

# Carers in the Region

## A profile of the East of England

**Carers at the Heart of 21<sup>st</sup>-century Families and Communities** (the National Carers Strategy 2008) offered an ambitious new vision for carers, to be achieved by 2018. In doing so, it set a challenging agenda for health and local authorities and for other local and regional agencies across the public, private and voluntary sectors.

To succeed in rising to these challenges, all agencies with a role to play in delivering support for carers need good information – about who carers are, what the particular needs of carers living in their own region or locality may be, and about the different kinds of support and services for carers which are already in existence. The **Carers in the Region** profiles aim to meet this need for better information about carers at the regional level, and have been commissioned by the *Department of Health* from a team at the *University of Leeds* for each of the nine English regions.

The Government White Paper, **Our health, our care, our say (2006)** announced a New Deal for Carers which included a range of new measures to support carers, including:

- **The establishment of a national helpline for carers**
- **Specific funding for the creation of an expert carers programme**
- **Specific funding for short-term home-based respite care for carers in crisis or emergency situations**
- **An update to the Prime Minister's 1999 Strategy for carers**

The subsequent new **National Carers' Strategy** (2008) sets out the Government's agenda and vision for supporting carers. Underpinned by £255 million initially, plus medium and longer-term plans, it committed:

- **£150 million towards planned short breaks for carers**
- **Up to £38 million towards supporting carers to enter or re-enter the job market; and**
- **£6 million towards improving support for young carers**

Other commitments in the strategy include: pilots to explore annual health checks for carers, the ways in which the NHS can better support carers and ways to provide more innovative breaks for carers; training for GPs; a more integrated and personalised support service for carers; accessible information and targeted training for key professionals.

### EXISTING STATUTORY RIGHTS FOR CARERS

**Carers (Recognition and Services) Act 1995** introduced the concept of a Carers Assessment

**Employment Relations Act 1999** gave employees the right to 'reasonable time off' to deal with emergencies

**Carers and Disabled Children Act (2000)** gave carers the right to an Assessment (carers of adults and carers of disabled children). Allowed carers to receive services in their own right and introduced Direct Payments to purchase them. Direct Payments also offered to parents of disabled children to manage on their child's behalf.

**Employment Act 2002** established the right to request flexible working arrangements for employed parents of disabled children under the age of 18.

**Carers (Equal Opportunities) Act 2004** Local authorities have a statutory duty to inform carers of their rights and to consider their wishes re education, training and employment when conducting Carers Assessments.

**Work and Families Act 2006** extended the right to request flexible working arrangements to all carers in employment.

**Childcare Act 2006** placed a duty on local authorities to provide sufficient childcare for working parents 'which includes provision suitable for disabled children'.

**Pensions Act (2007)** reduced the number of qualifying years carers need for a full basic state pension; introduced a new Carers Credit for those caring 20+ hours a week for someone who is severely disabled.

## 1. Carers in the East of England: Summary

Carers are people who provide regular unpaid care to a relative, friend or neighbour who needs their help and support because of illness, disability or frailty in old age. They include parents of seriously ill or disabled children, as well as people supporting someone with physical or mental ill health/disabilities, and those looking after someone who is terminally ill. In 2001, the Census of Population revealed that in the UK about 6 million people were providing unpaid care of this type<sup>1</sup>.

### Carers in the East of England region

In 2001 there were 517,877 carers in the East of England region (10% of the region's population compared with 10% across England as a whole). However:

- 17% of men and 23% of women aged 50-64 were carers
- Almost half of carers aged 75 or over provided 50 or more hours care per week

Carers who provided 20 or more hours of care per week (28% of all carers in the region) were considerably more likely to:

- Live in social housing
- Live in a household with no working adult
- Live in a household with a person with a limiting long-term illness (LLTI)

### Demand for care in the region is growing

Between 2008 and 2030 it is expected that in the region:

- The number of people aged 85+ will double to 294,600, increasing from 2.3% of the population to 4.2% (compared with an increase from 2.2% to 3.9% in England as a whole)
- The number of people with a limiting long-term illness (LLTI) will increase by two fifths, from almost 940,000 to 1.3 million
- More than twice as many people aged 65 or over will have dementia: over 114,170 people
- The number of carers will increase by over 119,000 or 18%, compared with 15% in England as a whole

### Personalisation and local services in the region

In 2007/8:

- 30,540 carers received a Carers Assessment
- 26,495 carers received carers' services or information
- Over a half of those assessed and receiving services/information were aged 65 or older

### Carers' health and wellbeing

The 2001 Census showed:

- 51,426 carers were themselves in poor health (10% of all carers, compared with 12% of carers in England)
- 17,377 carers in poor health provided 50 hours or more of care per week (34%)
- Up to 50 years of age, people in poor health were more likely to be carers than people whose health is good or fairly good
- Carers in poor health were more likely to provide 50 or more hours of care per week than other carers

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<sup>1</sup> 2001 Census Standard Tables, Crown Copyright 2003.

## **Support for carers in the East of England**

- Most local authorities in the region have developed Carers Strategy Steering Groups which include representatives of relevant local organisations, as well as carers themselves.
- All local authorities in the region are concentrating on delivering carers' breaks. All have also developed strategies for supporting young carers.
- Across the region, 41,190 people of working age have an entitlement to Carer's Allowance (CA), and among them 37,160 receive this benefit<sup>2</sup>.

## **Carers' access to work**

The 2001 Census showed:

- 408,285 carers were aged 16-64, which accounted for 79% of all carers in the region (80% of carers in England are aged 16-64).
- 20,682 carers were aged 16-24 (5% of carers aged 16-64 compared with 6% in England as a whole)
- In the region working age carers were much less likely than healthy non-carers (or than carers in England as a whole) to be in employment or to have any formal educational qualifications.

## **Carers and employment**

In 2001:

- There were 271,860 carers of working age (71%) in employment. In England as a whole 65% of working age carers are in paid employment.
- 23,160 carers in employment also provided 50 or more hours of unpaid care per week
- 118,840 male carers and 67,940 female carers were people in full-time employment
- 13,080 male carers and 72,000 female carers were people in part-time employment

## **Young carers**

- The region had 17,352 young carers under age 20
- Young carers were more likely than other young people to: live in workless households; be in lone parent families; have a limiting long-term illness
- Young adult carers (aged 16-19) were much less likely to have any qualifications or to be in employment or education than other people of this age

## **Older carers**

- There were 100,850 carers aged 65 or over
- 33,469 older carers provided 50 or more hours of care per week
- 4,546 carers were over 85 years old

## **Care and support in the region: future challenges**

The region covers some very rural areas as well as some of England's largest towns and cities.

Future challenges in supporting carers in the region include:

- Severe deprivation in some areas, particularly seaside towns, where there are levels of illness and disability, poverty, worklessness and social exclusion, putting particular pressure on carers
- Delivering appropriate help and support for the regions 34,103 carers in black and minority ethnic communities, where rates of illness and disability are often high and the population is also ageing
- The particularly high proportion of people in rural areas who are over 65
- Providing better access to care and other services in a rural setting and developing the best ways of delivering these

<sup>2</sup> DWP Information Directorate: Work and Pensions Longitudinal Study, February 2009. The difference between the number of carers entitled to CA and those who receive it may be due to carers being not paid CA because they receive an overlapping benefit equal to or greater than the weekly rate of CA.

## Characteristics of carers in the East of England region

In 2001 there were 517,877 carers in the East of England region<sup>3</sup>. Carers thus formed 10% of the region's population. When compared with other people in the region, carers who provide 20 or more hours of care per week were considerably more likely to: live in social housing; live in a household with no working adult; and live in a household with a person with a limiting long-term illness (LLTI). However, they were less likely to have access to a car.

**Table 1.1 Population by sex and weekly hours of care provided: East of England region**

numbers

	Male non-carers	Males caring for:			Female non-carers	Females caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>All</b>	2,210,016	163,231	20,050	37,770	2,247,348	209,425	29,160	58,241
<b>Age</b>								
5-15	382,586	3,574	292	287	365,561	3,971	331	287
16-24	252,953	7,674	791	589	245,773	9,049	1,243	1,336
25-49	855,523	57,970	7,223	10,248	830,282	83,564	11,195	21,449
50-64	396,846	65,802	6,521	10,521	377,130	83,947	11,338	17,825
65-84	296,512	27,358	4,905	14,774	369,473	28,033	4,838	16,396
85+	25,596	853	318	1,351	59,129	861	215	948
<b>Ethnicity*</b>								
White British	2,205,855	154,011	18,274	35,459	2,235,376	197,556	26,605	54,207
Indian	23,306	1,700	328	313	22,893	1,634	397	466
Pakistani	18,292	1,045	265	233	17,026	976	360	593
Bangladeshi	9,112	375	120	108	7,963	422	146	257
Black Caribbean	12,429	623	116	153	11,769	785	143	184
Black African	8,170	304	67	52	7,911	289	97	79
Other ethnic groups	138,768	6,239	1,006	1,612	149,061	8,525	1,503	2,588

Source: 2001 Census, Standard Tables, Crown Copyright 2003. \* 2001 Census Commissioned Tables, Crown Copyright 2003 (all people including those aged 0-4).

Note: Totals may differ as the 2001 Census Standard Table 25 is for people in households, whilst the commissioned table covers all people.

**Table 1.2 Characteristics of carers: East of England region**

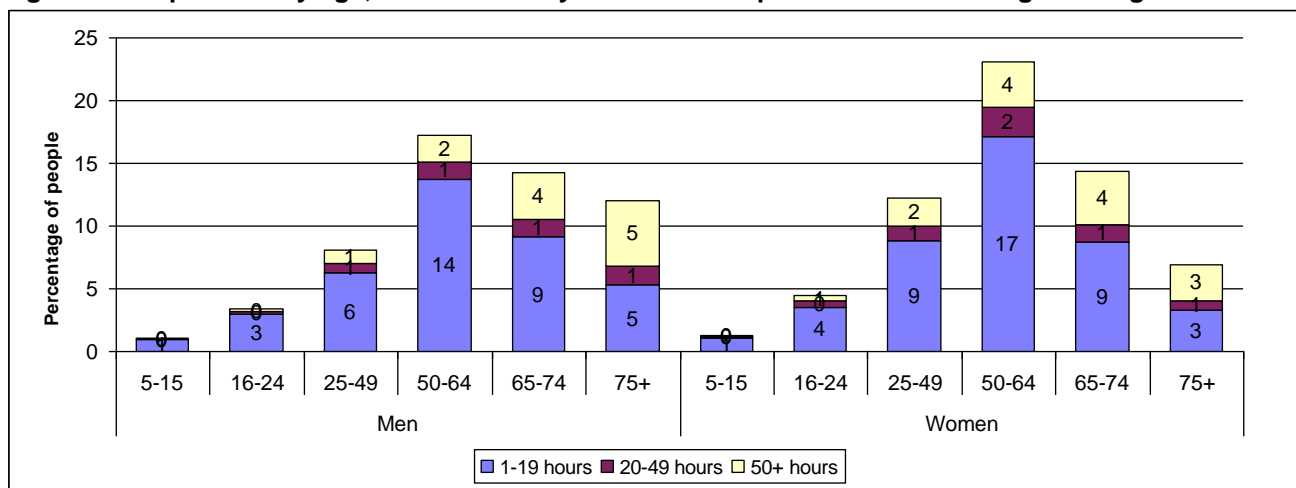
(% of people)

	Male non-carers	Males caring for:			Female non-carers	Females caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>East of England</b>								
People in workless households	19	22	39	60	26	24	37	55
Co-resident with a person with LLTI	16	33	77	90	15	27	63	91
Living in social housing	14	9	24	26	16	11	21	27
No access to car	10	5	13	17	16	8	15	21
<b>ENGLAND</b>								
People in workless households	22	22	39	60	28	24	37	56
Co-resident with a person with LLTI	18	35	74	91	17	28	62	91
Social housing	17	11	24	28	19	13	23	29
No access to car	16	9	19	23	23	12	20	28

Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

<sup>3</sup> 2001 Census Standard Tables, Crown Copyright 2003.

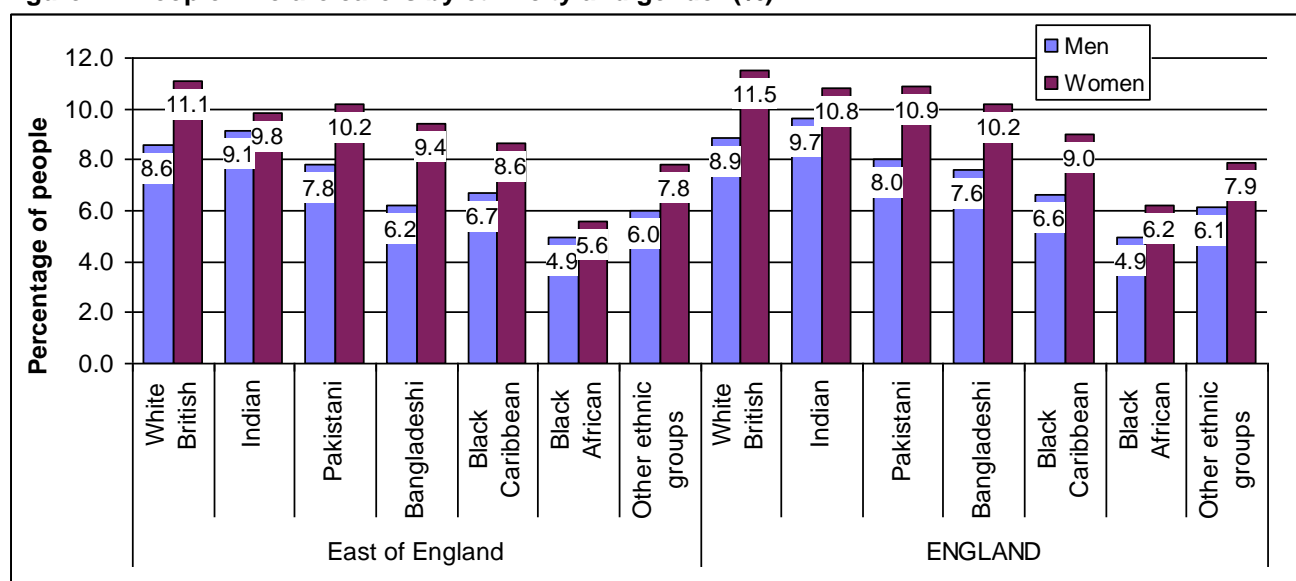
**Figure 1.1 Population by age, sex and weekly hours of care provided: East of England region**



2001 Census Commissioned Tables, Crown Copyright 2003.

The likelihood of being a carer peaks in the 50-64 age group for both sexes. In this age group 17% of men and 23% of women in the region were providing care. The incidence of caring was lower for people aged 65 and over, but carers in older age groups were more likely than younger carers to provide 50 or more hours of care per week. In the region, almost half of all carers aged 75 or over provided 50 or more hours of care per week (43% of men and 43% of women, compared with 45% of men and 43% of women in England as a whole). By contrast just 13% of men and 16% of women aged 50-64 (17% of men and 20% of women in England as a whole) provided 50 or more hours of care per week.

**Figure 1.2 People who are carers by ethnicity and gender (%)**



2001 Census Commissioned Tables, Crown Copyright 2003.

The proportion of people who are carers varies by both ethnicity and sex (Figure 1.2). The variation seen arises partly as a consequence of the different age structures; some black and minority ethnic groups having a much younger age profile than others. It is also associated with higher rates of illness and disability in some ethnic groups<sup>4</sup>. 34,103 carers in the region were from one of the region's ethnic minority groups.

<sup>4</sup> Ethnicity and Health. Postnote No. 276, January 2007. The Parliamentary Office of Science and Technology. [www.parliament.uk/documents/upload/postpn276.pdf](http://www.parliament.uk/documents/upload/postpn276.pdf)

## 2. Demand for care in the East of England

Between 2008 and 2030 a significant increase in the demand for personal care and support in the East of England is predicted, mainly as a result of the anticipated increase in life expectancy (Table 2.1). In particular:

- The number of people aged 85+ is set to more than double (a higher percentage increase than in England as a whole)
- The number of people with a LLTI will increase by two fifths (41%), from almost 940,000 to over 1.3 million (32% for England) (Figure 2.2)
- More than twice as many people aged 65 or over will have dementia
- The number of carers is predicted to increase by over 119,000 or 18% (compared with 15% across England as a whole) (see Figure 2.3)

**Table 2.1 Projected demand for care: East of England** (numbers)

	2008	2010	2015	2020	2025	2030
<b>People aged 85+*</b> <i>numbers</i>	132,700	141,000	164,700	195,700	239,700	294,600
<i>% of population 85+ (England)</i>	2.3 (2.2)	2.4 (2.3)	2.7 (2.5)	3.1 (2.8)	3.6 (3.3)	4.2 (3.9)
<b>People with a LLTI**</b> <b>ALL</b>	938,022	965,559	1,042,424	1,130,337	1,226,003	1,318,424
<i>% of population with LLTI (England)</i>	16 (18)	17 (18)	17 (19)	18 (19)	18 (20)	19 (20)
<b>Age of men with a LLTI</b> <b>Men (ALL)</b>	434,400	449,043	488,594	532,045	577,445	619,847
0-14	23,155	23,336	24,532	26,229	26,973	27,221
15-49	106,395	107,990	109,016	108,567	111,517	117,159
50-64	113,162	114,846	116,177	127,146	133,410	130,916
65-74	87,347	92,419	109,489	116,050	115,541	130,239
75-84	76,208	79,552	89,916	103,587	125,636	133,737
85+	28,132	30,899	39,464	50,466	64,368	80,575
<b>Age of women with a LLTI</b> <b>Women (ALL)</b>	503,622	516,516	553,831	598,291	648,558	698,577
0-14	15,931	16,086	16,916	18,163	18,686	18,853
15-49	110,397	112,261	113,103	112,841	115,688	121,114
50-64	117,621	119,382	121,777	132,423	139,194	136,188
65-74	90,450	95,570	113,456	121,824	119,183	133,427
75-84	104,180	105,282	112,838	126,965	153,183	164,471
85+	65,044	67,935	75,740	86,075	102,625	124,523
<b>People in poor health**</b>	411,363	424,617	460,041	499,089	538,865	576,049
<i>% of population (England)</i>	7.3 (8.7)	7.4 (8.7)	7.6 (9.0)	7.9 (9.3)	8.2 (9.5)	8.4 (9.8)
<b>People with a LLTI who are also in poor health**</b>	340,193	351,791	383,341	418,808	455,287	489,205
<i>% of population (England)</i>	6.1 (7.3)	6.1 (7.4)	6.4 (7.6)	6.6 (7.9)	6.9 (8.2)	7.1 (8.4)
<b>People aged 65+ predicted to have a longstanding health condition caused by:</b>						
<b>A stroke***</b>	31,558	33,107	38,413	44,920	48,953	54,510
<i>% of population 65+ (England)</i>	3.7 (3.7)	3.7 (3.7)	3.6 (3.6)	3.8 (3.8)	3.7 (3.7)	3.7 (3.7)
<b>Dementia (people aged 65+)<sup>#</sup></b>	53,486	57,006	67,994	81,459	97,004	114,170
<i>% of population 65+ (England)</i>	6.2 (6.2)	6.3 (6.2)	6.4 (6.3)	6.9 (6.8)	7.4 (7.3)	7.8 (7.7)
<b>Heart disease</b>	77,298	81,312	94,935	107,985	115,454	128,945
<i>% of population 65+ (England)</i>	9.0(9.0)	9.0 (9.0)	8.9 (8.9)	9.1 (9.1)	8.8 (8.8)	8.8 (8.8)

Source: Data have been taken from POPPI/PANSI, DH Crown Copyright

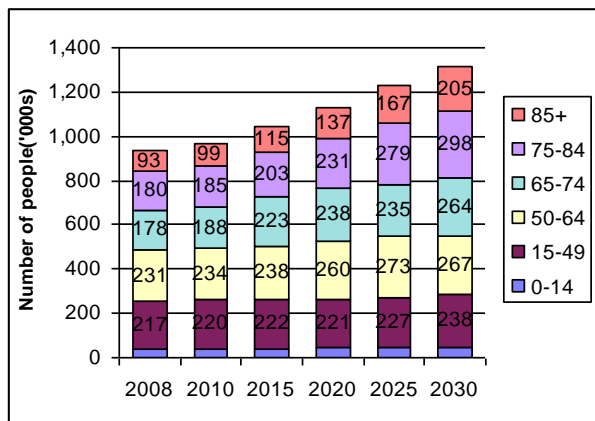
\*2006-based sub-national population projections (Crown Copyright).

\*\*Rates from 2001 Census Standard Tables (Crown Copyright 2003) applied to ONS, 2006-based sub-national population projections (Crown Copyright).

\*\*\*Prevalence rates are based on the 2004/05 General Household Survey, National Statistics. The prevalence rates have been applied to ONS population projections. #Prevalence rates are taken from a report into the prevalence and cost of dementia prepared by the Personal Social Services Research Unit (PSSRU) at the London School of Economics and the Institute of Psychiatry at King's College London, for the Alzheimer's Society, 2007. The rates have been applied to ONS population projections.

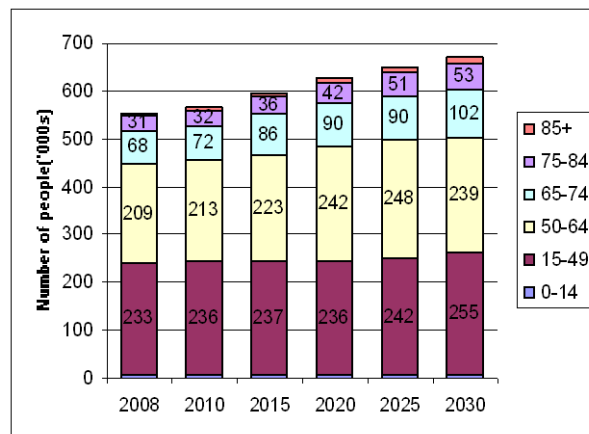


**Figure 2.2 Projected numbers of people with a LLTI by age: East of England ('000s)**



Source: ONS, 2006-based sub-national population projections, Crown Copyright; 2001 Census Standard Tables, Crown Copyright 2003.

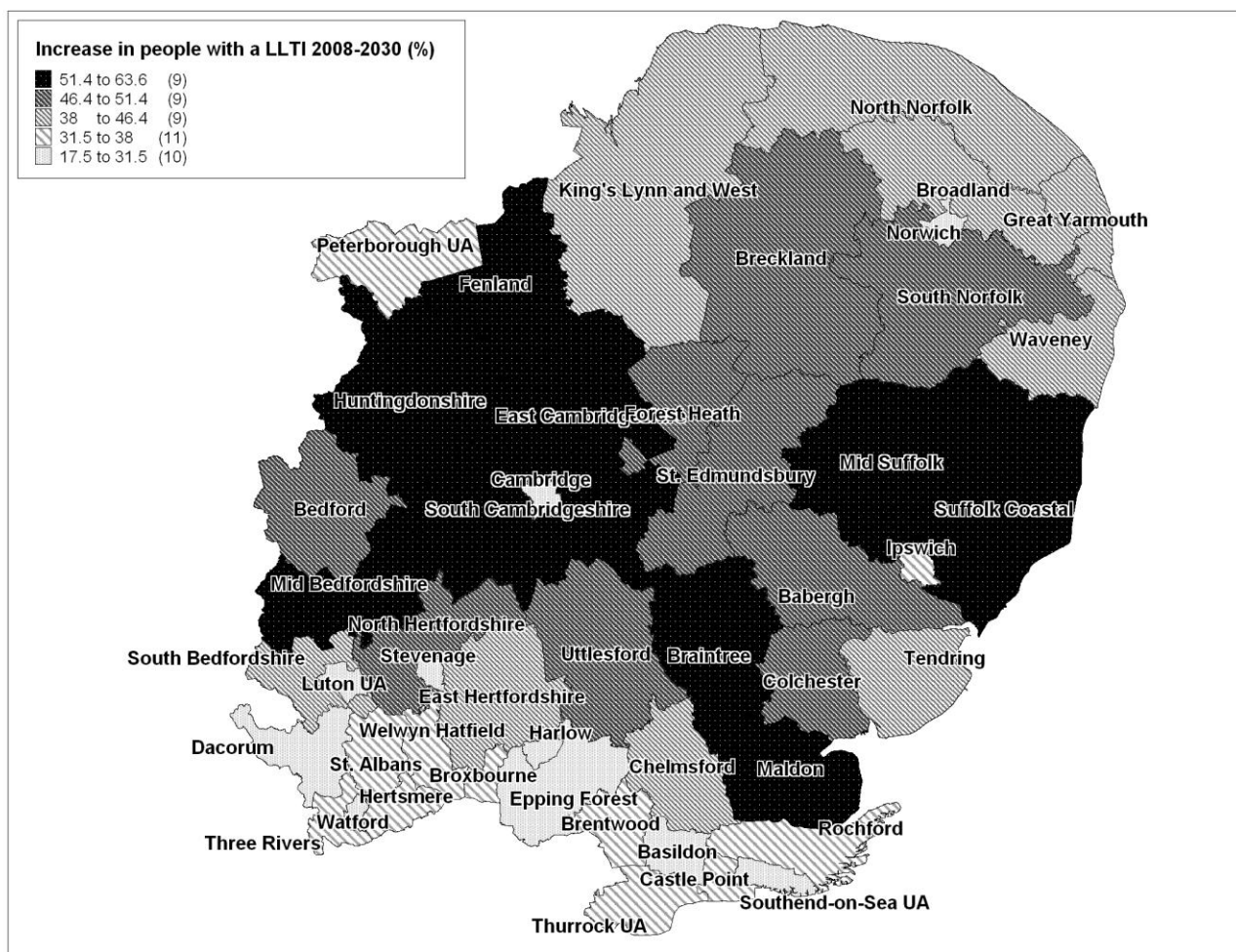
**Figure 2.3 Projected numbers of carers by age: East of England ('000s)**



Source: ONS, 2006-based sub-national population projections, Crown Copyright; 2001 Census Standard Tables, Crown Copyright 2003.

Across the region there is significant variation in the percentage increase in the projected numbers of people with a LLTI between 2008 and 2030, from just 18% in Harlow (up 2,327) to 64% in Mid Bedfordshire (up 11,466) (Figure 2.4). The greatest increase in numbers of people with a LLTI is expected in Tendring, where a rise of 15,331 (44%) is forecast, and in Huntingdonshire (14,351 or 59%).

**Figure 2.4 Regional variation in the expected increase in the number of people with a LLTI, 2008-2030**



Source: 2006-based sub-national population projections, 2001 Census Standard Tables. This work is based on data provided through EDINA UKBORDERS with the support of the ESRC and JISC and uses boundary material which is Copyright of the Crown.

### 3. Personalisation and local services in the East of England

There are 10 CSSRs (councils with social care responsibility) in the region, and all have a statutory duty to provide support and services to carers and the sick and disabled people they care for. Latest figures show that within the region 30,540 carers received a Carers Assessment (Table 3.1) in 2007/8, representing about 6% of all carers, while 26,495 carers received carers' services or information (Table 3.2). Of these carers:

- 15,170 (50%) of all carers assessed were aged 65 or over
- 13,450 (51%) of all carers receiving services were aged 65 or over
- Carers aged 65 and over who received a service were more likely to get a carer's break or specific carer's service (76%) than carers aged 16-64 (70%), who were more likely to be offered information only. However, 82% of carers aged under 18 were offered a carer's break or specific carer's service
- Over 2,730 people had a Direct Payment in place (including some carers)

**Table 3.1 Carers Assessments, reviews and services: East of England region** (numbers)

	Carers assessed or reviewed			Declining assessment or review
	ALL	Separately	Jointly	
<b>All</b>	30,540	12,730	17,810	3,300
<b>By age</b>				
<i>Under 18</i>	485	75	410	15
<i>18-64</i>	14,885	6,415	8,475	1,865
<i>65-74</i>	5,490	2,215	3,275	565
<i>75 and over</i>	9,680	4,025	5,655	860
<i>Age not known</i>	0	0	0	0
<b>By condition of cared for person</b>				
<i>Physical disability, frailty and sensory impairment</i>	22,760	8,455	14,305	1,675
<i>Mental Health</i>	4,465	2,425	2,040	1,450
<i>Learning Disability</i>	2,810	1,540	1,270	105
<i>Substance Misuse</i>	100	35	65	20
<i>Vulnerable People</i>	395	270	125	55

Source: Community Care Statistics 2007 - 08: Referrals, Assessments and Packages of Care for Adults, England, National report and CASSRs, NHS Information Centre.

Figures may not add up because of rounding.

The sum of the primary client types may not equal the number of carers offered an assessment or review. This is due to a number of carers where the primary client type of the person being cared for was unknown.

**Table 3.2 Carers receiving services: East of England region** (numbers)

	Carers receiving services		
	ALL	Breaks for the carer and /or other carers' specific service	Information and advice only
<b>All</b>	26,495	19,370	7,125
<b>By age</b>			
<i>Under 18</i>	450	370	80
<i>18-64</i>	12,595	8,800	3,795
<i>65-74</i>	4,745	3,345	1,395
<i>75 and over</i>	8,705	6,855	1,850
<i>Age not known</i>	0	0	0
<b>By condition of cared for person</b>			
<i>Physical disability, frailty and sensory impairment</i>	19,955	14,800	5,155
<i>Mental Health</i>	3,575	2,135	1,440
<i>Learning Disability</i>	2,555	2,100	455
<i>Substance Misuse</i>	95	55	40
<i>Vulnerable People</i>	310	280	30

Source: Community Care Statistics 2007 - 08: Referrals, Assessments and Packages of Care for Adults, England, National report and CASSRs, NHS Information Centre.

Figures may not add up because of rounding.



In 2007-2008, 87% of carers in the region who were assessed received services or information, compared with 89% in England as a whole. Of the carers receiving services (either carers specific services or information and advice), there was wide variation in the percentage of carers receiving a carer specific service following assessment or review, which according to published data ranged from just 35% in Luton to 100% in Suffolk (Table 3.3). Differences in reporting practises may partially explain this variation.

**Table 3.3 Carers assessed and receiving services: Councils in the East of England region**

	Numbers of carers			Percentage of carers receiving services	
	Assessed or reviewed (A)	Receiving carers specific services (B)	Receiving Information only (C)	Following assessment or review (B+C)/A	Receiving carers specific services B/(B+C)
<b>ENGLAND</b>	<b>377,635</b>	<b>208,730</b>	<b>128,265</b>	89	62
<b>EAST OF ENGLAND</b>	30,545	19,370	7,125	87	73
Bedfordshire	3,465	1,495	220	49	87
Cambridgeshire	1,810	1,525	160	93	91
Essex	10,670	5,510	4,425	93	55
Hertfordshire	3,315	2,705	605	100	82
Norfolk	3,770	3,125	650	100	83
Suffolk	3,100	3,100	0	100	100
Luton	975	340	625	99	35
Peterborough	1,710	375	195	33	66
Southend	1,055	715	245	91	74
Thurrock	665	480	0	72	100

Source: Community Care Statistics 2007 - 08: Referrals, Assessments and Packages of Care for Adults, England, National report and CASSRs, NHS Information Centre.

### Use of Carers' Grant allocations

Carers' Grant is an annual sum of money made available to local authorities to dedicate to carers in their locality, with a particular focus on carers' breaks, young carers, promoting carers' well-being, and developing innovative services for carers. In 2009 the Department of Health allocated £17.9 million<sup>5</sup> for this purpose to local authorities in the East of England.

A review of Carers' Grant expenditure by English local authorities in 2004-6 (conducted by the University of Leeds)<sup>6</sup> showed that, using these funds, local authorities had dedicated funds to: promoting carer services region-wide, with a particular focus on hard-to-reach carers (e.g. among ethnic minority groups); promoting carer involvement in decision-making about carer services, via carers' forums and steering groups; attempting to increase the number of Carer's Assessments conducted annually by the local authority; increasing carers' breaks provision; developing young carers' support groups; setting up innovative services for carers (such as one-off payments for goods which would ease their caring role); supporting carers wanting to return to employment or education; and developing new or existing partnerships with voluntary sector and health-based organisations.

<sup>5</sup> Carers' Grant allocation for 2006/2007 taken from 'Carers' Grant details and Guidance' from [www.dh.gov.uk/en/SocialCare/Carers/DH\\_079454](http://www.dh.gov.uk/en/SocialCare/Carers/DH_079454) (accessed on 8th September 2009).

<sup>6</sup> Local authorities' use of Carers' Grant by Gary Fry, Christopher Price and Sue Yeandle (Centre for Research on Care, Labour and Equalities, School of Sociology and Social Policy, University of Leeds). Department of Health, August 2009.

## 4. Carers' health and wellbeing in the East of England

The 2001 Census showed that in the East of England 51,426 carers were themselves in poor health (10% of carers were in poor health compared with 12% of carers across England as a whole) (Table 4.1). Of these carers in poor health:

- 17,377 provided 50 hours or more of care per week. At all ages, carers in poor health were much more likely to care for 50 or more hours a week (34%) than carers with good/fairly good health (17%) (38% and 19% respectively in England as a whole)
- 1,212 were aged 85 or older

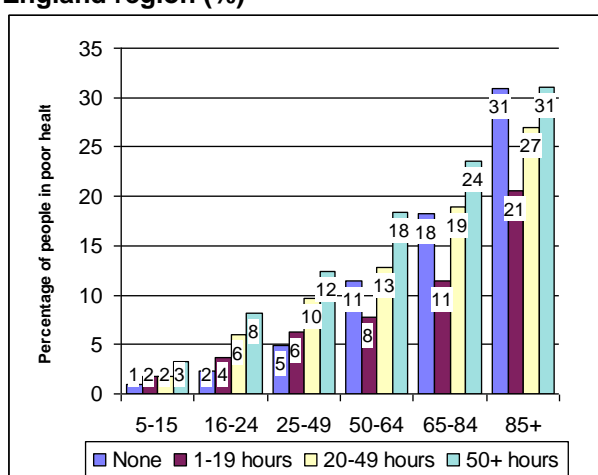
**Table 4.1 People in poor health by age, sex and the amount of care they provide: East of England**

	Male non-carers	Males caring for:			Female non-carers	Females caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>All (numbers)</b>	151,105	12,387	2,632	7,611	185,268	15,477	3,553	9,766
5-15	3,494	50	3	7	3,266	84	8	12
16-24	4,611	216	39	60	6,604	402	82	97
25-49	38,531	3,466	665	1,372	43,952	5,326	1,117	2,571
50-64	45,401	5,377	981	2,270	43,149	6,252	1,303	2,934
65-84	51,522	3,124	865	3,508	69,653	3,214	978	3,831
85+	7,546	154	79	394	18,644	199	65	321
<b>All (% people)</b>	7	8	13	20	8	7	12	17
5-15	1	1	1	2	1	2	2	4
16-24	2	3	5	10	3	4	7	7
25-49	5	6	9	13	5	6	10	12
50-64	11	8	15	22	11	7	11	16
65-84	17	11	18	24	19	11	20	23
85+	29	18	25	29	32	23	30	34

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

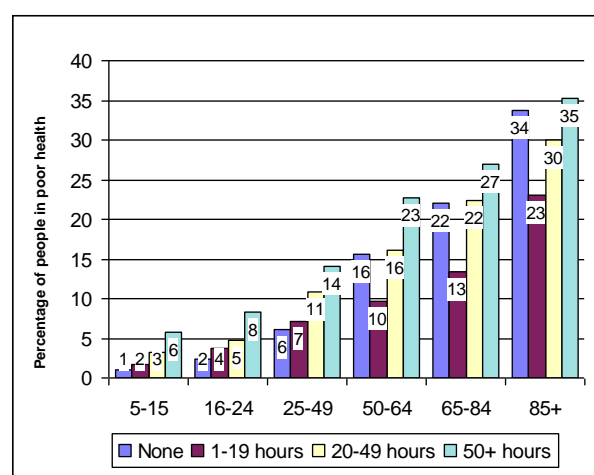
At all ages, with the exception of the oldest age group (people aged 85+), people regularly providing 50 or more hours of care each week were more likely to be in poor health than other people of the same age (Figures 4.2a and 4.2b).

**Figure 4.2a People with poor health by age and the amount of care they provide: East of England region (%)**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

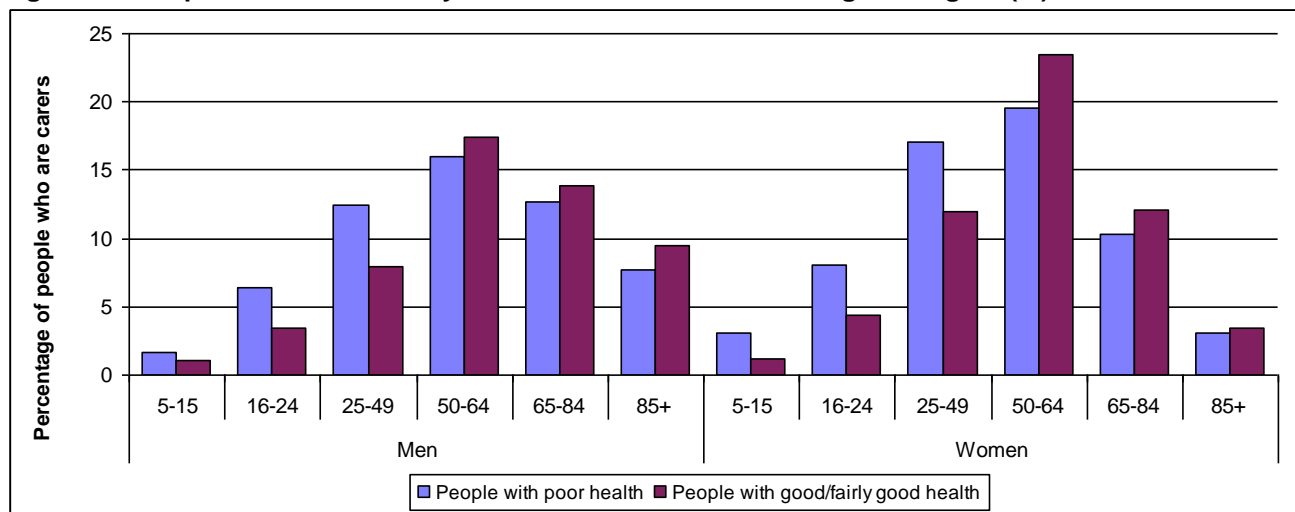
**Figure 4.2b People with poor health by age and the amount of care they provide: England (%)**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Below 50 years of age, men and women in poor health were more likely to be providing unpaid care than those in good or fairly good health (Figure 4.3).

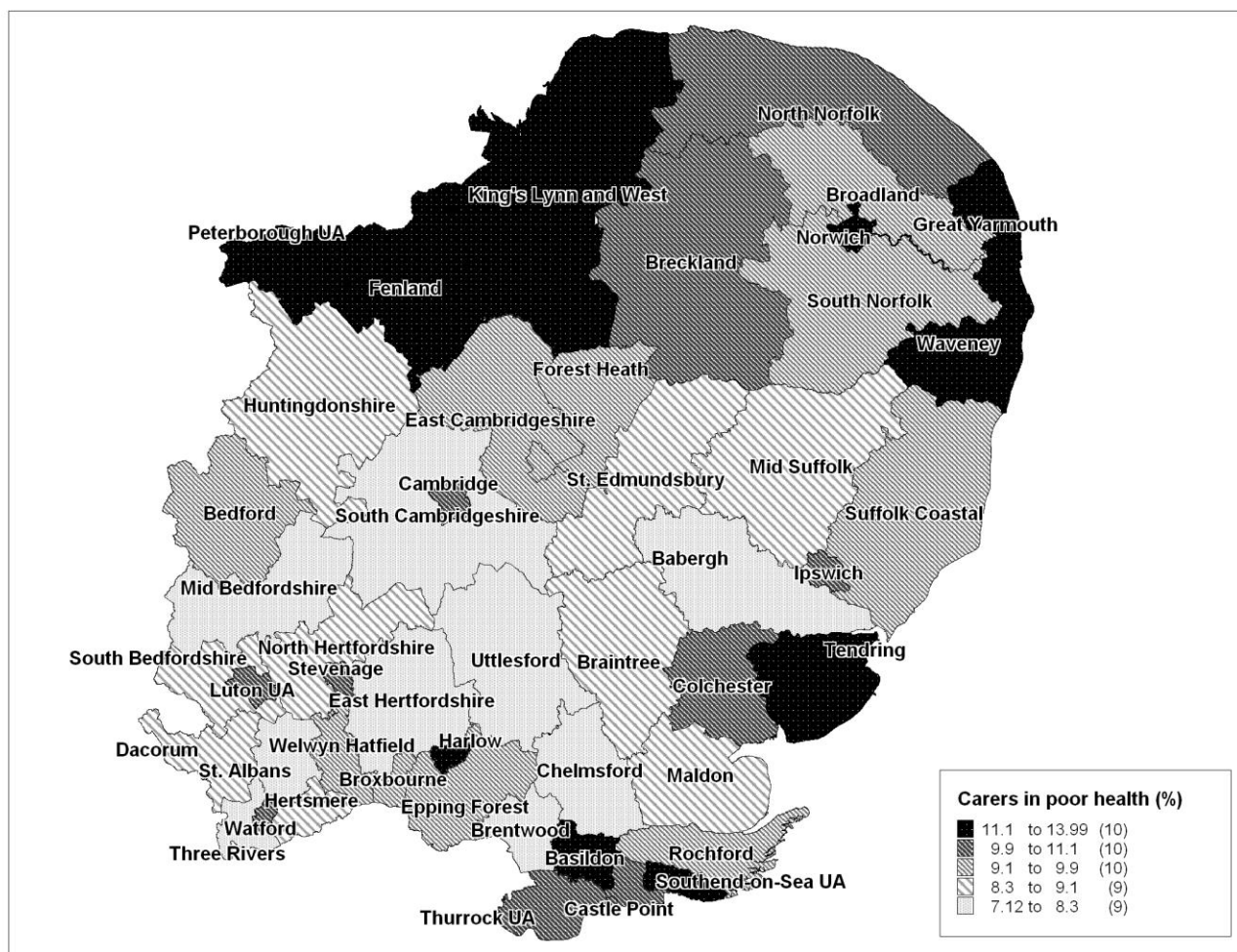
**Figure 4.3 People who are carers by their health status: East of England region (%)**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

A map of the proportion of carers who were in poor health (Figure 4.4) shows considerable variation across the region. In Uttlesford just 7% of carers were in poor health, compared with 14% in Norwich. The national average across England is 12%.

**Figure 4.4 Distribution of carers in poor health in the East of England region**



Source: 2001 Census Standard Tables, Crown Copyright 2003. This work is based on data provided through EDINA UKBORDERS with the support of the ESRC and JISC and uses boundary material which is Copyright of the Crown.

## 5. Support for carers in the East of England

Carers in the East of England have access to a range of information, advice and services delivered by local authorities, voluntary sector agencies and other organisations, sometimes working in partnership. Some of the different types of support available to carers of sick, disabled, frail and vulnerable people in the region are outlined here.

### ***Strategic approaches to support for carers***

Each local authority in the region has an up-to-date Carers Strategy detailing its vision for carers in the immediate future. These local strategies, developed following the first National Carers' Strategy in 1999, outline how the local authority has responded, or plans to respond, to key legislation and recommendations from Joint Improvement Partnerships relating to carers, and also how local challenges are being addressed in their plans and activities. Among the key priorities indicated in the region's Carers Strategies are helping carers to have a life of their own, giving them a 'voice' in decisions about service development, promoting knowledge about carers' rights, offering support and training focused on employment and education, offering a range of breaks and respite, increasing the number of carers' assessments conducted annually, and increasing access to information. There is also a focus on achieving equality of access to support for diverse groups by ensuring they are fully included in both existing and new developments affecting carers.

Most local authorities in the region have developed Carers Strategy Steering Groups which include representatives of relevant local voluntary organisations, the local PCT, and local authority personnel from other directorates, including housing and leisure, as well as carers themselves, often representing Carers' Forums. These steering groups are generally tasked with decision-making and monitoring of new and existing carers' activities and schemes. Most groups have devised detailed Action Plans, which outline objectives and proposals for future development according to predetermined timescales. Regular meetings assess the progress of these ongoing developments.

In the East of England, some of the local challenges identified include engaging with carers who are traditionally 'hard to reach', whether because they belong to an ethnic minority group (as in the case of several metropolitan and city councils), are located in secluded residential areas (as in the case of several rural-based councils), or have never had any contact with social services in relation to their care needs. To reach these 'hidden' groups of carers local authorities in the region have worked with a variety of partners including the NHS (through GP surgeries and hospitals, for example, to access carers at 'first diagnosis' of the cared-for person) and voluntary organisations including specialist groups dedicated to supporting people with particular needs.

All local authorities with social services responsibility in the region receive an annual Department of Health Carers' Grant budget allocation, and it is with funds made available in this way, as well as with mainstream monies, that many carer-related innovations and existing services are now being initiated and supported. These are outlined below; several examples of each service are included to indicate some of the ways local authorities in the East of England are tackling carers' needs.

### ***Local authority support for carers***

Advice and information for carers in the East of England is available in a variety of ways. Literature promoting services available through local authorities is distributed using a range of outlets and can also be downloaded from the dedicated carer-related web pages of the local authorities' websites. All local authorities in the region include signposting to help carers identify other organisations specialising in services for people caring in a range of different circumstances. In many parts of the region there are also telephone advice lines/email addresses and/or advocacy services that allow carers to contact local authority staff who can advise them on receiving support. Examples include:

**Thurrock Council** offers a Carers Support Service which includes a 24-hour helpline enabling carers to receive advice and information on all care-related issues.

**Southend on Sea Borough Council** provides a helpline to carers, and a recent assessment of its use revealed that on average it receives 1,700 calls a year / 140 calls a month from carers asking for advice and information.

Many local authorities in the region promote carers' services by hosting local events during Carers' Week (annually in July) and at other appropriate times of the year, such as Carers' Rights Day in December. In many areas, such as Hertfordshire, the council produces literature promoting carers' services in different languages, to help reach out to local ethnic minority communities, traditionally considered 'hard to reach' on social care and carers' issues. As stated above, carers are also encouraged to take part in decision making on carers' issues. Examples include:

**Hertfordshire County Council's** Parent Carer Forums run bi-monthly in a variety of locations in the county and are an opportunity for parents of sick and disabled children to contribute concerns and suggestions relating to local service developments.

**Southend on Sea Borough Council's** Carers Forum was established in 1999 and has 10 directors / trustees, all of whom are carers or ex-carers. Over 700 carers in the area have attended one or more of the Forums' regular meetings in order to contribute to carers' issues and service development.

### ***Voluntary sector and other support for carers***

All local authorities in the East of England have devoted resources to delivering breaks to carers, sometimes in partnership with voluntary agencies. These usually take the form of respite, sitting services and access to day care centres. Such services are often specifically tailored towards carers of people with particular conditions, including disabled children and adults, older people, those suffering mental health problems, and those with learning difficulties. Some local authorities have developed culturally sensitive breaks services specifically geared towards ethnic minority groups.

**Suffolk County Council** works through Crossroads in order to provide an average of three hours per week of respite to each carer who applies for a break. Trained Carer Support Workers can use their own home to look after cared for people, can provide a sitting service in the home of the cared for person, or take them out on a trip.

**Thurrock Council** has developed a dedicated Short Break Service which has premises offering rooms to four people at any one time. Eight staff including five support workers are employed at this venue and provide support for the cared for person while their carers are able to have a break.

Collaboration with voluntary sector organisations is a crucial part of carer activities for many local authorities in the East of England. Many of these organisations have long experience of supporting carers and also have other sources of funding with which they provide support, advice, and information to carers. With the money made available through Carers' Grant, as well as other sources of social care funding, local authorities have been able to invest in a wider range of carer-related projects. These are often developed in close collaboration with voluntary sector organisations, and based on their 'grass roots' engagement with carers.

**Luton Borough Council** works with a number of voluntary organisations in order to meet the needs of its black and ethnic minority population, including carers who belong to these groups. One example is a Bangladeshi Youth League which provides support to young people from this community.

Norfolk County Council supports a number of carer services through its partnership with Age Concern. Among these services are a befriending scheme, a shopping service, a day care service, and regular help and advice sessions.

Voluntary sector carers' centres exist in many parts of the East of England, offering valued support, information and services to carers; details of these are available from the Carers Direct website, which includes an interactive map showing the location of nearby centres, with contact details and a summary of the services they provide. Often affiliated to national carers' organisations including the Princess Royal Trust for Carers (PRTC), Carers UK and Crossroads, many of these agencies are well established and can draw on many years experience of advising and supporting carers.

**Carers Direct**

Free confidential Information and advice for carers, set up as a national service in 2008.

Find addresses, phone numbers and websites for services for carers near you.

[www.NHS.uk/CarersDirect](http://www.NHS.uk/CarersDirect)

Call Carers Direct on **0808 802 0202**

Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends.

Calls are free from UK landlines

Or email [CarersDirect@nhschoices.nhs.uk](mailto:CarersDirect@nhschoices.nhs.uk)

***Supporting young carers***

All local authorities in the East of England have developed services specifically geared towards young carers. Young carers are particularly vulnerable to the demands of caring which can have a major impact on their lives. Many voluntary sector carers' centres have prioritised this type of support, which has been a particular focus of centres linked to the Princess Royal Trust for Carers.

**Hertfordshire County Council's** Young Carers' Project was established in 1999 and is a county-wide service designed to provide support and advice to young carers as well as to professional staff in the region. There are downloadable documents available on its website which deal with good practice in schools, including identification of young carers and supporting them in their caring responsibilities.

**Peterborough City Council's** Young Carers Project has contact with 120 young carers and sends a regular report providing information about young carers to every school in the area. A recent survey the project conducted with 100 young carers found that the schools of 50% of young carers do not have a full appreciation of their caring responsibilities.

***Services to help carers combine caring with employment or education***

Some local authorities in the East of England have developed projects to help carers who want to combine caring with paid work or who are seeking employment and further education. These projects provide support and advice to enable carers to access training and funding opportunities, to revise job application and interview skills, and to address work-related issues, including advising them about new rights given to carers in recent legislation.

**Norfolk County Council** has recently addressed the issue of caring and employment and has elected to lead by example. Its adult social services department has conducted a survey to identify employees who are carers which has led to their being identified on a well-being register. This service will be rolled out across the whole council.

**Southend on Sea Borough Council** works with local Enterprise, Tourism and Environment agencies to promote the business case for employing carers within the town. It encourages local businesses to develop 'carer friendly policies'.

***Telecare***

Since 2006, offering telecare equipment to help carers deal with their caring situation has also been a developing area of local authority activity in the East of England, with new funds available through the Preventative Technology Grant<sup>7</sup>. Where telecare equipment is installed in the home of a person needing care or support, it often offers significant benefits for carers as well. Available equipment includes personal alarms, fall detectors, smoke, gas and spillage/flood alerts and automatic lighting and door entry controls. In 2006/2007 an estimated 7,000 new service users aged 65 or over in the region were provided with items of telecare, giving carers' peace of mind and more freedom in their everyday lives.

<sup>7</sup> Through the Preventative Technology Grant, £80 million was invested to help English local authorities develop telecare programmes.



Suffolk County Council launched its Assistive Technology and Telecare scheme in 2008 with an exhibition including demonstrations of the benefits of the equipment. Since then the council has promoted the service via leaflets and guides, and offers a choice between council-arranged telecare packages and the private purchasing of equipment via local providers.

**Essex County Council** has recently made a pledge to offer telecare services free of charge to people in the area who are over the age of 85. A recent evaluation of 240 telecare users conducted by the council revealed that for every £1 invested in the scheme, £3.58 was saved on other health and social care services. The council is therefore committed to investing in telecare.

### **Courses for carers**

A number of courses for carers have been developed by local authorities in the East of England. These include learning to care for themselves, improving health and wellbeing, facilitating access to services and specific skills (e.g. lifting and handling), as well as teaching relaxation and similar techniques.

**Thurrock Council** supports the delivery via its Carers Centre of a range of free courses for carers including a Pamper Day which involves aromatherapy, massage, mini-manicure, reflexology, Indian head massage, and acupuncture. There are also basic first aid courses and financial management advice sessions on offer.

**Norfolk County Council** offers a range of courses called Carers' Well-Being Workshops which include sessions on art and craft, creative writing, digital photography, aromatherapy, and carers' rights. The aims of these courses are described as meeting "the need for practical advice and emotional support, at the same time as providing stimulating opportunities for learning."

The nationwide **Caring with Confidence** programme for carers is working with five providers in the East of England. Carers can select and attend specialised modules relating to different aspects of caring. There is also an online version of the course, and a self-study version which carers can complete at their own convenience and pace. The service began operating in the region in summer 2009.

#### **The Caring with Confidence programme**

This is a knowledge- and skills-based programme, funded by the Department of Health, which aims to help carers make a positive difference to their life and that of the person they care for. Delivered by specially trained facilitators, often carers themselves, it offers a range of modules in a flexible programme of free carer support. Carers can mix and match how they develop their knowledge and skills - taking part in free local group sessions, using self-study workbooks or accessing the programme online. [www.caringwithconfidence.net](http://www.caringwithconfidence.net)

Call: **0800 849 2349** (Carer Information Line) or **0113 385 4491**

or email: [cwc.info@caringwithconfidence.net](mailto:cwc.info@caringwithconfidence.net)

### **State benefits for carers**

Across the East of England, 41,190 people of working age have an entitlement to Carer's Allowance, and of these 31,160 receive this state benefit. Carer's Allowance is a weekly payment of £53.10p (the maximum claimable in 2009), available to carers providing 35 or more hours of weekly care to someone receiving specified sickness or disability benefits. A further 34,940 people who have reached state pension age also have an 'underlying entitlement' to Carer's Allowance, which qualifies them for the Carer Premium, linked to Pension Credit; of these, 2,420 receive this element. Carer's Allowance is available through the Department for Work and Pensions and the rules governing it are set at the national level<sup>8</sup>.

<sup>8</sup> DWP Information Directorate: Work and Pensions Longitudinal Study, February 2009. Intended to be an 'income replacement' benefit, Carer's Allowance (CA) 'overlaps' with other benefits and is not *paid* to people receiving a state retirement pension (and some other benefits paid at a higher rate). Eligible claimants nevertheless retain any linked entitlements (e.g. to housing benefit). CA was 'renamed' in 2003, replacing Invalid Care Allowance (established 1975).

## Carers' access to paid work in the East of England

In the region, there are 408,285 carers aged 16-64 (Table 6.1). These account for 79% of all carers in the East of England. (In England as a whole 80% of carers are aged 16-64.) Of these carers 61,986 regularly provide 50 or more hours of care each week (16% of carers in the region compared with 18% in England as a whole), and 20,682 are aged 16-24.

**Table 6.1 People of working age (16-64) by age, sex and the amount of care they provide:**

**East of England**

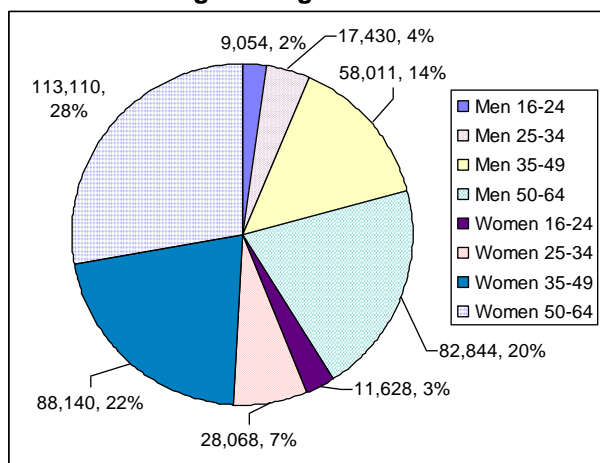
(numbers)

	Male non-carers	Men caring for:			Female non-carers	Women caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>All 16-64</b>	1,505,322	131,446	14,535	21,358	1,453,185	176,560	23,776	40,610
16-24	252,953	7,674	791	589	245,773	9,049	1,243	1,336
25-34	343,853	13,212	1,842	2,376	343,030	19,037	2,693	6,338
35-49	511,670	44,758	5,381	7,872	487,252	64,527	8,502	15,111
50-64	396,846	65,802	6,521	10,521	377,130	83,947	11,338	17,825

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

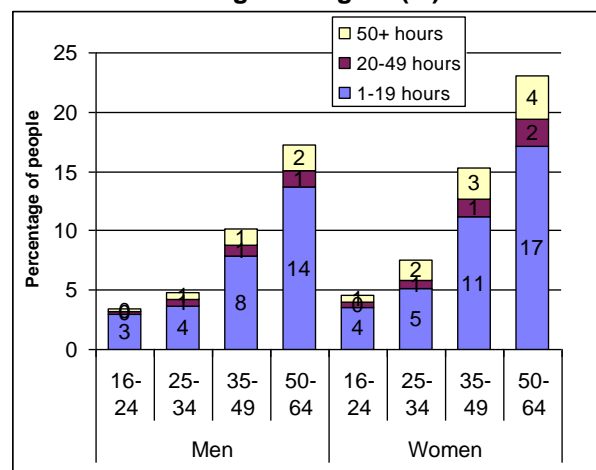
Of carers aged 16-64, 60% are women and 48% are people aged 50-64 (Figure 6.2). Almost a quarter of all women aged 50-64 and almost a fifth of men in this age group are carers (Figure 6.3). Women are more likely to be carers than men at all ages between 16 and 64.

**Figure 6.2 Carers of working age by age and sex: East of England region**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

**Figure 6.3 People of working age who are carers: East of England region (%)**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

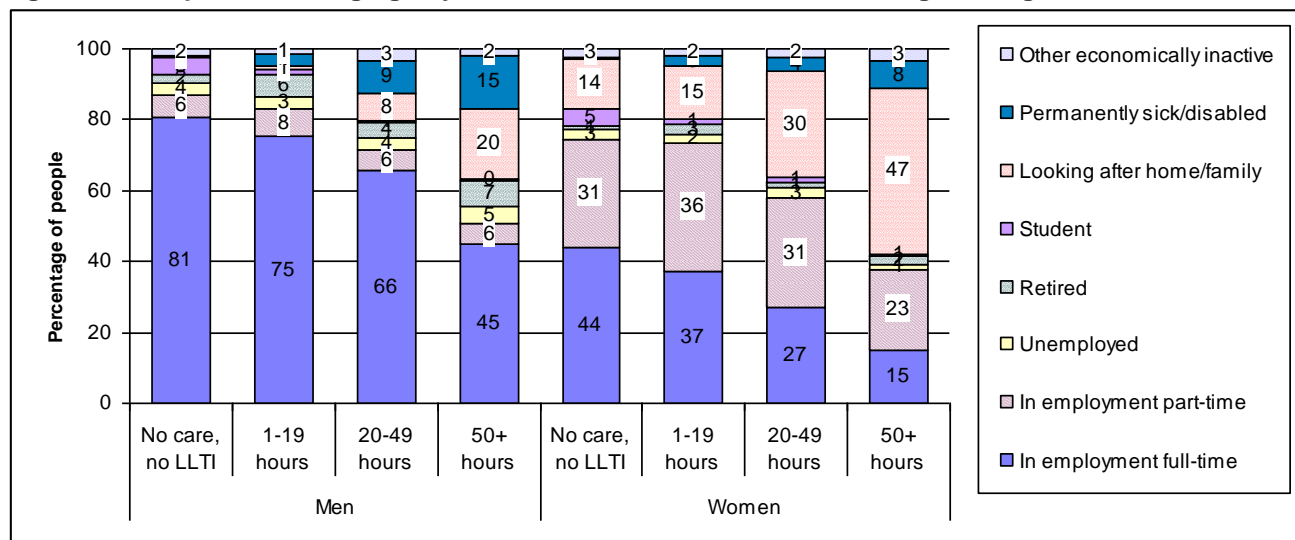
**Table 6.4 Characteristics of carers of working age: East of England region**

	East of England				ENGLAND			
	Non-carers without LLTI	People caring for:			Non-carers without LLTI	People caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>No qualifications</b>								
Men	19	20	34	37	20	20	34	43
Women	19	22	34	37	19	21	36	43
<b>Degree-level qualifications</b>								
Men	20	22	14	12	23	23	14	11
Women	20	21	11	11	23	23	14	11
<b>In paid employment*</b>								
Men	87	83	71	51	84	80	63	46
Women	75	73	58	38	73	73	53	34

Source: 2001 Small Area Microdata, Office for National Statistics (2006a). \*2001 Census Individual SAR, Office for National Statistics (2006b).

Comparing carers of working age with healthy non-carers (those without an LLTI), Table 6.4 shows that carers are much more likely to have no qualifications and are much less likely to be qualified to degree-level or above, especially if they are committing 20 or more hours per week to their caring role. They are also much less likely to be in paid employment. Data on the 'economic activity' of carers and a comparator group of healthy non-carers is shown in Figure 6.5. As regular weekly hours of care increase, the likelihood rises that a carer will be either 'looking after their home or family full-time', or 'permanently sick or disabled' themselves.

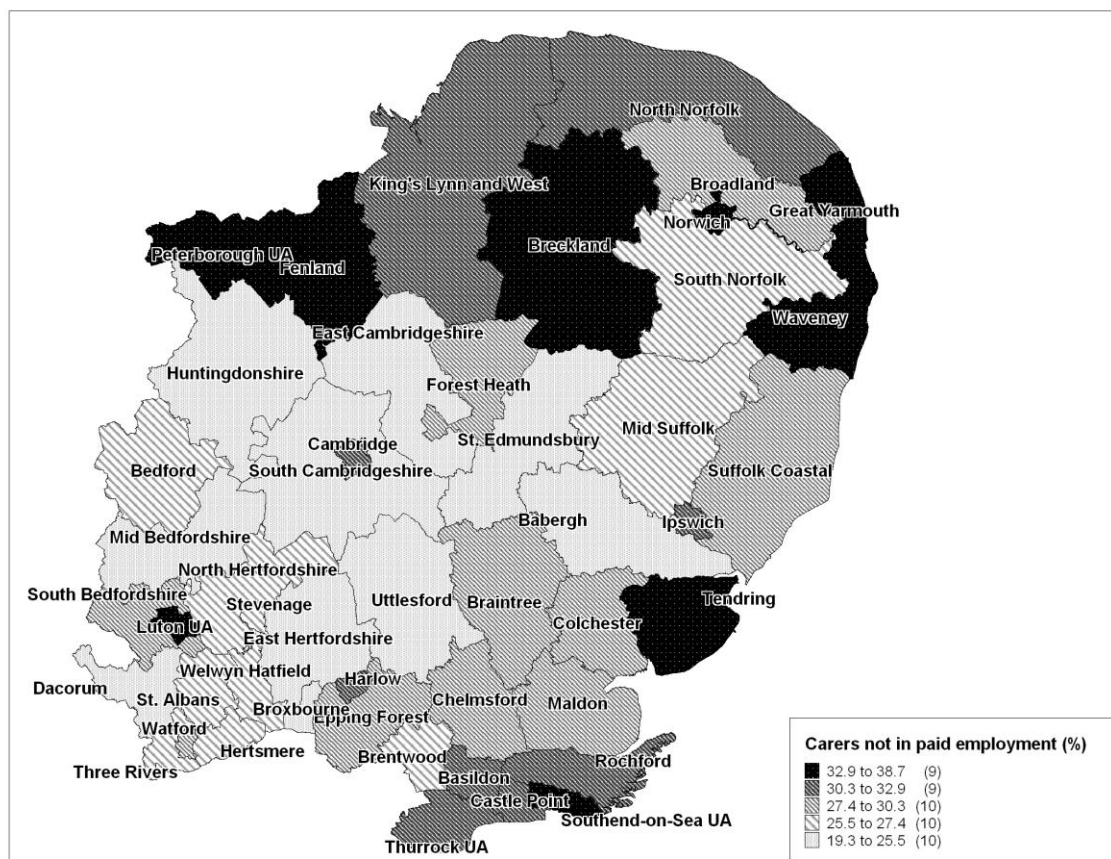
**Figure 6.5 People of working age by sex, and amount of care: East of England region**



Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

The proportion of carers who are not in paid employment varies across the region, from the lowest level (19%) in Uttlesford, to a much higher figure (39%) in Waveney (Figure 6.6).

**Figure 6.6 Carers of working age who are not in employment: East of England region (%)**



Source: 2001 Small Area Microdata, Office for National Statistics (2006a). This work is based on data provided through EDINA UKBORDERS with the support of the ESRC and JISC and uses boundary material which is Copyright of the Crown.

## 7. Carers in employment in the East of England

In 2001, there were 271,860 carers of working age in paid employment in the region (aged between 16 and state pension age; 64 for men and 59 for women in 2001). Of these carers:

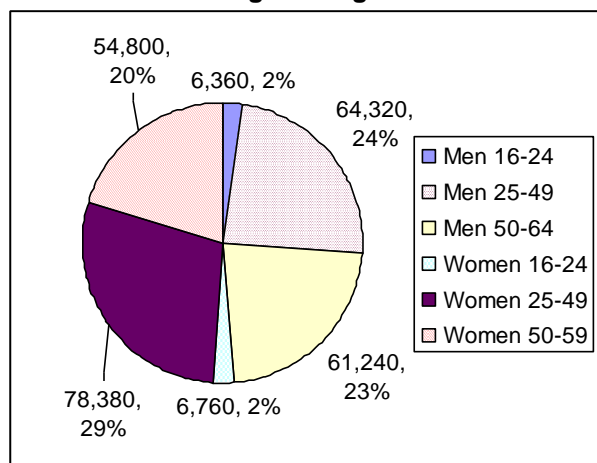
- 118,840 male carers and 67,940 female carers were in full-time employment
- 13,080 male carers and 72,000 female carers were in part-time employment
- 23,160 (10%, compared with 10% in England as a whole) provided 50 or more hours of care per week

**Table 7.1 People of working age (16-64 for men and 16-59 for women) in employment by employment status, age, sex and the amount of care they provide: East of England region**

	Male non-carers	Men (16-64) caring for:			Female non-carers	Women (16-59) caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>All full-time</b>	1,160,400	99,940	9,180	9,720	557,680	57,220	5,640	5,080
16-24	144,580	4,180	480	220	106,260	3,740	300	240
25-49	742,720	49,060	5,220	5,860	353,860	32,780	2,980	2,880
50-64/59	273,100	46,700	3,480	3,640	97,560	20,700	2,360	1,960
<b>All part-time</b>	98,440	10,800	1,060	1,220	399,080	59,120	5,740	7,140
16-24	37,420	1,400	60	20	56,560	2,040	340	100
25-49	30,620	3,020	620	540	256,900	31,980	3,000	4,760
50-64/59	30,400	6,380	380	660	85,620	25,100	2,400	2,280

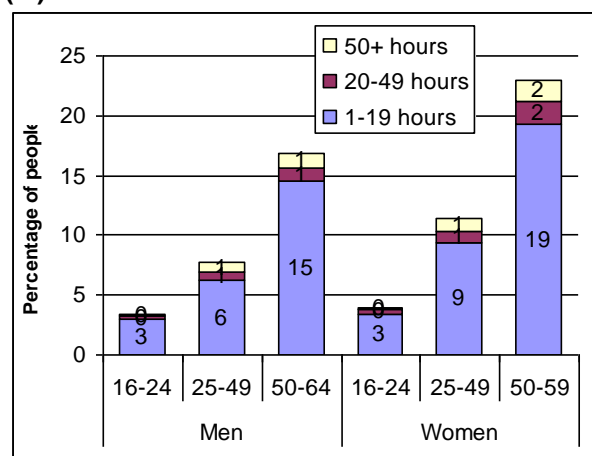
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

**Figure 7.2 Carers in paid employment by age and sex: East of England region**



Source: 2001 Census Commissioned, Standard Tables, Crown Copyright 2003.

**Figure 7.3 People of working age in paid employment who are carers: East of England (%)**



Source: 2001 Census Commissioned, Standard Tables, Crown Copyright 2003.

Almost half of all carers who were in paid employment in the region were men (49%, Figure 7.2), and combining work and care is quite a common experience, especially for men and women over 50 (Figure 7.3). Carers in employment, particularly women, were more likely than others in paid work to work part-time (Table 7.4). The percentage of carers working part-time increases with the amount of care provided. A high percentage of women carers who provided 50 or more hours of care each week as well as having a paid job were employed for less than 16 hours per week.

Carers were much more likely to work either at home or very close (within 2km) to where they live. This often limits the jobs available to them making them more likely to be employed in low-skilled, low-paid elementary or process, plant and machine operative jobs, and much less likely to be in managerial or professional occupations (Figures 7.5 and 7.6). Carers in employment were also much more likely than healthy non-carers in employment to be the only person in the household who is working.

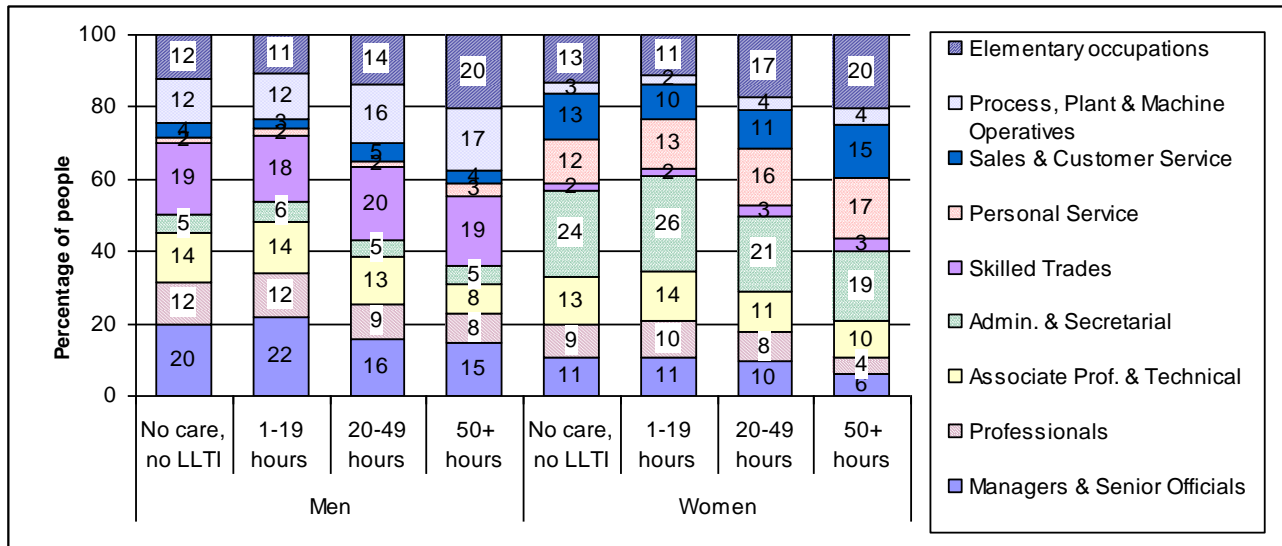


**Table 7.4 Characteristics of people of working age (16-64 for men and 16-59 for women) in employment: East of England region (%)**

		East of England				ENGLAND			
		Non-carers without LLTI	People caring for:			Non-carers without LLTI	People caring for:		
			1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>Work part-time</b>	Men	7	9	8	11	8	10	11	11
	Women	41	49	54	60	40	47	50	58
<b>Work &lt;16 hours per week</b>	Men	3	3	3	3	3	3	3	3
	Women	14	16	21	29	13	14	18	26
<b>Elementary occupations</b>	Men	12	11	14	20	13	11	18	18
	Women	13	11	17	20	13	11	19	21
<b>Distance to work &lt;2km</b>	Men	25	27	26	31	25	27	29	30
	Women	33	36	39	40	32	35	40	42
<b>Only working adult</b>	Men	29	31	52	51	29	32	53	52
	Women	19	21	33	36	22	24	37	38

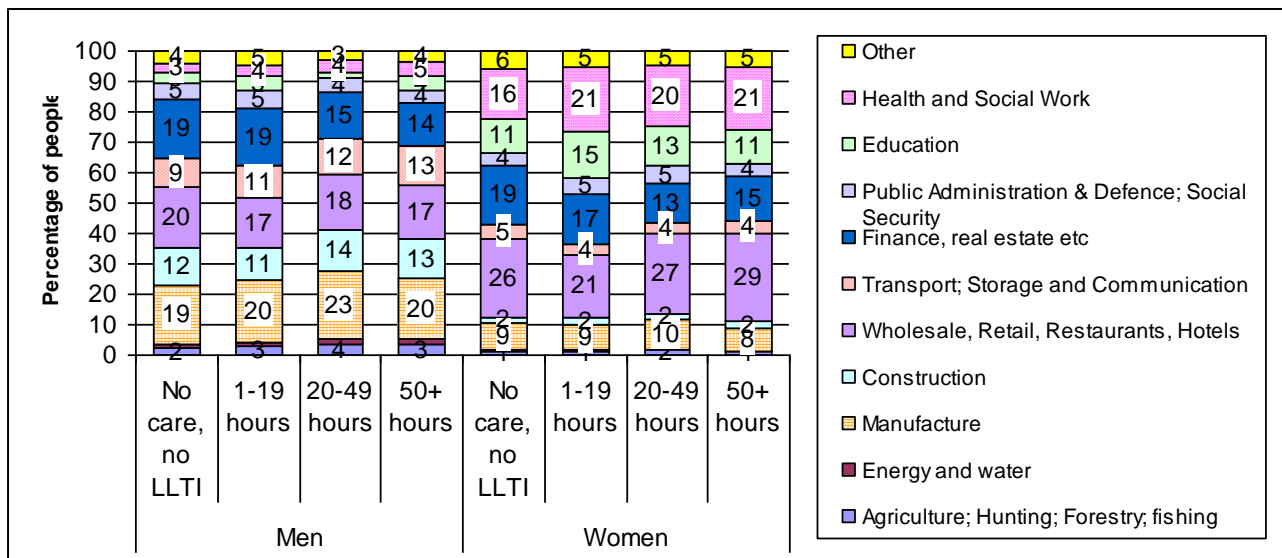
Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

**Figure 7.5 Occupations of people of working age, by sex and amount of care: East of England**



Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

**Figure 7.6 Industrial distribution of people of working age by sex and amount of care: East of England**



Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

## 8. Young carers in the East of England

In 2001, there were 17,352 carers in the region aged 5-19 (Table 8.1). Of these young carers:

- 1,188 provided 50 or more hours of care per week
- 8,742 were under 16 years old
- 469 were themselves in poor health
- 3.1% of Indian, 4.6% of Pakistani and 3.5% of Bangladeshi children provided unpaid care, compared with just 1.6% of White British children (Figure 8.6)

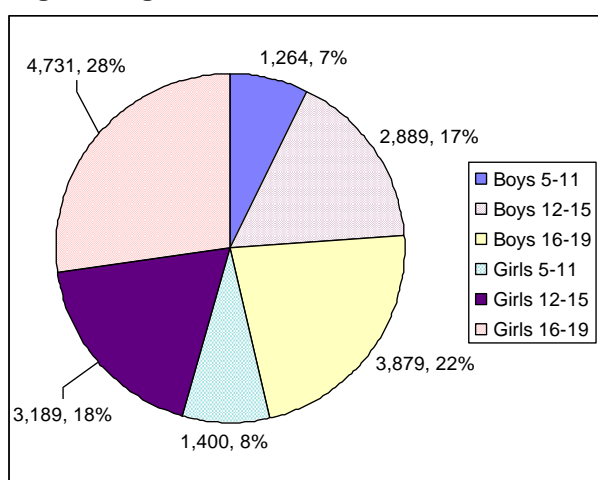
**Table 8.1 Young people aged 5-19 by age, sex and the amount of care they provide: East of England**

	Male non-carers	Boys caring for:			Female non-carers	Girls caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>All aged 5-19</b>	500,569	6,927	608	497	477,834	7,781	848	691
5 to 7	104,036	189	23	35	99,400	204	26	35
8 to 9	70,805	286	32	33	68,009	296	34	29
10 to 11	72,108	544	55	67	68,292	672	46	58
12 to 15	135,637	2,555	182	152	129,860	2,799	225	165
16 to 17	63,711	1,767	160	95	60,569	1,943	239	154
18 to 19	54,272	1,586	156	115	51,704	1,867	278	250

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

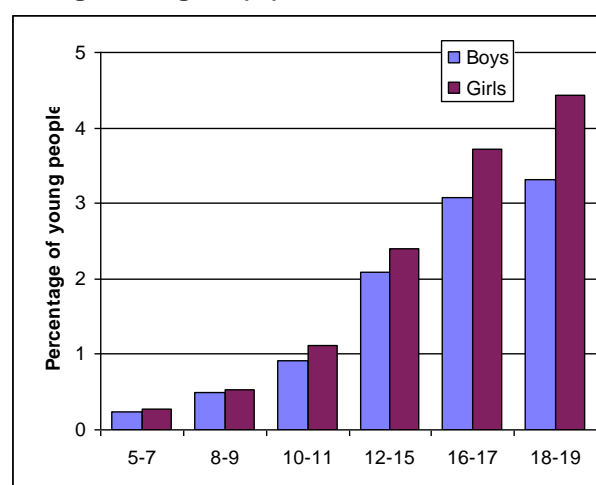
50% of all young carers were aged 16-19 (Figure 8.2). Across all ages, girls were more likely to be carers than boys (Figure 8.3). The data in Figure 8.3 suggest that all schools, colleges and universities in the region are likely to have some young carers among their students.

**Figure 8.2 Young carers by age and sex: East of England region**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

**Figure 8.3 Young people who are carers: East of England region (%)**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Young carers are more likely to live in households with no working adult and are also more likely to live in socially rented housing (Table 8.4). Young carers who regularly provide 20 or more hours of care each week are significantly more likely than other children both to live in lone parent families and to have a limiting long-term illness.

Young carers aged 16-19 are much more likely than other young people to be unemployed and are more likely to be 'not in employment, education or training' (NEET) (Table 8.5). Young carers aged 16-19 who provide 20 or more hours of care per week also face potential disadvantage in the labour market for many years to come, as they are less likely to have any formal qualifications.

Young people in the Asian ethnic groups are considerably more likely than other young people to be carers (Figure 8.6).



**Table 8.4 Characteristics of young people (aged 5-19) by amount of care provided: East of England**

Young people aged 5-19	East of England				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
<b>All</b> ( <i>numbers '000s</i> )	1,014.4	997.6	14.1	2.7	9,569.0	9,186.8	159.3	34.6
<b>Ethnic group</b>								
White British	919.8	905.1	12.5	2.3	7,941.6	7,789.9	126.0	25.7
Mixed ethnic groups	26.6	26.2	0.3	0.0	293.9	287.1	5.7	1.1
Indian	11.2	10.8	0.3	0.1	240.4	231.4	7.2	1.9
Pakistani	12.1	11.6	0.4	0.1	221.9	212.5	7.3	2.1
Bangladeshi	6.2	6.0	0.1	0.1	94.9	90.7	3.0	1.1
Black - Caribbean/African	8.2	8.1	0.1	0.0	235.0	229.8	4.0	1.2
Other ethnic groups	30.3	29.9	0.3	0.1	299.8	293.4	5.1	1.3
<b>No working adult in family (%)</b>	12	11	20	35	16	16	25	39
<b>Household tenure (%)</b>								
Rents - from LA/HA	19	19	23	42	23	23	27	40
<b>Family type (%)</b>								
Lone parent	20	20	23	30	23	23	26	39
Couple with children	78	78	74	68	74	74	70	57
Other family (no children)	2	2	3	2	3	3	4	4
<b>Limiting long-term illness (%)</b>	4	4	6	8	5	5	7	12

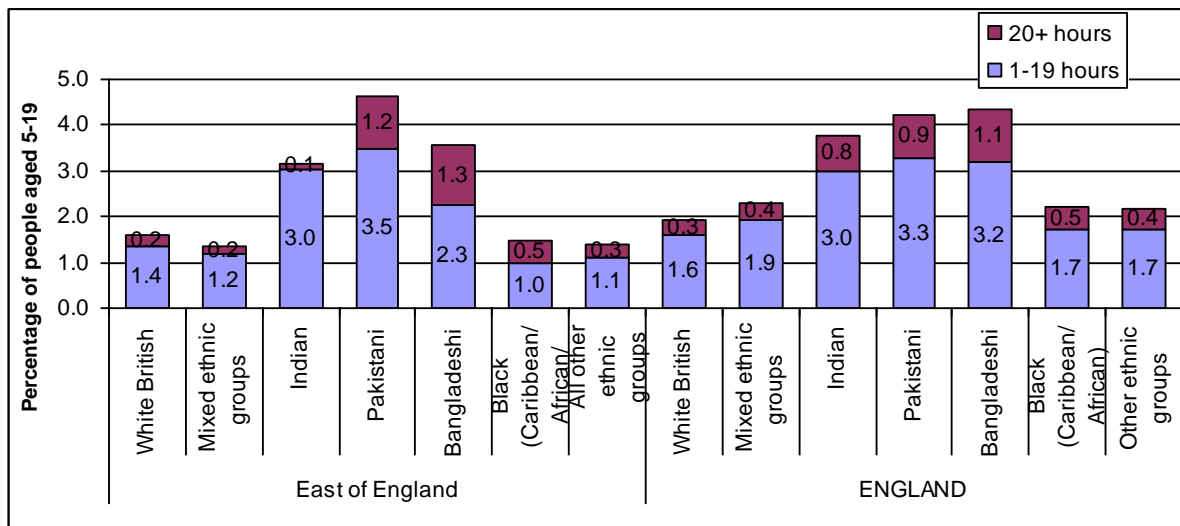
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

**Table 8.5 Characteristics of young people (aged 16-19) by amount of care provided: East of England**

Young people aged 16-19	East of England				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
<b>No qualifications (%)</b>								
Males	23	23	22	18	24	24	19	28
Females	20	20	19	30	21	21	17	29
<b>Economic activity (%)</b>								
<b>Males</b>								
In employment	54	54	58	41	47	47	46	38
Unemployed	8	8	12	18	10	10	12	19
Student	35	36	29	27	40	40	40	31
Other	2	2	1	14	3	3	3	11
<b>Females</b>								
In employment	54	55	50	39	47	47	44	35
Unemployed	6	6	9	15	7	7	10	10
Student	34	34	32	20	39	39	39	30
Other	5	5	9	26	6	6	6	24

Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

**Figure 8.6 Young people by ethnicity and amount of care provided: East of England region**



Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

## 9. Older carers in the East Of England

In the region, there were 100,850 carers aged 65 or over. This figure amounts to 20% of all carers in the region. Of these older carers:

- 33,469 (33% compared with 36% in England as a whole) regularly provide 50 or more hours of care per week
- 4,546 were over 85 years old (among them 2,299 providing 50+ hours of care)
- 16,732 (17% compared with 20% in England as a whole) were themselves in poor health
- 8,054 (48% compared with 50% in England as a whole) older carers in poor health provided 50 or more hours care per week

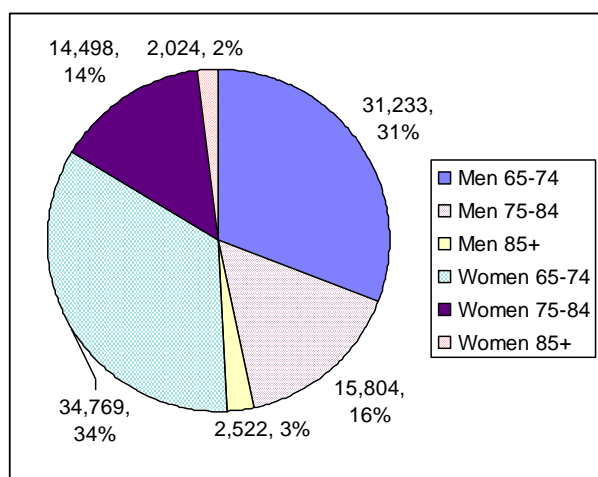
**Table 9.1 Older people aged 65+ by age, sex, health status and the amount of care they provide:**  
East of England region

	Male non-carers	Men caring for:			Female non-carers	Women caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>ALL (numbers)</b>	322,108	28,211	5,223	16,125	428,602	28,894	5,053	17,344
65-74	187,956	20,029	3,019	8,185	207,593	21,065	3,382	10,322
75-84	108,556	7,329	1,886	6,589	161,880	6,968	1,456	6,074
85+	25,596	853	318	1,351	59,129	861	215	948
<b>Poor health (numbers)</b>	59,068	3,278	944	3,902	88,297	3,413	1,043	4,152
65-74	27,950	2,049	488	1,795	31,934	2,130	583	2,063
75-84	23,572	1,075	377	1,713	37,719	1,084	395	1,768
85+	7,546	154	79	394	18,644	199	65	321
<b>Poor health (%)</b>	18	12	18	24	21	12	21	24
65-74	15	10	16	22	15	10	17	20
75-84	22	15	20	26	23	16	27	29
85+	29	18	25	29	32	23	30	34

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

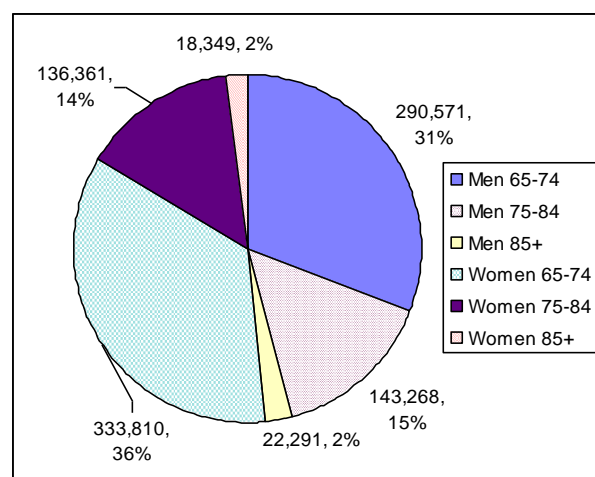
Almost two thirds of older carers are aged 65-74 (Figure 9.2a,b). In the older age groups, men are more likely to be carers than women, although people aged 85 and over are less likely to be carers than people aged 65-84 (Figure 9.3). However, men and women aged 85 and over who are carers are more likely regularly to provide 50 or more hours of care each week (54% of men carers and 47% of women carers), compared with 26% and 30% of men and women carers aged 65-74.

**Figure 9.2a Older carers by age and sex:**  
East of England region



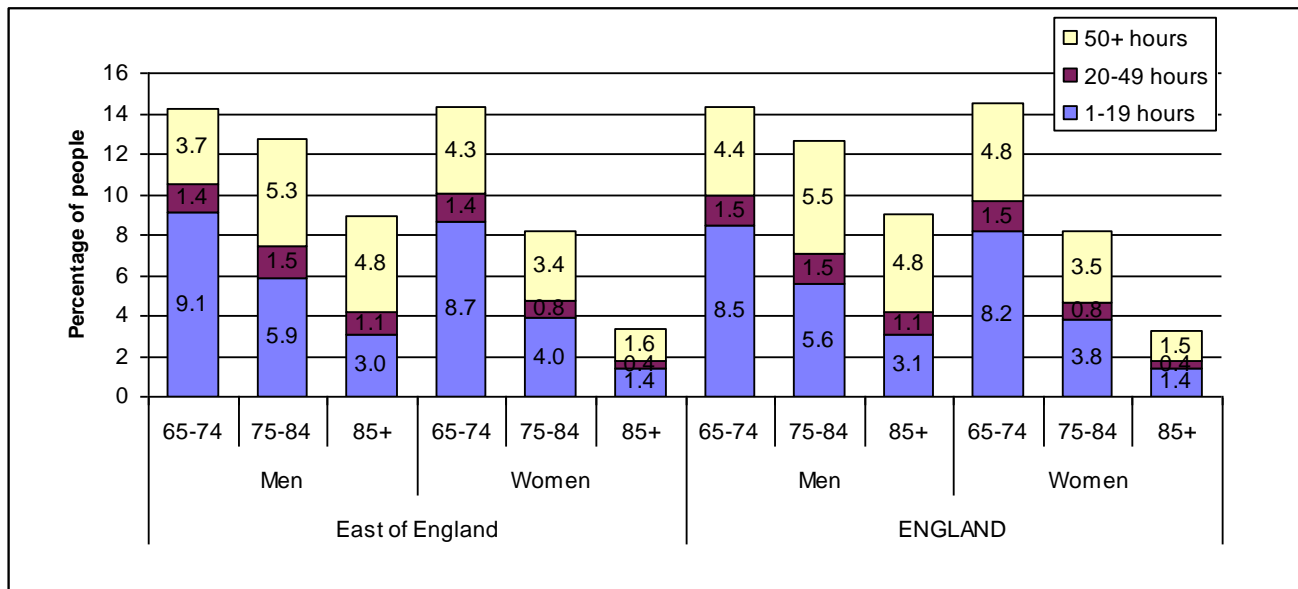
Source: 2001 Census, Standard Tables, Crown Copyright 2003.

**Figure 9.2b Older carers by age and sex:**  
England



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

**Figure 9.3 Percentage of older people who are carers: East of England region (%)**



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Table 9.4 presents some of the characteristics of people in these older age groups by the amount of care they provide. This shows that older carers are more likely than non-carers to:

- Live with a person who has a LLTI
- Live in housing that is rented from the local authority or Housing Association
- Live with one other person aged 65 and over

**Table 9.4 Household/family situation of older people: East of England region (%)**

	East of England				ENGLAND			
	Non-carers	People caring for:			Non-carers	People caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
<b>Co-resident with a person with a LLTI</b>	21	41	77	94	22	40	79	94
<b>Household tenure</b>								
Owns/buying with a mortgage	69	84	73	70	67	84	75	70
Rents - from LA/HA	20	12	21	24	21	11	19	24
Rents - private	7	4	5	6	7	4	5	6
Communal establishment	4	0	0	0	5	0	0	0
<b>Family type by sex</b>								
<b>Men</b>								
Lives in CE	2	0	0	0	3	0	0	0
Live alone	21	13	4	0	24	14	7	1
Lives with one other person 65+	50	50	68	69	45	50	61	69
All other types of household	27	37	28	31	28	35	32	30
<b>Women</b>								
Lives in CE	5	0	1	0	6	0	0	0
Live alone	45	31	15	2	46	31	13	2
Lives with one other person 65+	36	54	63	74	32	52	59	70
All other types of household	14	15	22	23	16	17	28	28
<b>No access to car</b>	35	15	24	29	41	19	28	35

Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

Note: CE – Communal Establishments such as a retirement/nursing homes.

## 10. Care and support in the East of England region: future challenges

The East of England region is very diverse covering both very rural areas and some of England's largest towns and cities. Although some of the urban areas within the region suffer very high levels of deprivation, the 2007 Index of Multiple Deprivation (DCLG 2007) shows that just 2% of the East of England's 3,550 small areas (each small area covers on average 1,500 residents) were among the 10% most deprived areas of the country. However, an area in Tendring is the 3<sup>rd</sup> (out of 32,482) most deprived area in the country and many of the sea-side towns in the region have pockets of deprivation. People living in deprived areas have lower life expectancy at birth than people in other areas, and are more likely to experience long periods in poor health at the end of their lives (Rasulo et al. 2007). Deprivation is associated with a higher prevalence of unpaid care (Young et al. 2005), as well as with high levels of illness, poverty, worklessness and social exclusion. While recent advances in health and medicine mean that people with long-term health problems have longer life-expectancy, and enable a higher proportion of children with chronic poor health or serious disabilities to survive into adulthood, these welcome developments also bring increasing demand for care.

In urban areas, the region's relatively diverse population presents other challenges: with the numbers of older people in ethnic minority groups rapidly increasing (from just 5,819 in 1991 to 14,925 in 2001, and now thought to be almost 30,000 (ONS 2009) - the largest percentage increase of any region), meeting their needs and those of their carers presents some providers and the health and social care system with a growing demand for sensitive, appropriately tailored support.

The region's rural areas present challenges which include a relatively high proportion of older people, more limited access to services, and challenging transport issues, as public transport may be infrequent or costly, and many sick and disabled people and their carers do not have private cars.

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