

# Carer Awareness



A carer looks after, helps or supports someone who wouldn't be able to manage everyday life without that help, and they are not employed to do it.

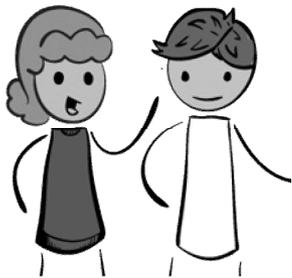
The following are all examples of carers



Betty's next door neighbour is 95 yrs old, housebound and finds it difficult to warm up food for himself. Betty calls everyday to check on her neighbour and heats up his food when needed.



Gill's son is five years old and has a learning disability and can not physically carry out any personal care.



A colleague works flexible hours so she can help her parents to attend various appointments and day care.



Andrew's friend needs help with the shopping each week, Andrew has an arrangement with his friend to carry out this task. Andrew is not paid by his friend for this activity.

The demand for social care support in the UK is at an ever increasing level. With average life expectancies expected to increase toward 90 years old by 2030, the value of the support offered by unpaid carers should not be underestimated.

Did You Know



**The amount of money the UK spends on health £134 billion.**

The care provided by unpaid carers is valued as £132 Billion per year almost the same amount as what we spend on health!

It is estimated that unpaid carers across Leicester, Leicestershire and Rutland contribute around £2 Billion worth of support every year.

The number of those juggling work and care is around 4.87 million.

## This is one in seven of all workers



According to Carers UK there is estimated there are 8.8 million adult carers in the UK (compared to 6.3 million adult carers recorded in the 2011 Census.)

40% of unpaid carers aged 18-24yrs old have a long term health condition compared with 29% on non carers in the same age group.

Caring can be a hugely rewarding experience but sometimes carers find it challenging to take care of their own well-being whilst caring. The impact of caring on health and well-being should not be underestimated.

The following video is a collection of real life Leicestershire carers who have volunteered to share their experience of caring with you.

- [VIDEO: Leicestershire Carers Experiences](#)

These are some common types carers you may encounter

## Older Carers

Older carers are defined as any individual aged 65 yrs. and over who offers care support.

Almost 1.3 million people in England and Wales aged 65 or older are carers.<sup>1</sup>

Most older carers willingly take on the task for a loved one, such as a husband or wife, as they do not view this as an out of the ordinary responsibility.

A third of older carers reported feeling lonely as a result of their caring responsibilities.



1. Policy Briefing | August 2019 | Facts about carers

A working carer is an individual who has paid employment or in education but also provides unpaid caring support.

Caring responsibilities can often influence the type of employment or opportunities that a carer searches for and accepts. For example aiming to find local, flexible work which can fit around caring.

Research suggests that over 2.3 million people have given up work at some point to care for a loved one and nearly 3 million have reduced their working hours. <sup>2</sup>



A parent/family carer is a parent or guardian who supports an ill or disabled child, including a child or young person with substance misuse issues, more than would be expected in a parenting role.

One in three parents report that their child outliving them and not being able to care for themselves, or manage their professional care, are their biggest concerns.

78% of those providing care to a child with a disability said they have suffered mental ill health such as stress or depression as a result of their caring responsibilities

Statistics provided by the Scope charity revealed that

- 69% parents had problems accessing local services for their children
- 80% report frustration
- 78% report stress
- 70% report exhaustion as a result



A Multiple/Sandwich Carer is an individual who has caring responsibilities for more than one person.

Multiple/Sandwich carers often find themselves caring for both younger and older generations, with a YouGov poll suggesting up to 2.4 million adults find themselves caring for both children and elderly parents.

Of the unpaid caring population

- 18% care for two individuals
- 4% for three individuals
- 2% for four or more individuals.

View John and Beth's story on their lives as Multiple/ Sandwich carers.

[VIDEO: Carers' Story](#)



A Young Carer is someone aged 18 or under who helps look after a relative who has a condition such as a disability, physical health issues, substance misuse problems or mental health issues.

Young adult carers aged 16-18 are twice as likely to not be in education, employment or training (Audit Commission).

68% of Young Carers reported experiences of bullying at school with 39% reporting that nobody at their school was aware of their caring role (The Princess Royal Trust for carers)



When a person becomes a carer they give up many of the opportunities that non-carers take for granted such as working, further education, leisure time and hobbies.

Carers' can find their caring role limits the opportunities they have for a life outside their caring role.

However despite the challenges faced in being a carer, many find this a rewarding role.

In the following video the carers were asked “what are the positives of caring”

[VIDEO: What are the Positives of Caring](#)

## **Care Act 2014**

Under the Care Act carers are entitled to a carers assessment where they appear to have needs, this matches the rights to an assessment of the person being cared for. Carers are entitled to support if they meet the national eligibility criteria.

## **The Children and Families Act 2014**

The act gives young carers more rights to ask for help. Councils must check what help any young carer needs as soon as they know they might need support, or if the young carer asks them too. The act also says that councils must assess whether a parent carer within their area has needs for support and, if so, what those needs are. This check is called a 'Parent Carer's Needs Assessment'.

NHS England's Commitment for Carers  
The Department of Health set out in its mandate to NHS England 'that the NHS becomes dramatically better at involving carers as well as patients in its care'.



As you have seen from the previous slides the caring role can be a hugely challenging yet rewarding role.

To conclude, we asked our carers to try and sum up their role in one word.

[VIDEO: Conclusion](#)

## What support is available from Leicestershire County Council?

Leicestershire County Council offers support to all carers regardless of the level of support they offer to the individual(s).

For more information on the range of support available please follow the link below:

[www.leicestershire.gov.uk/adult-social-care-and-health/looking-after-someone](http://www.leicestershire.gov.uk/adult-social-care-and-health/looking-after-someone)

These pages will help to find advice, practical and financial help if for carers looking after someone, you may find these pages useful to signpost to.