



TRAFFORD
COUNCIL

**CARERS IN TRAFFORD
JANUARY 2021**



INTRODUCTION - CARERS

Definition:

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid. (NHS, 2020)

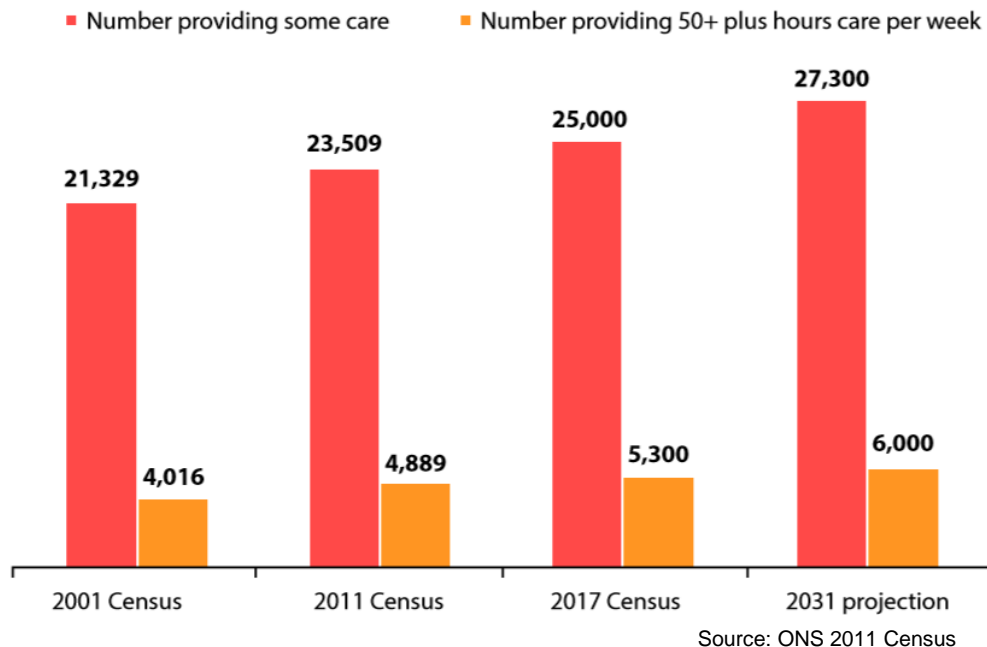
Importance of addressing the needs of carers for health and wellbeing in Trafford:

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



NUMBER OF CARERS IN TRAFFORD

- In 2011 Census, 23,509 (10.4%) people were providing care and 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.



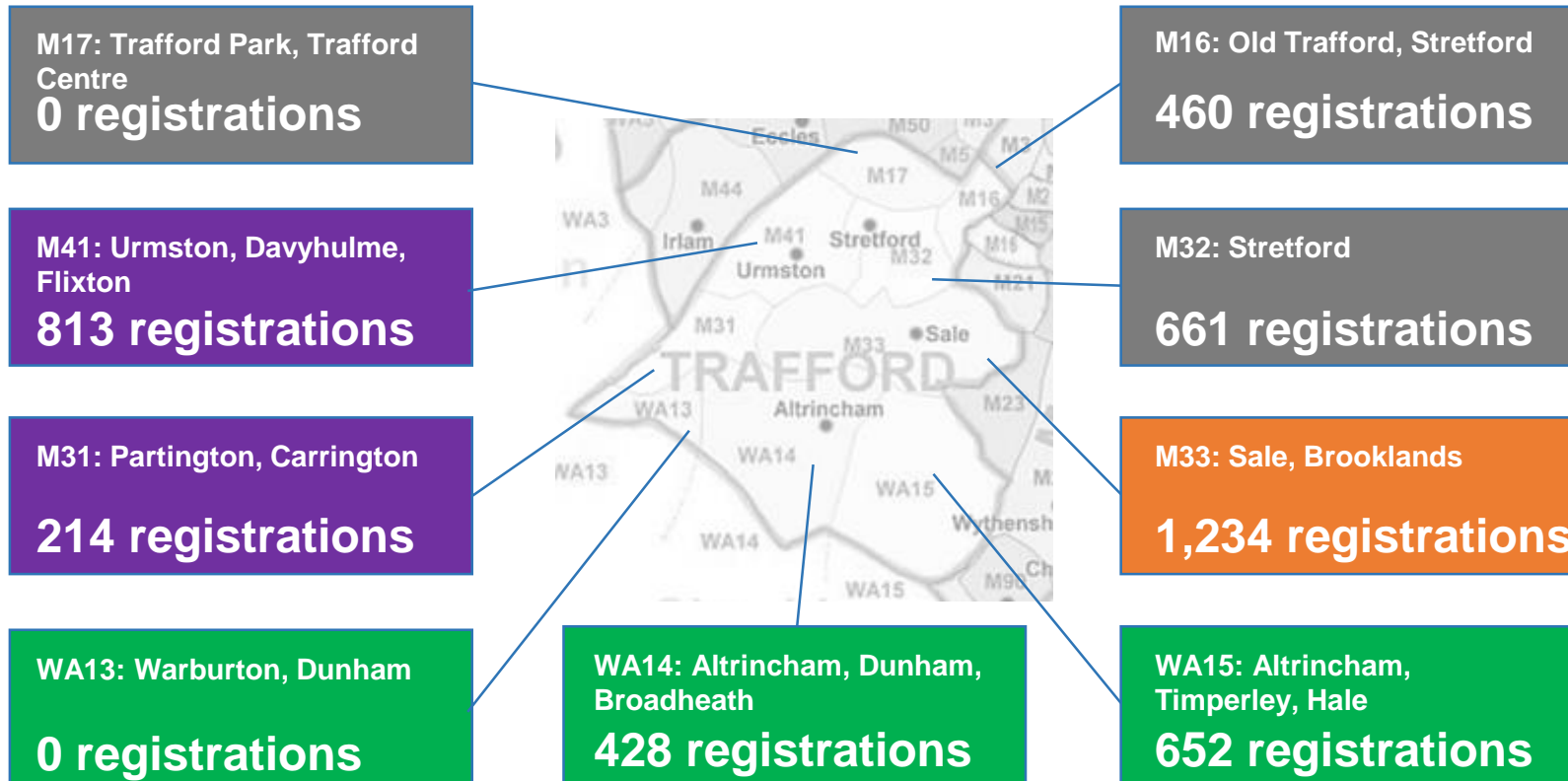
There is evidence that many carers are “hidden” from services.

For example:

- Only 2,900 people are recorded by their GP practice as a carer (Trafford CCG, 2019)
- 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

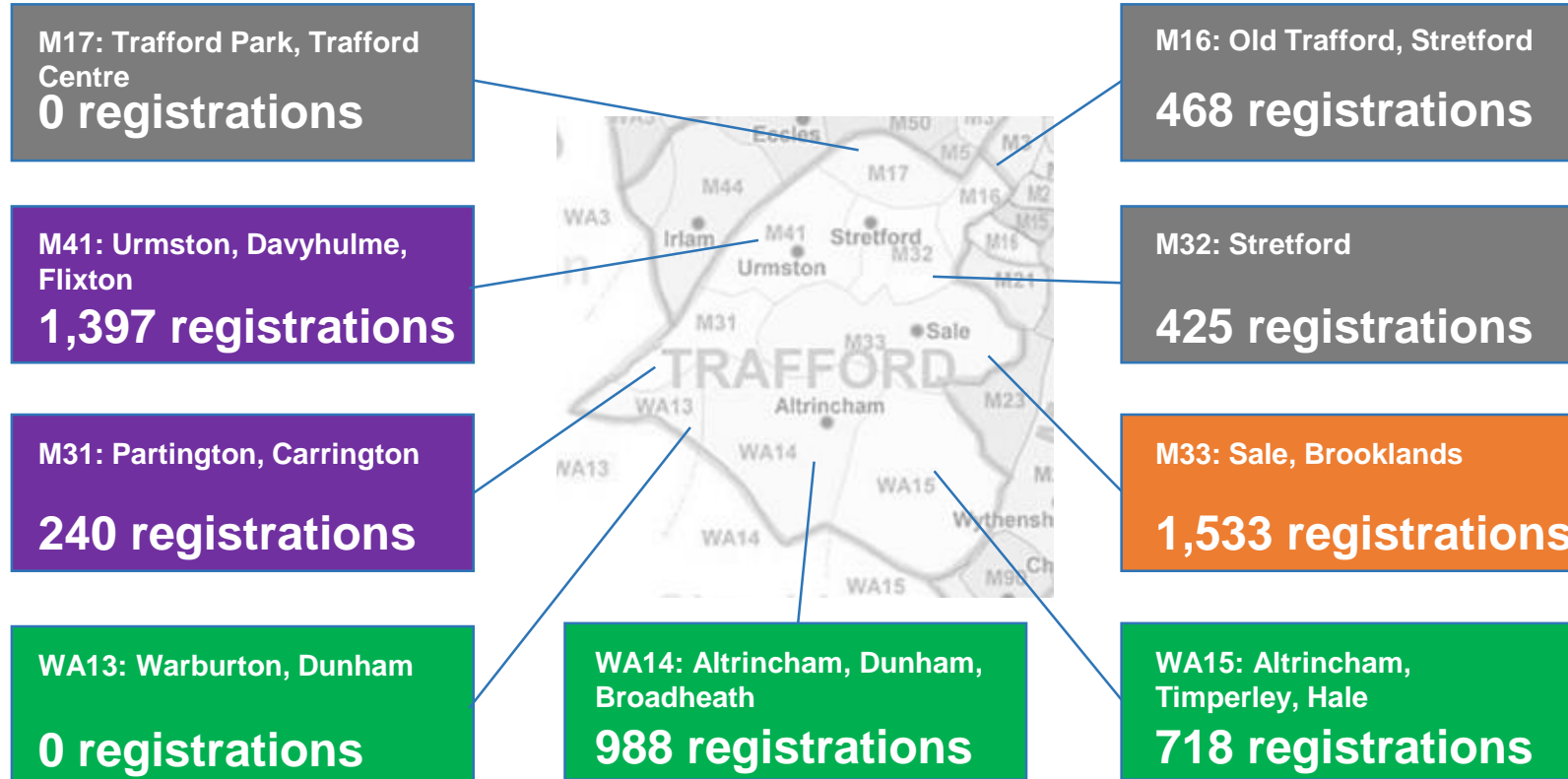
NUMBER OF 'OPEN' CARERS REGISTERED WITH TRAFFORD CARERS CENTRE BY POSTCODE AREA (DEC-2019)

The data below shows the current number of 'open' carers registered with Trafford Carers Centre by postcode area:



NUMBER OF PEOPLE REGISTERED WITH THEIR GPS AS CARERS BY POSTCODE AREA (SEP-2019)

The data below shows the number of people registered with their GPs as carers in September 2019, broken out by postcode:



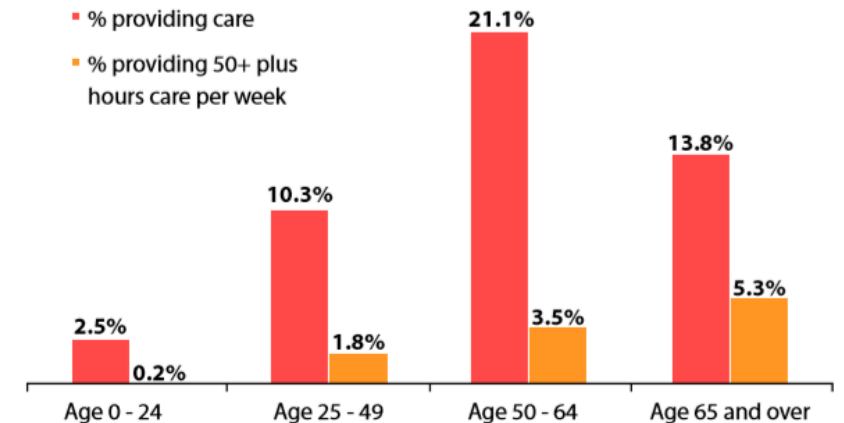


DEMOGRAPHIC PROFILE OF CARERS IN TRAFFORD (ONS, 2011)

Age

- ONS census 2011 provides the most recent estimate on demographic profile of carers
- 1,691 (2.5%) of under 25s were carers; 148 of these were providing 50+ hrs per week
- Percentage of carers 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

Proportion providing unpaid care by age group
Trafford, 2011 Census



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 (BAME) 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'



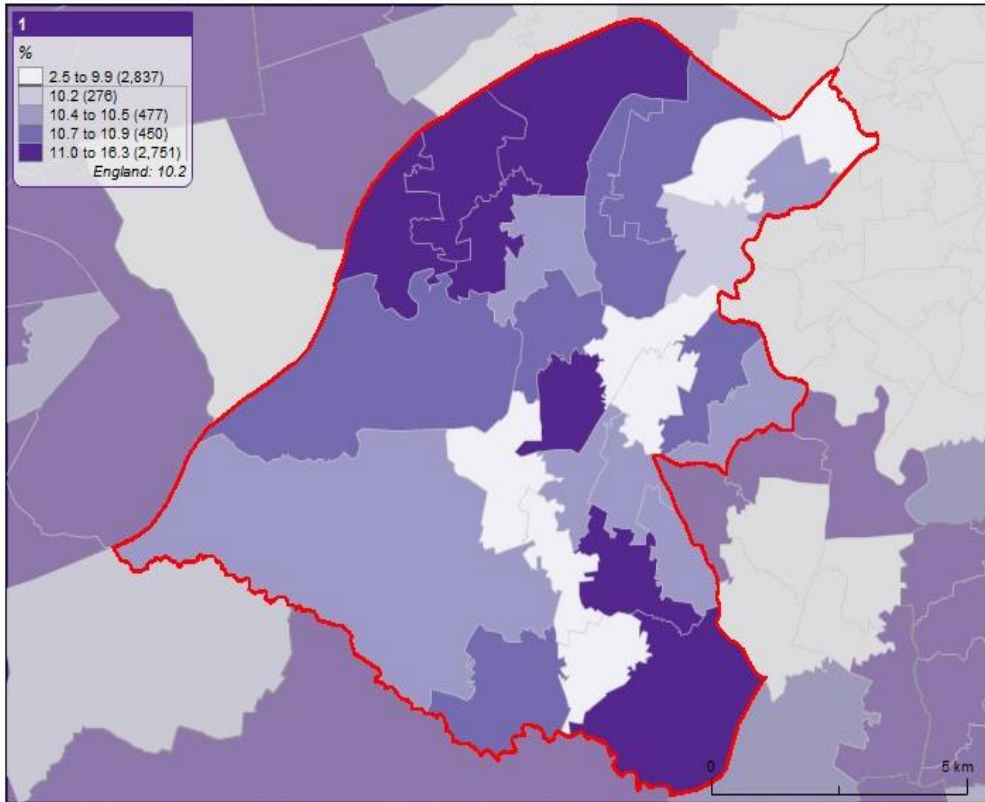
DEMOGRAPHIC PROFILE OF CARERS IN TRAFFORD : AREAS (ONS, 2011)



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

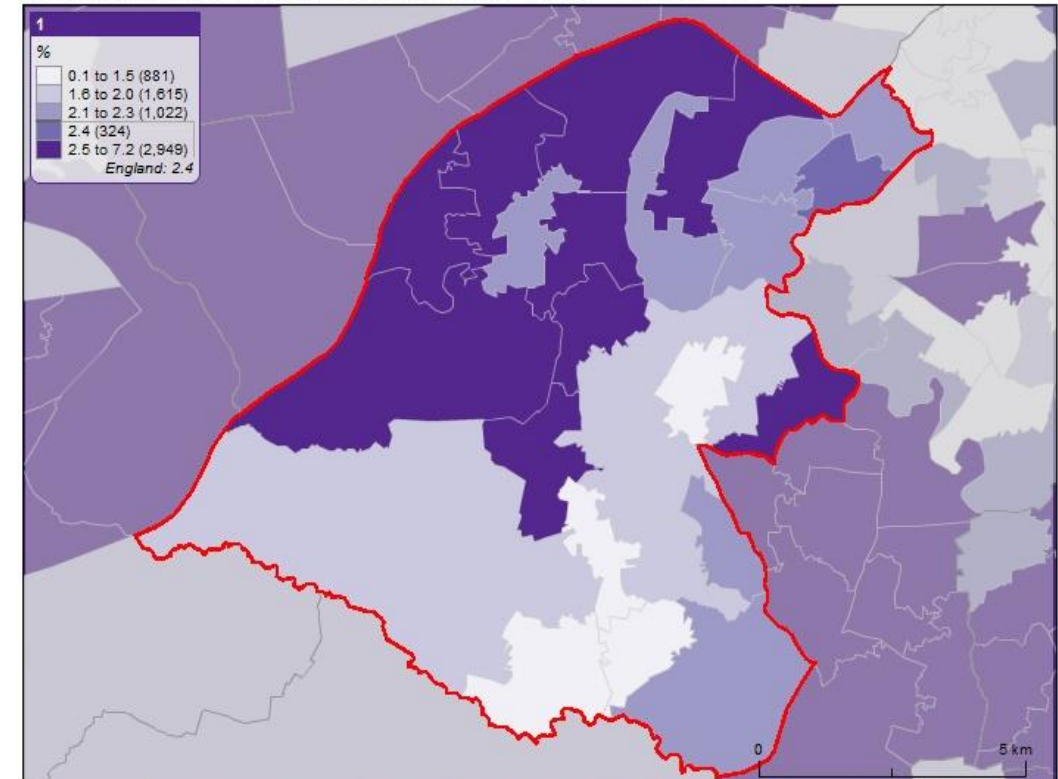
Number of people who reported providing 1 hour or more of unpaid care per week as a percentage of the total number of respondents in the 2011 Census - source: ONS Census 2011



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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

Number of people who reported providing 50 hours 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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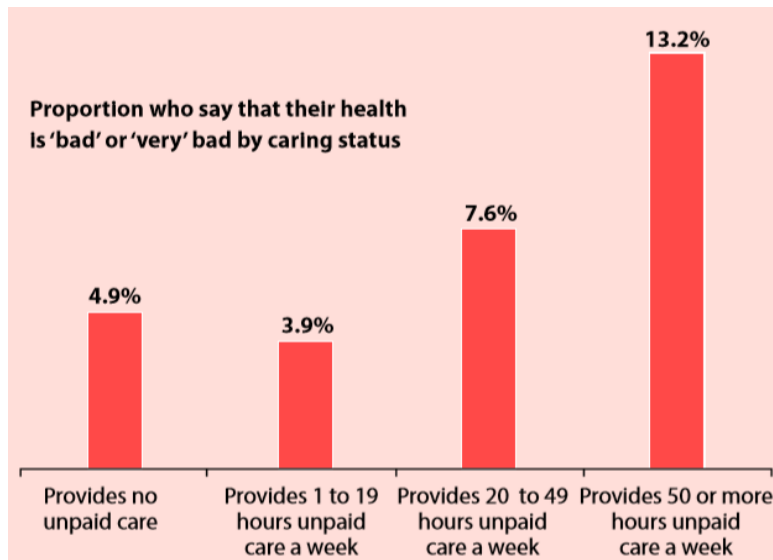


HEALTH AND WELLBEING OF CARERS IN TRAFFORD



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- 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
- 28.8% of adult carers (18+ years) have as much social contact as they would like – Trafford ranks 3rd lowest among a group of 15 other similar authorities on this measure.
 - Carer-reported quality of life score (higher the score, better the quality of life) for people caring for someone with dementia in Trafford is lowest amongst similar authorities.

(Source: Public Health Outcomes Framework; 2018-2019)

Trafford Carer's Centre 2017 survey

- This survey was conducted prior to COVID-19 and we expect major impact on carers health and wellbeing due to lockdown and changes to support services including closures. We will be examining the impact of COVID-19 on carers health and well-being
 - 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.



SUPPORT FOR CARERS IN TRAFFORD



If you want to know more about the support available to carers in Trafford, please contact Trafford Carers Centre on 0161 848 2400 or visit

www.traffordcarerscentre.org.uk