

Unpaid carers:

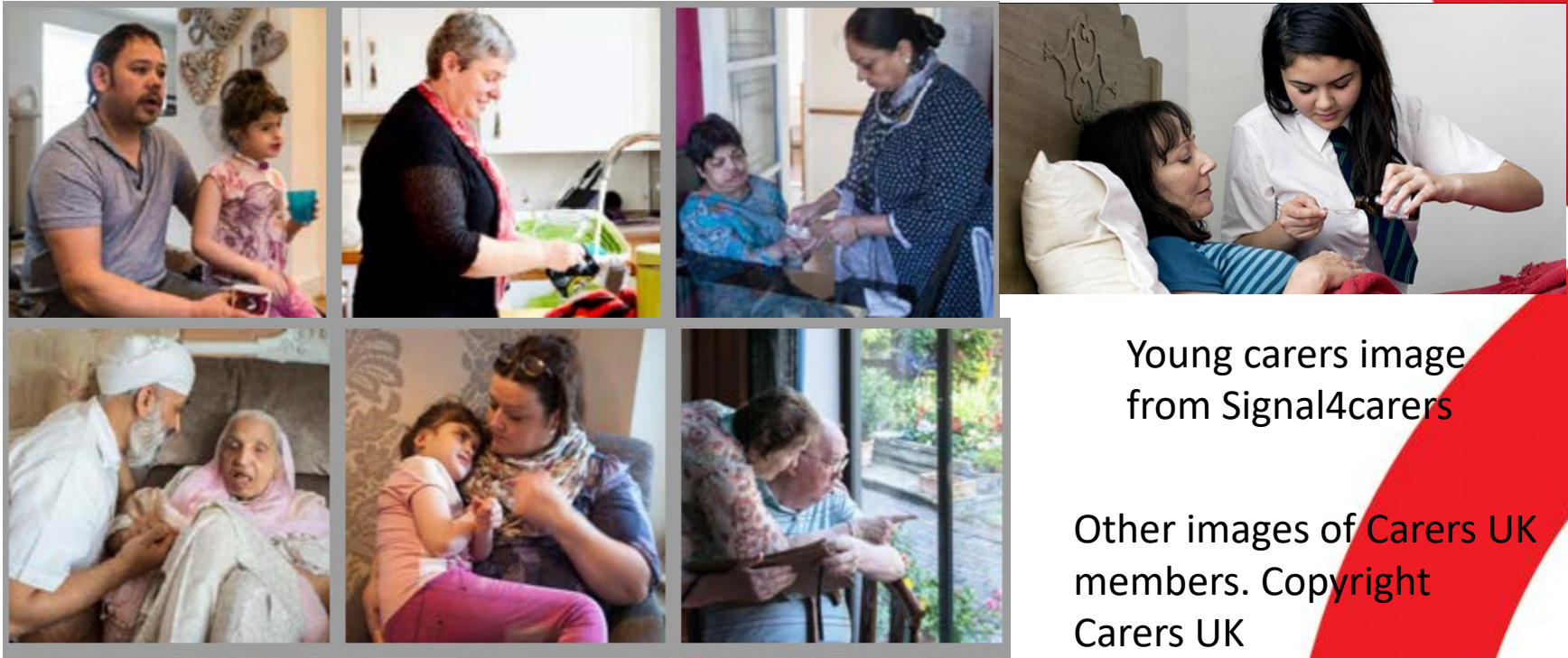
**Who, how many and
differences during COVID-19**

**Emily Holzhausen OBE
Director of Policy, Carers UK**

Emily.Holzhausen@carersuk.org



Who do you have in your mind as a carer?



Young carers image
from Signal4carers

Other images of Carers UK
members. Copyright
Carers UK

Largest part of the care system:

- 6.5 million or 13.6 million?
- Additional 4.5 million since COVID-19
- Value of support: £132 billion
- 58% women, 42% men, but women do more
- Peak age, 45-54, but can be any age
- 50:50 chance of providing care by 50, women 47, men 56
- Most don't call themselves carers



Overview:

- Majority of carers working age
- Growing number of much older carers
- Caring at a distance can be more stressful
- 1 in 4 of your workers juggling work and care
- 2.6 million given up work to care
- More likely to be under-pensioned
- Carer's Allowance is £67.25 per week
- Av. 2 years to recognise as carer
- Parents of disabled children worse off
- Breaks still remain high priority



Overview:

- Twice as likely to be in poor health
- GP Patient Survey – younger adult carers, BAME carers, key groups are worse off
- Hospital discharge is a critical point
- Emergencies on carers' minds – how are contingencies planned for?
- Systems, not just caring, can cause huge stress
- Lack of right information and involvement at right time makes caring harder and makes people poorer.



Overview: Young carers

- Between 170,000 and 800,000?
- Developmental challenges, less likely to earn more
- Educational challenges 1 in 20 miss school
- 39% said no one at school knew
- Mixed experience of COVID-19
 - More people around at home is good
 - More people around at home is worse
 - Reports by Children's Society and Carers Trust



Common goals:

Identified, but not “outed” e.g. young carers

Valued, including knowledge and opinion

Involved

Choice

Feeling in control

Financially better off

Being knowledgeable

Being linked to friends/society (not lonely)

Being able to continue working/return to work

Time to yourself and life outside caring

Positive health and wellbeing

Services and support that fit around people

Equality and society respect



The law in relation to carers:

Care Act 2014:

- Duty to provide information and advice
- Duty to identify and assess on appearance of need
- Duty to provide services following eligible need
- Prevention duties – prevent, reduce and delay needs

Joint NHS and solely NHS duties:

- Joint ASC and health duties to promote wellbeing
- NHS duty to cooperate with LAs
- NHS responsibilities at hospital discharge
- CHC funding and assessments for breaks (NHS responsibility)
- Forthcoming publication on NHS legal responsibilities towards carers



The law in relation to carers:

Young carers and parent carers

- To young carers – ASC responsibilities to identify and support
- Children Act 1989/Children and Families Act 2014
- Parent carers – transition but also multiple carers/disabilities

Overarching

- Equality Act 2010 – discrimination by association
- Human Rights Act

As an employer:

- Equality Act 2010
- Right to request flexible working
- Right to emergency time off for dependents



Key results during COVID-19:

Carers UK – Caring Behind Closed Doors

- 70% doing more care, across all domains.
Some doing less due to social distancing (9%).
- 18% unable to manage (1 in 5 caring 50 hrs +)
- 55% concerned about coming weeks and worried about burnout

Reasons for rise (can overlap):

- 35% withdrawal or closure of services
- 22% cancelled own care
- 10% care workers providing less personal care
- Disabled/older people's needs have increased



Where next?

Improved recognition – COVID-19

- Opportunity
- Carer friendly work e.g. Carer Passport

Work strategies locally:

- Low cost, supports own staff as well as local residents
- Employers for Carers
- Carer Confident – benchmarking for
- COVID flexibility employers more open
- Carer's Leave – manifesto commitment



Where next?

Joint work with health

- GP identification schemes/Carers Prescription
- Quality Markers opportunity

Supporting young carers and young adult carers

- Support groups remain critical
- Identification and support through schools
- Memorandum of Understanding ASC/CS
- No Wrong Door
- Baseline numbers – how many?

Where next?

Carers' learning and development:

- Offering a suite of different learning
- Peer learning
- Online e-learning – bite sized, longer, digital badging

Personalisation

Carer ID recognition/Carers Passports



Where next?

Go digital, but offer blended approaches:

Digital is preferred by some

Digital more accessible for some

Can provide a universal offer to everyone e.g. elearning

Blended approach works best – offer face-to-face/telephone, etc. as well as digital

Carer Involvement

Capacity building

Leading local services as volunteers

Other opportunities e.g. micro-employment





Contact

Emily Holzhausen:

Emily Holzhausen@carersuk.org

www.carersuk.org

www.Employersforcarers.org



@carersuk

