

Carers in Trafford

What is a carer?

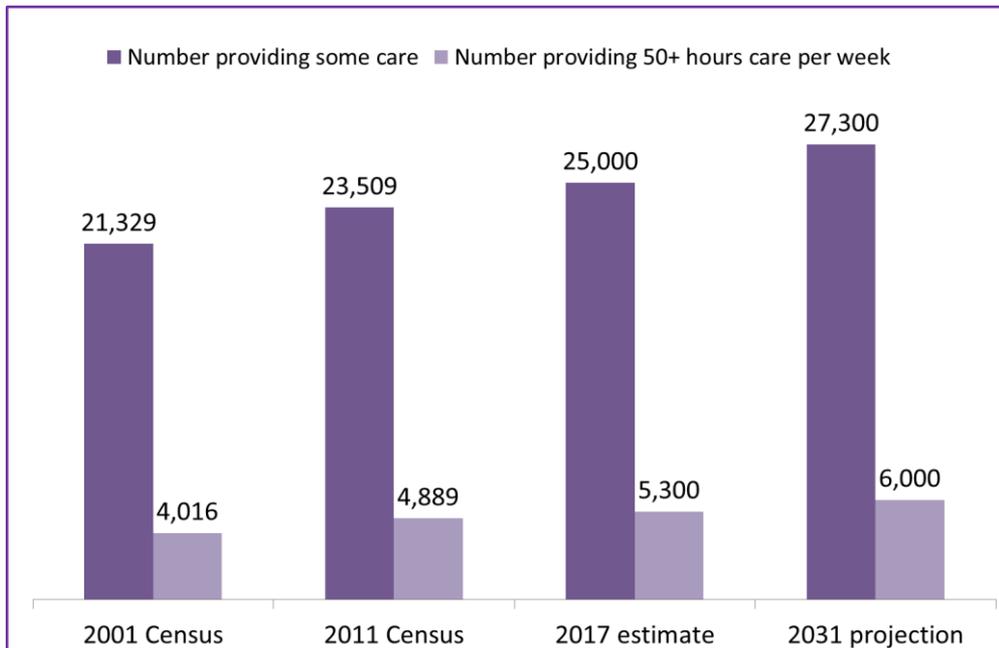
- A carer is *'anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support'*;

Why is addressing the needs of carers important for health and wellbeing in Trafford?

- Unpaid care makes an important contribution to the supply of care, but there are implications for the health and wellbeing of those providing care

How many carers are there in Trafford?

- In 2011 Census, **23,509** (10.4%) people were providing care
- **4,889** (2.2%) were providing 50 or more hours of care per week
- Since 2001 Census, the number of carers has increased and will continue to increase based on population growth/ageing alone:



Source: ONS 2011 Census

There is evidence that many carers are “hidden” from services.

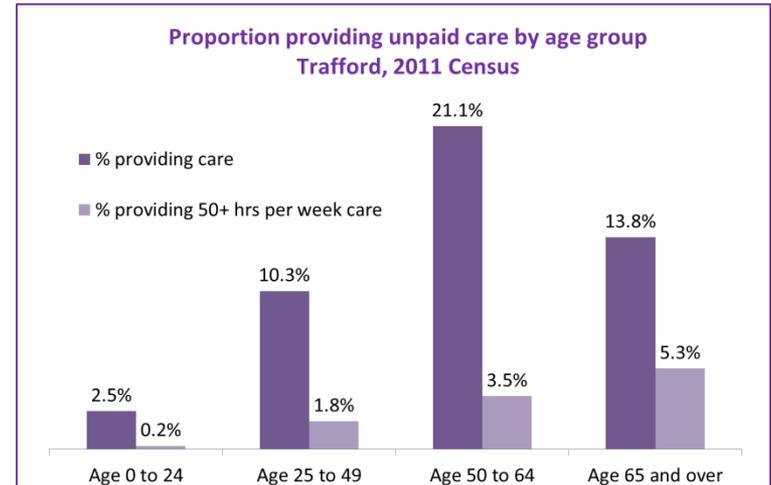
For example:

- Only 2,900 people are recorded by their GP practice as a carer
- Around 5,000 carers are known to Adult Social Care and around the same to Trafford Carer’s Centre
- 2,300 are claiming carer’s allowance

What is the demographic profile of carers in Trafford?

Age

- 1,691 (2.5%) of under 25s were carers; 148 of these were providing 50+ hrs per week
- % is highest in 50-64 age group (21%);
- However, % caring for 50+ hours per week is highest in over 65s (5.3%)
- Working age adults may be juggling caring with work while older adults may struggle with the physical demands of caring



Gender

Overall, women are more likely to be carers than men



- 13,646 female carers (11.9%)
- 2,885 (2.5%) 50+ hours per week



- 9,863 male carers (8.9%)
- 2,034 (1.8%) 50+ hours per week

Black & Minority Ethnic groups

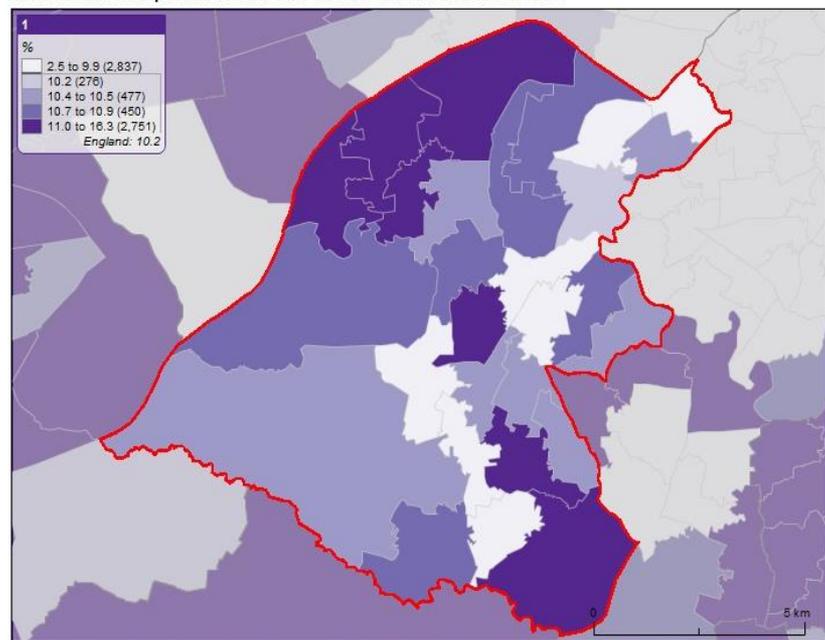
- 2,639 (8.1%) of Trafford's BAME population were carers, lower than the white population (10.8%)
- 531 (1.6%) reported providing 50+ hours per week, again lower than the white population (2.3%)
- However, this may be partly explained by the younger age structure of the BAME population, and there may also be cultural differences in the likelihood of identifying yourself as a 'carer'

What is the demographic profile of carers in Trafford?

Place

Proportion providing care varies from 8.9% in Altrincham ward to 12.3% in Davyhulme West

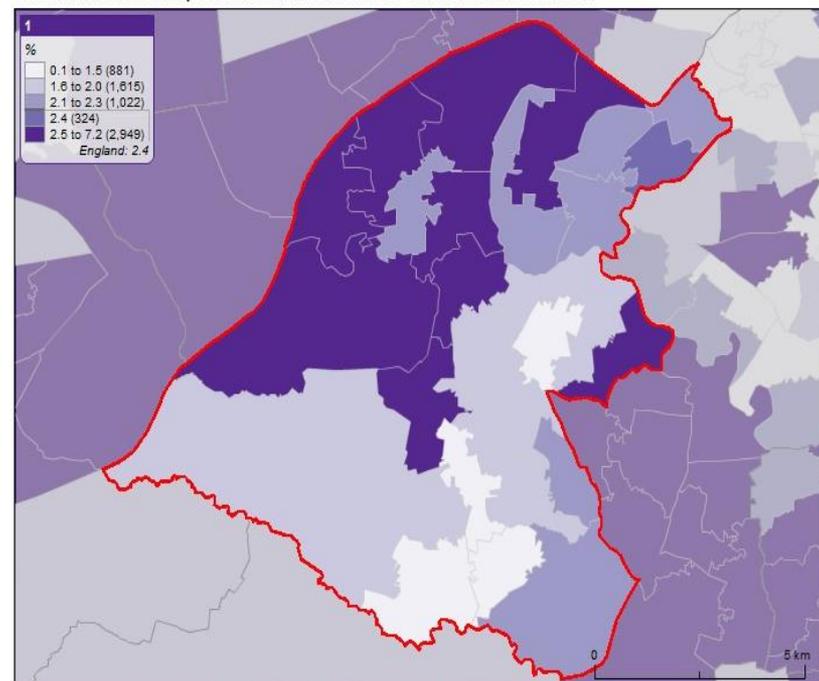
Number of people who reported providing 1 hour or more of unpaid care per week as a percentage of the total number of respondents in the 2011 Census - source: ONS Census 2011



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- Proportion providing 50+ hours of care per week varies from 1.5% in Hale Central to 3.5% in Bucklow-St-Martin
- For this level of care, proportion tends to be higher in more deprived areas

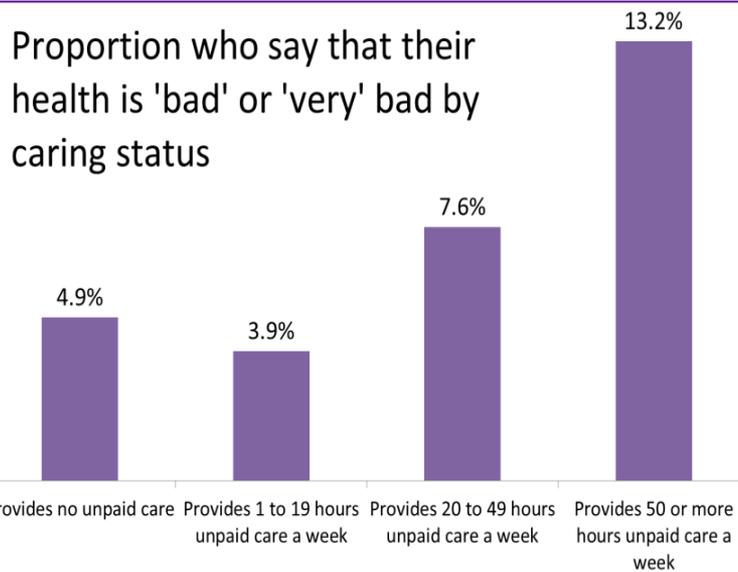
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Health and Well-being of carers

- Levels of bad health are *lower* in carers who provide less than 20 hours per week than in those who provide no care
- However, among carers who provide 50+ hrs per week, levels of bad health are more than twice as high as in those who provide no care



Source: ONS 2011 Census

There is a link between ***social isolation and loneliness*** and poor health

31.9% of adult carers have as much social contact as they would like – Trafford ranks 4th lowest among a group of 15 other similar authorities on this measure

(Source: Public Health Outcomes Framework; 2016/17 data)

Trafford Carer's Centre 2017 survey

- 333 carers responded
- 90% providing at least 20 hrs per week
- less than half receiving any support from Trafford Council

Impacts identified included:

- *Mental health* - depression, anxiety and nearly half felt “stressed”
- *Impact on physical health* – including lack of sleep, musculoskeletal problems, increased smoking and drinking
- *Financial hardship* - many borrowing money to make ends meet