carers who use technology to help them in their caring role.

- 88% use the internet as a source of information
- 44% use the internet as a form of communication or online support
- 27% use remote health care such as online GP appointments, repeat prescriptions, online video consultations, or online mental health services
- 19% of carers who use technology use remote monitoring and alerts such as motion sensors, fall detectors, personal alarm, or GPS trackers
- 12% use medication management tools such as medication dispensers or medication reminders
- 8% of carers are using environmental monitoring such as heating and lighting control, door video systems, or smart appliances
- 13% of those who use technology use vital signs monitoring such as blood pressure monitor, blood glucose monitor, and heart rate monitors.
- 4% of carers are using apps, including those which help with pain management, mood management and care co-ordination.

Carers UK. (2019). *State of Caring - A snapshot of unpaid care in the UK*. Available: <https://www.carersuk.org/news-and-campaigns/news/state-of-caring-report-2019>. Last accessed 19 June 2020.

Based on 7,525 responses from people currently providing care.



## Links

### Carer Survey report

The [Carer Survey report](#) sets out the key findings of the Carer Survey 2018/19 for Gloucestershire.

### Resources

Carers Trust offers a wide range of [resources](#) and [information](#) for anyone who works with carers.