

Carers: Health, Well-being and Resilience

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Caring is a big issue....

There are **6.5 million carers**
in the UK today. That's 1 in 8 adults.



This **unpaid** care saves the state £132 billion a year.

And its going to get bigger....

Caring can be unexpected....

- Most of us will care
- Little choice, but wish to care
- We don't prepare/hard to prepare for

But....

- We can improve carers health and wellbeing
- We can make a difference

Here's how...



We've got solid evidence:

- Carers are twice as likely to be in bad health as non-carers –Census 2011
- 70% of carers have poorer mental health (2017)
- 61% say physical health has deteriorated (2017)
- 54% have reduced exercise (but some will be more)
- 45% have a poorer diet
- Putting off health appointments
- Working carers – ill-health whilst working



We know the causes of ill-health

- A lack of control over life
- Not being recognised by key professionals
- Repeating information unnecessarily
- Not having the right support at the right time
- Not knowing what help is there or where to get it
- Not getting a break – 40% of carers have not had a break in a year
- Not having sufficient income to make ends meet
- Family and friends not understanding / loneliness
- Not understanding the condition/medication

We have the power to change this....



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How we can get it right

- Early identification
- Advice and information at the right time
- Connecting with other carers (and laughter)
- Professionals everywhere – “how are you?”
- Training and learning
- Technology – telecare, apps, smart tech – AI in the future?
- A break and other opportunities
- Good quality care
- Carer Friendly workplaces
- Society, family and friends who understand



What we need Government to do

- Publish a Carers Strategy nationally
- Place a duty on the NHS to identify carers - #NHS70
- Fund social care better and fund carers breaks more
- Give carers stronger rights in the workplace – 5 to 10 days paid care leave
- Improve carers' benefits – to at least the same as Scotland



What we can all do...

- Pointing others in the direction of help
- Passing on learning – volunteering or signposting
- Connecting with carers
- Raising issues in the workplace
- Professionals can make a difference
- Commissioners in health and social care – carers as a priority
- Care providers who support family/carers too
- Recognition that caring and care will part and parcel of everyone's lives



Things we really like...

- Carers Passports – www.carerpassport.uk
- Carers Cafés – especially in hospital
- Work with employers – especially paid care leave!
- Good digital support as it can be really flexible at a time someone wants
- Good links to learning and training
- Good detailed welfare and local community knowledge
- Mixture of breaks support
- Creative care and carers' assessments



Where to get more information

www.carersuk.org

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