

Carers in the Region

A profile of the East Midlands

Carers at the Heart of 21st-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 Midlands: 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 type¹.

Carers in the East Midlands region

In 2001 there were 433,912 carers in the East Midlands region (11% of the region's population compared with 10% across England as a whole). However:

- 19% of men and 25% 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 (31% 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 216,500, increasing from 2.1% of the population to 4.0% (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 830,000 to 1.1 million
- More than twice as many people aged 65 or over will have dementia: over 88,000 people
- The number of carers will increase by over 108,000 or 19%, compared with 15% in England as a whole

Personalisation and local services in the region

In 2007/8:

- 29,215 carers received a Carers Assessment
- 26,980 carers received carers' services or information
- Almost a half (46%) of those assessed and receiving services/information were aged 65 or older

Carers' health and wellbeing

The 2001 Census showed:

- 51,347 carers were themselves in poor health (12% of all carers, compared with 12% of carers in England)
- 18,484 carers in poor health provided 50 hours or more of care per week (36%)
- 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

¹ 2001 Census Standard Tables, Crown Copyright 2003.

Support for carers in the East Midlands

- 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, 39,820 people of working age have an entitlement to Carer's Allowance (CA), and among them 35,590 receive this benefit².

Carers' access to work

The 2001 Census showed:

- 348,359 carers were aged 16-64, which accounted for 80% of all carers in the region (80% of carers in England are aged 16-64).
- 19,583 carers were aged 16-24 (6% 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 225,760 carers of working age (69%) in employment. In England as a whole 65% of working age carers are in paid employment.
- 20,000 carers in employment also provided 50 or more hours of unpaid care per week
- 96,980 male carers and 59,400 female carers were people in full-time employment
- 10,960 male carers and 58,420 female carers were people in part-time employment

Young carers

- The region had 16,770 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 77,187 carers aged 65 or over
- 28,535 older carers provided 50 or more hours of care per week
- 3,010 carers were over 85 years old

Care and support in the region: future challenges

The region covers some very rural areas as well as one of England's largest and most ethnically diverse cities. Future challenges in supporting carers in the region include:

- Severe deprivation in some areas, where there are high levels of illness and disability, poverty, worklessness and social exclusion, putting particular pressure on carers
- Delivering appropriate help and support for the region's 33,324 carers in black and minority ethnic communities, where rates of illness and disability are often high and the population is also ageing
- Providing better access to care and other services in a rural setting and developing the best ways of delivering these

² 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 Midlands region

In 2001 there were 433,912 carers in the East Midlands region³. Carers thus formed 11% 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 Midlands 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
All	1,703,198	131,792	18,814	35,784	1,719,613	166,774	27,981	52,767
Age								
5-15	301,637	3,442	253	279	285,120	3,729	325	338
16-24	206,357	7,158	969	610	198,308	8,238	1,258	1,350
25-49	646,249	49,646	6,962	10,130	629,809	71,066	11,382	19,117
50-64	306,590	51,611	6,241	10,923	286,079	63,674	10,755	17,269
65-84	225,294	19,391	4,166	12,934	279,997	19,522	4,107	14,057
85+	17,071	544	223	908	40,300	545	154	636
Ethnicity*								
White British	1,696,208	122,657	16,699	33,198	1,709,124	156,235	24,992	48,618
Indian	53,675	4,303	1,041	1,051	55,089	4,202	1,396	1,589
Pakistani	12,947	805	229	191	12,182	703	344	428
Bangladeshi	3,266	195	40	45	3,016	170	52	134
Black Caribbean	12,302	705	140	181	11,964	958	190	244
Black African	4,608	163	35	41	4,015	161	74	67
Other ethnic groups	78,219	3,951	741	1,211	79,818	4,810	990	1,744

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.

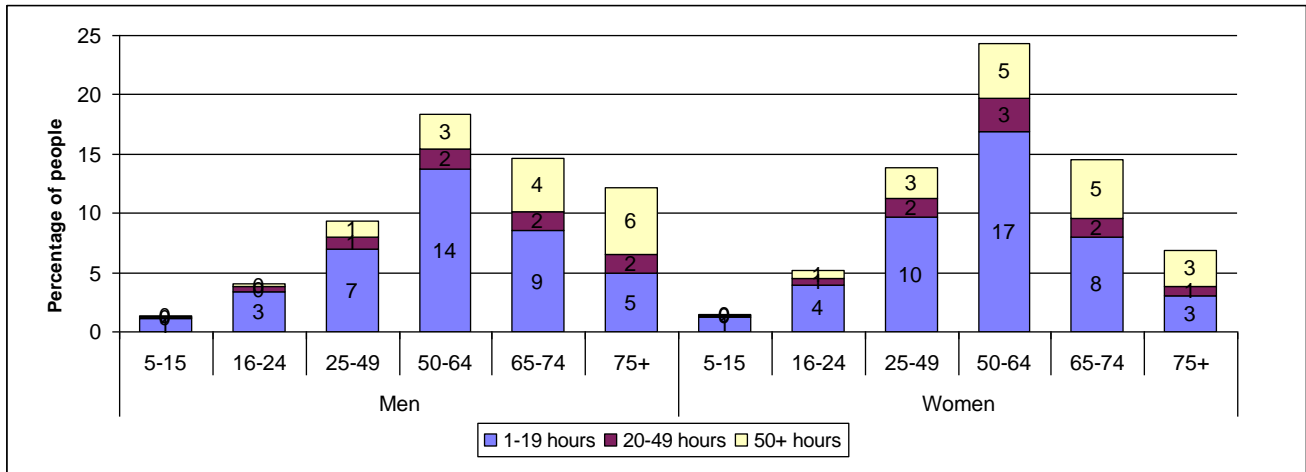
Table 1.2 Characteristics of carers: East Midlands region *(% of people)*

	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
East Midlands								
People in workless households	21	22	38	63	28	23	37	58
Co-resident with a person with LLTI	18	36	77	93	17	28	65	93
Living in social housing	15	9	22	26	17	10	21	26
No access to car	14	8	16	19	21	10	18	26
ENGLAND								
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).

³ 2001 Census Standard Tables, Crown Copyright 2003.

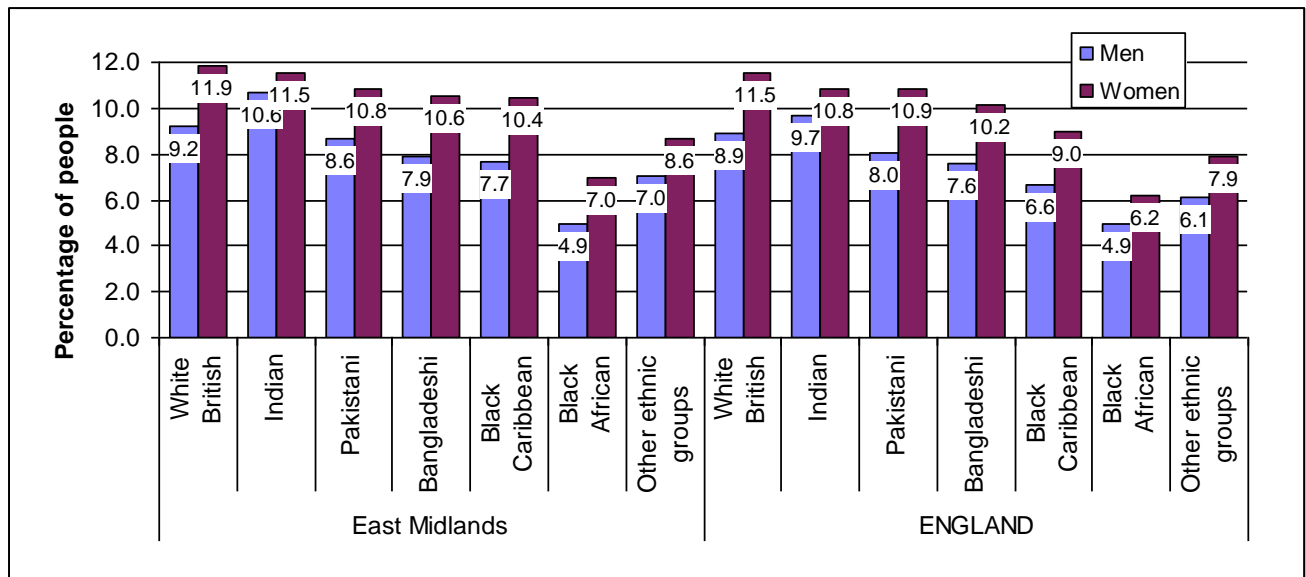
Figure 1.1 Population by age, sex and weekly hours of care provided: East Midlands region



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 19% of men and 25% of women in the region were providing care. The incidence of caring was lower among 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 (46% of men and 45% of women, compared with 45% of men and 43% of women in England as a whole). By contrast just 16% of men and 19% 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 groups⁴. 33,324 carers in the region were from one of the region's ethnic minority groups.

⁴ Ethnicity and Health. Postnote No. 276, January 2007. The Parliamentary Office of Science and Technology. www.parliament.uk/documents/upload/postpn276.pdf

2. Demand for care in the East Midlands

Between 2008 and 2030 a significant increase in the demand for personal care and support in the East Midlands is predicted, mainly as a result of the anticipated increase in life expectancy and rising numbers of people living with poor health or disability (Table 2.1). In particular:

- The number of people aged 85+ is set to double (similar to England as a whole)
- The number of people with a LLTI will increase by a two fifths (41%), from almost 830,000 to over 1.1 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 108,000 or 19% (compared with 15% across England as a whole) (see Figure 2.3)

Table 2.1 Projected demand for care: East Midlands (numbers)

	2008	2010	2015	2020	2025	2030
People aged 85+* <i>numbers</i>	95,600	101,500	117,900	139,400	172,600	216,500
<i>% of population 85+ (England)</i>	2.1 (2.2)	2.2 (2.3)	2.2 (2.5)	2.8 (2.8)	3.3 (3.3)	4.0 (3.9)
People with a LLTI** ALL	829,209	854,226	923,372	1,002,443	1,086,443	1,166,151
<i>% of population with LLTI (England)</i>	19 (18)	19 (18)	19 (19)	20 (19)	21 (20)	21 (20)
Age of men with a LLTI Men (ALL)	395,332	409,079	445,975	486,543	528,206	566,248
<i>0-14</i>	17,881	17,984	18,931	20,380	21,047	21,254
<i>15-49</i>	101,254	103,011	104,192	104,103	107,717	114,544
<i>50-64</i>	114,352	116,038	118,385	129,382	135,964	132,295
<i>65-74</i>	79,736	85,668	102,905	109,244	109,218	122,872
<i>75-84</i>	61,052	63,096	72,004	85,911	105,601	112,723
<i>85+</i>	21,056	23,283	29,559	37,522	48,658	62,560
Age of women with a LLTI Women (ALL)	433,878	445,146	477,397	515,900	558,237	599,903
<i>0-14</i>	12,678	12,755	13,449	14,541	15,028	15,165
<i>15-49</i>	98,084	99,589	100,037	98,847	101,247	107,307
<i>50-64</i>	111,125	113,017	116,869	128,122	133,854	129,146
<i>65-74</i>	79,830	85,155	101,236	108,268	107,972	121,612
<i>75-84</i>	83,901	84,421	90,202	103,249	124,824	133,901
<i>85+</i>	48,259	50,208	55,603	62,872	75,312	92,772
People in poor health**	390,677	403,890	439,415	478,668	517,889	554,006
<i>% of population (England)</i>	8.9 (8.7)	9.0 (8.7)	9.2 (9.0)	9.6 (9.3)	9.9 (9.5)	10.2 (9.8)
People with a LLTI who are also in poor health**	331,026	342,705	374,594	410,521	446,643	479,627
<i>% of population (England)</i>	7.5 (7.3)	7.6 (7.4)	7.9 (7.6)	8.2 (7.9)	8.5 (8.2)	8.8 (8.4)
People aged 65+ predicted to have a longstanding health condition caused by:						
A stroke***	23,817	25,144	29,659	35,010	38,481	42,927
<i>% of population 65+ (England)</i>	3.6 (3.7)	3.6 (3.7)	3.6 (3.6)	3.8 (3.8)	3.7 (3.7)	3.7 (3.7)
Dementia (people aged 65+)[#]	39,816	42,471	50,835	61,476	74,207	88,263
<i>% of population 65+ (England)</i>	6.1 (6.2)	6.1 (6.2)	6.1 (6.3)	6.6 (6.8)	7.2 (7.3)	7.6 (7.7)
Heart disease	58,827	62,411	73,997	84,818	91,265	102,045
<i>% of population 65+ (England)</i>	9.0 (9.0)	9.0 (9.0)	8.9 (8.9)	9.2 (9.1)	8.8 (8.8)	8.8 (8.8)

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

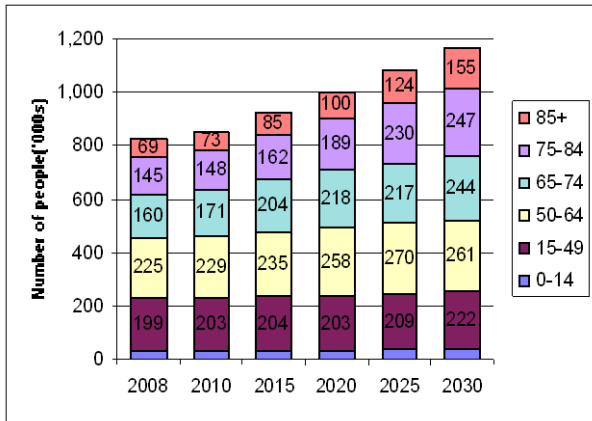
*2006-based sub-national population projections (Crown Copyright).

**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.

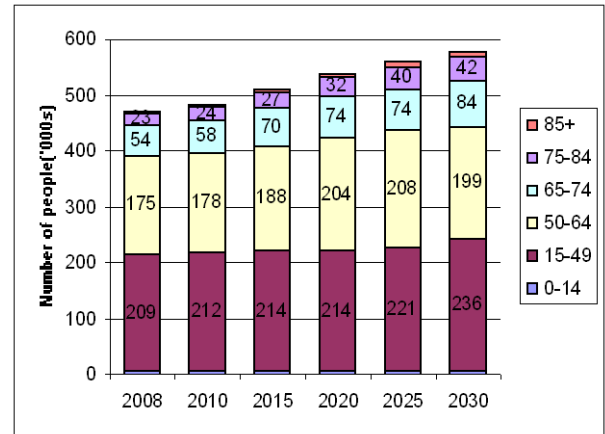
[#]Prevalence rates are taken from a report into the prevalence and cost of dementia prepared by the Personal Social Services Research Unit (PSSRU) at the London School of Economics and the Institute of Psychiatry at King's College London, for the Alzheimer's Society, 2007. The rates have been applied to ONS population projections.

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



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

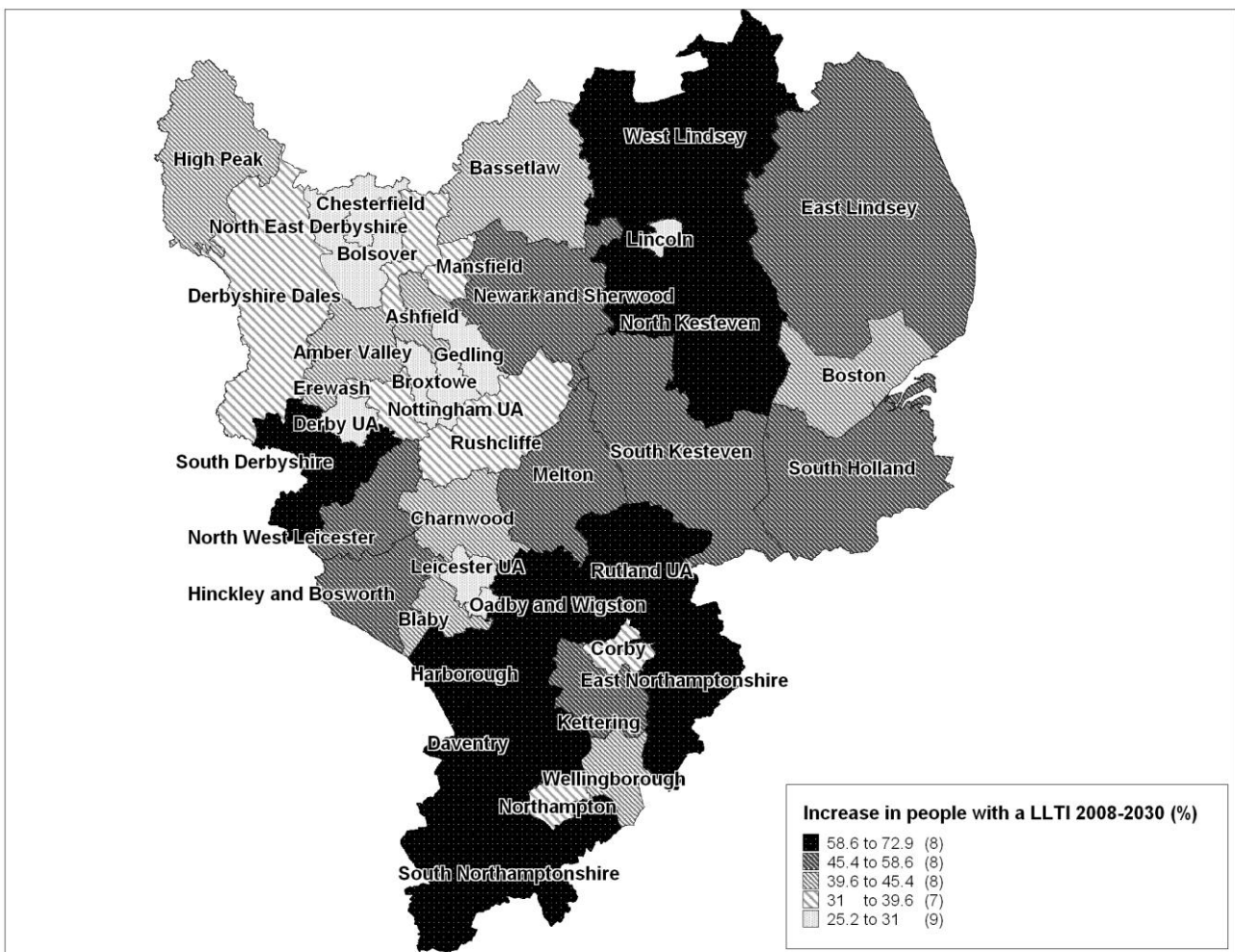
Figure 2.3 Projected numbers of carers by age: East Midlands ('000s)



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 25% in Nottingham (up 13,774) to 73% in South Northamptonshire (up 8,855) (Figure 2.4). The greatest increase in numbers of people with a LLTI is expected in East Lindsey, where a rise of 17,475 (50%) is forecast, and in Leicester City (14,708 or 28%).

Figure 2.4 Regional variation in the percentage increase in 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 Midlands

There are 9 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 29,215 carers received a Carers Assessment (Table 3.1) in 2007/8, representing about 7% of all carers, while 26,890 carers received carer's services or information (Table 3.2). Of these carers:

- 13,285 (45%) of all carers assessed were aged 65 or over
- 12,320 (46%) of all carers receiving services were aged 65 or over
- Carers aged under 18 who received a service were more likely to get a carer's break or specific carer's service (91%) than carers aged 16-64 (56%) and carers aged 65 and over (54%), who were more likely to be offered information only
- Over 1,860 people had a Direct Payment in place (including some carers)

Table 3.1 Carers Assessments, reviews and services: East Midlands region (numbers)

	Carers assessed or reviewed			Declining assessment or review
	ALL	Separately	Jointly	
All	29,215	6,570	22,645	6,120
By age				
<i>Under 18</i>	235	20	215	80
<i>18-64</i>	15,695	3,580	12,115	3,550
<i>65-74</i>	5,250	1,365	3,885	970
<i>75 and over</i>	8,035	1,605	6,430	1,520
<i>Age not known</i>	0	0	0	0
By condition of cared for person				
<i>Physical disability, frailty and sensory impairment</i>	22,510	4,305	18,205	4,600
<i>Mental Health</i>	3,550	1,160	2,390	895
<i>Learning Disability</i>	2,590	950	1,640	565
<i>Substance Misuse</i>	20	5	15	-
<i>Vulnerable People</i>	540	145	395	60

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 Midlands region (numbers)

	Carers receiving services		
	ALL	Breaks for the carer and /or other carers' specific service	Information and advice only
All	26,890	15,015	11,875
By age			
<i>Under 18</i>	225	205	20
<i>18-64</i>	14,345	8,100	6,250
<i>65-74</i>	4,835	2,665	2,165
<i>75 and over</i>	7,485	4,045	3,440
<i>Age not known</i>	0	0	0
By condition of cared for person			
<i>Physical disability, frailty and sensory impairment</i>	26,890	15,010	11,880
<i>Mental Health</i>	20,805	11,110	9,695
<i>Learning Disability</i>	3,240	2,000	1,240
<i>Substance Misuse</i>	2,340	1,700	640
<i>Vulnerable People</i>	20	10	10

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, 92% 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 33% in Rutland to 99% in Derby (Table 3.3). Differences in reporting practises may partially explain this variation.

Table 3.3 Carers assessed and receiving services: Councils in the East Midlands 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)
ENGLAND	377,635	208,730	128,265	89	62
EAST MIDLANDS	29,215	15,015	11,875	92	56
Derbyshire	9,650	4,475	4,845	97	48
Leicestershire	3,480	1,790	1,695	100	51
Lincolnshire	2,250	1,950	70	90	97
Northamptonshire	2,220	1,520	30	70	98
Nottinghamshire	5,560	2,785	2,735	99	50
Derby	1,480	685	10	47	99
Leicester	1,585	815	770	100	51
Nottingham	2,140	745	1,220	92	38
Rutland	860	245	505	87	33
Wakefield	2,960	800	2,160	100	27

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 £14.4 million⁵ for this purpose to local authorities in the East Midlands.

A review of Carers' Grant expenditure by English local authorities in 2004-6 (conducted by the University of Leeds)⁶ 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.

⁵ Carers' Grant allocation for 2006/2007 taken from 'Carers' Grant details and Guidance' from www.dh.gov.uk/en/SocialCare/Carers/DH_079454 (accessed on 8th September 2009).

⁶ 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 Midlands

The 2001 Census showed that in the East Midlands 51,347 carers were themselves in poor health (12% 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:

- 18,484 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 (36%) than carers with good/fairly good health (18%) (38% and 19% respectively in England as a whole)
- 962 were aged 85 or older

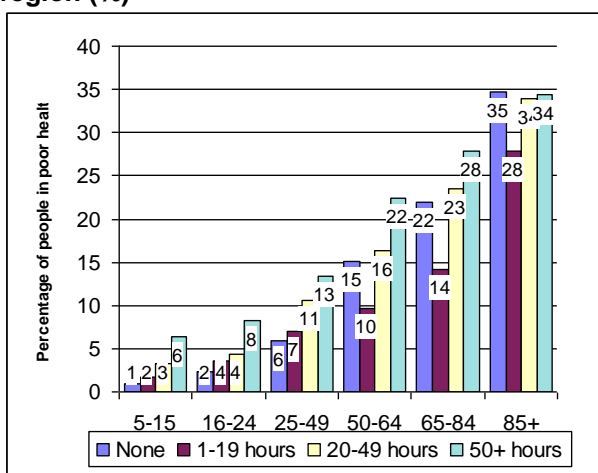
Table 4.1 People in poor health by age, sex and the amount of care they provide: East Midlands

	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
All (numbers)	142,596	11,797	3,048	8,379	167,896	14,163	3,855	10,105
5-15	2,754	54	6	22	2,413	64	13	17
16-24	4,361	197	52	56	5,028	359	44	106
25-49	35,525	3,375	724	1,437	39,516	5,004	1,208	2,488
50-64	46,846	5,353	1,251	2,911	42,862	5,744	1,535	3,407
65-84	47,559	2,691	947	3,658	63,690	2,816	995	3,851
85+	5,551	127	68	295	14,387	176	60	236
All (% people)	8	9	16	23	10	8	14	19
5-15	1	2	2	8	1	2	4	5
16-24	2	3	5	9	3	4	3	8
25-49	5	7	10	14	6	7	11	13
50-64	15	10	20	27	15	9	14	20
65-84	21	14	23	28	23	14	24	27
85+	33	23	30	32	36	32	39	37

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

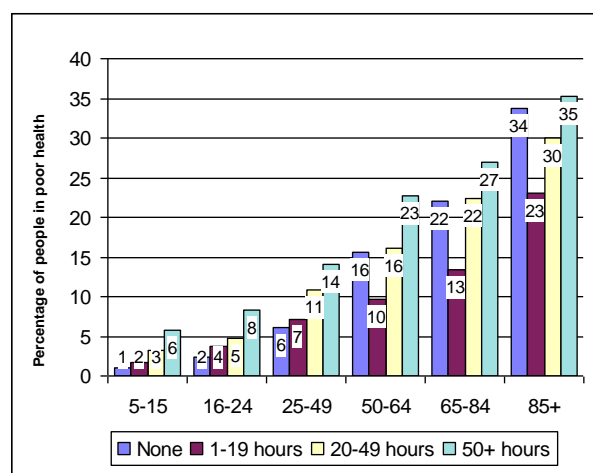
At all ages, with the exception of the oldest age group (people aged 85+), people regularly providing 50 or more hours of care each week were more likely to be in poor health than other people of the same age (Figures 4.2a and 4.2b).

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



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

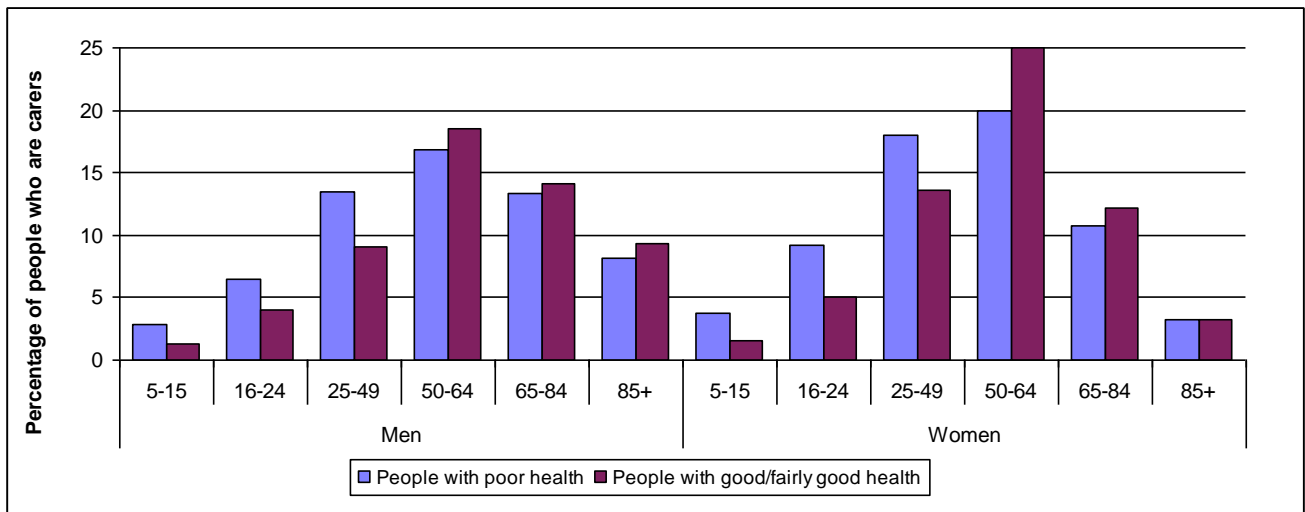
Figure 4.2b People with poor health by age and the amount of care they provide: England (%)



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).

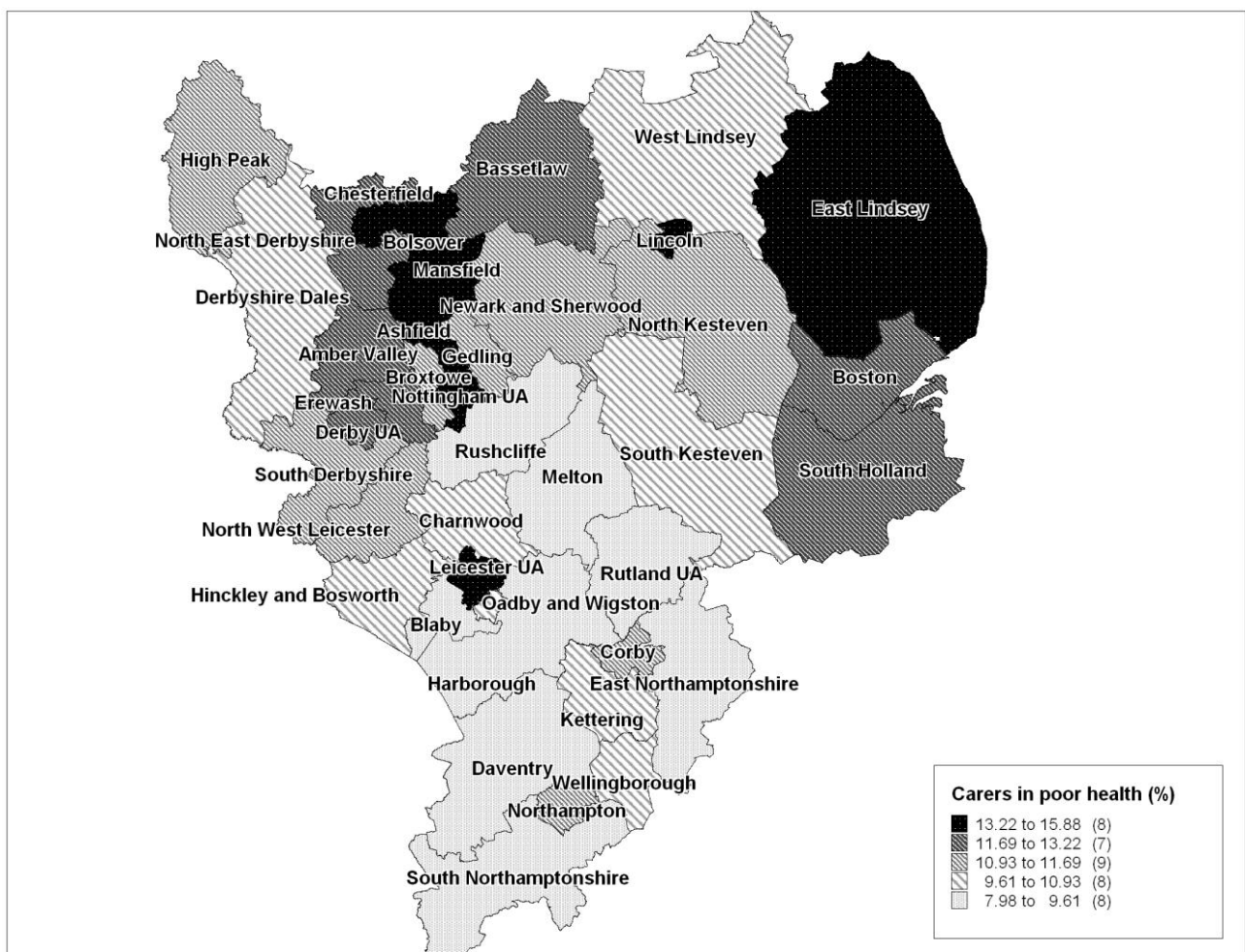
Figure 4.3 People who are carers by their health status: East Midlands region (%)



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 Harborough just 8% of carers were in poor health, compared with 16% in Bolsover. The national average across England is 12%.

Figure 4.4 Distribution of carers in poor health in the East Midlands 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 Midlands

Carers in the East Midlands 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 Midlands, 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 county and city councils), are young carers who have little or no knowledge of existing services, 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 Midlands are tackling carers' needs.

Local authority support for carers

Advice and information for carers in the East Midlands 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:

Nottingham City Council employs a telephone-based Emergency Duty Team which is available from 5:30pm to 8:30am, Monday to Friday. The service is designed to support callers (including carers) when day service staff are not at work.

Leicester City Council offers a Welfare Rights helpline for older carers, which is available from 1 – 4pm, Mondays to Wednesdays. The service is particularly designed to provide advice and information on benefit entitlements.

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 Derby, 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:

Leicester City Council works closely with its Carers Centre (CLASP) in many ways to support carers in the region. One significant area of activity is the organisation's Consultation Group which was set up in 1998 and provides carers with an opportunity to have a voice in decision making relating to carer service developments, at both a local and a national level.

Rutland County Council activity involves carers and carer representatives in service development, and the monitoring and evaluation of services. It collects formal and informal feedback from Carers Forums, carers' surveys, and Partnership Boards.

Voluntary sector and other support for carers

All local authorities in the East Midlands 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.

Northamptonshire County Council has developed a breaks service for carers called Family Link which carefully selects carers / families to look after disabled children and provide a break for their carer / parents. The council also offers holiday breaks to families and a number of respite schemes.

Derbyshire County Council actively recruits volunteers to offer short breaks to carers of disabled children. This can involve care during the day, the evenings, weekends and occasionally overnight.

Collaboration with voluntary sector organisations is a crucial part of carer activities for many local authorities in the East Midlands. 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.

Nottinghamshire County Council works with a number of voluntary organisations to provide a range of services to carers. Age Concern provides day care for people with dementia; Alzheimer's Society organises social events for carers of people with dementia; MIND offers a befriending scheme for people with mental health problems, giving their carers a break. Asian Elders and African Caribbean Elders provide a range of services which are sensitive to the needs of ethnic minority carers.

Derby City Council has become a partner within NHS Derby City and the Alzheimer's Society to become one of the National Dementia Strategy Demonstrator Sites, a project which will begin in 2009. The council will also work with the Alzheimer's Society to create a befriending scheme for people with dementia.

Voluntary sector carers' centres exist in many parts of the East Midlands, 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

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

Supporting young carers

All local authorities in the East Midlands 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.

Northamptonshire County Council's Young Carers' Project provides advice and support, opportunities to meet other young carers, regular trips and activities, a newsletter, and an information pack which includes contact details of organisations geared towards young carers.

Lincolnshire County Council has developed a scheme called Action for Young Carers for carers aged between five and 18. The scheme provides a number of support mechanisms including telephone support, newsletters, signposting to other services, and Life Skills courses. A similar scheme has also been developed for carers aged 18 – 23 and is called AYC Plus.

Services to help carers combine caring with employment or education

Some local authorities in the East Midlands 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.

Derby City Council has pledged, over the next three years, to ensure that the core information products it develops will include information about sources of advice about employment and welfare rights. It has also asked all statutory employers to review their employment guidance and practices with a view to offering examples of good practice in relation to flexible working for carers.

Leicestershire County Council has recently updated its Practice Guide and conducted awareness-raising sessions to ensure that all of its staff are aware of carers' employment needs. It has also worked with key voluntary organisations to promote carer employment issues with local employees.

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 Midlands, with new funds available through the Preventative Technology Grant⁷. 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 6,000 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.

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

Lincolnshire County Council has developed a training pack based on telecare which is aimed at staff in social care and health. This course is delivered during a day-long session and demonstrates the equipment already available as well as encouraging attendees to think about what further developments in telecare might be useful.

Leicestershire County Council set itself a target of providing telecare to 1600 older people in 2008. By March of 2008 an additional 2775 households had been provided with telecare in the county. The success of this strategy has led to a number of innovative schemes based on telecare, including establishing a partnership with a local ambulance service.

Courses for carers

A number of courses for carers have been developed by local authorities in the East Midlands. 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.

Derbyshire County Council hosts an annual Excellence in the Community Awards event designed to celebrate local initiatives which are making a difference to the lives of people in the region, including carers. Many activities available to carers have been rewarded through this event, including volunteer groups which provide support and advice to carers, embroidery classes which draw on local history related to this activity, and therapy sessions geared towards sufferers of mental health problems (reflexivity, massage, aromatherapy, etc).

Northamptonshire County Council has recently completed a large consultation with carers regarding the kind of courses they would like to attend. Among the suggestions made by the 439 carers who took part were art courses, cookery, ICT training, foreign language classes, sporting activities, and making music. These suggestions are now being acted upon by the council.

The nationwide **Caring with Confidence** programme for carers is working with two providers in the East Midlands. 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

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

or email: cwc.info@caringwithconfidence.net

State benefits for carers

Across the East Midlands, 39,820 people of working age have an entitlement to Carer's Allowance, and of these 35,590 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 30,720 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, 2,260 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 level⁸.

⁸ 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 Midlands

In the region, there are 348,359 carers aged 16-64 (Table 6.1). These account for 80% of all carers in the East Midlands. (In England as a whole 80% of carers are aged 16-64.) Of these carers 59,399 regularly provide 50 or more hours of care each week (17% of carers in the region compared with 18% in England as a whole), and 19,583 are aged 16-24.

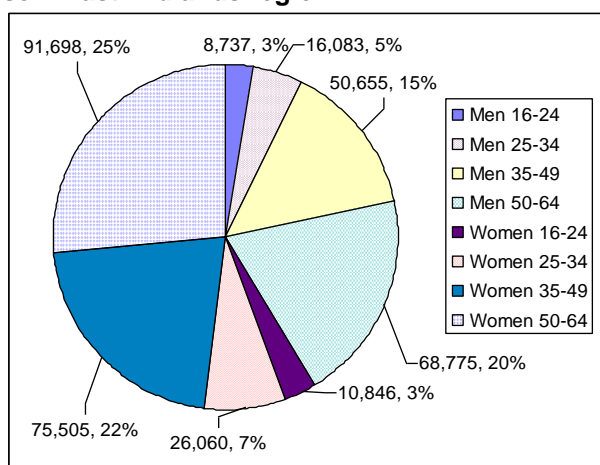
Table 6.1 People of working age (16-64) by age, sex and the amount of care they provide: East Midlands (numbers)

	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
All 16-64	1,159,196	108,415	14,172	21,663	1,114,196	142,978	23,395	37,736
16-24	206,357	7,158	969	610	198,308	8,238	1,258	1,350
25-34	258,216	11,907	1,838	2,338	260,329	17,251	3,038	5,771
35-49	388,033	37,739	5,124	7,792	369,480	53,815	8,344	13,346
50-64	306,590	51,611	6,241	10,923	286,079	63,674	10,755	17,269

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

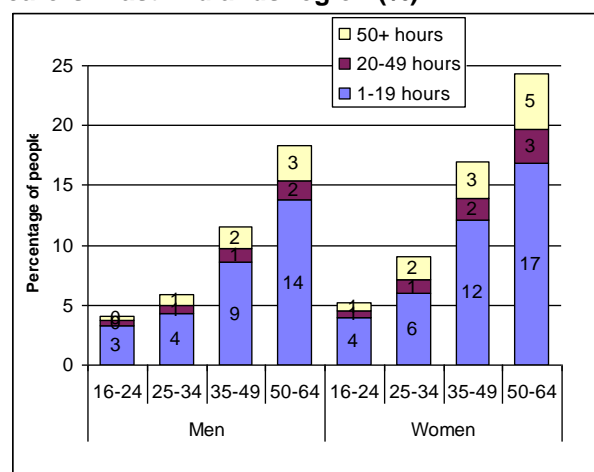
Of carers aged 16-64, 57% are women and 45% are people aged 50-64 (Figure 6.2). Almost a quarter of all women aged 50-64 and almost a fifth of men in this age group are carers (Figure 6.3). Women are more likely to be carers than men at all ages between 16 and 64.

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



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

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



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

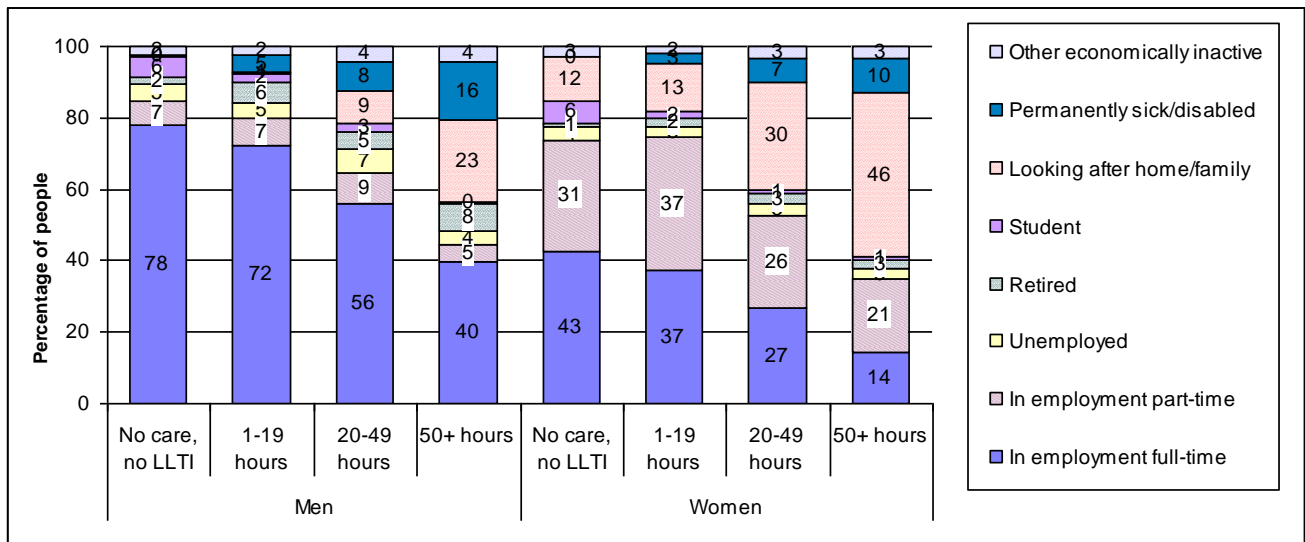
Table 6.4 Characteristics of carers of working age: East Midlands region

	East Midlands				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
No qualifications								
Men	22	22	39	44	20	20	34	43
Women	22	24	40	47	19	21	36	43
Degree-level qualifications								
Men	19	21	9	9	23	23	14	11
Women	19	21	11	10	23	23	14	11
In paid employment*								
Men	85	80	65	45	84	80	63	46
Women	74	75	53	35	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.

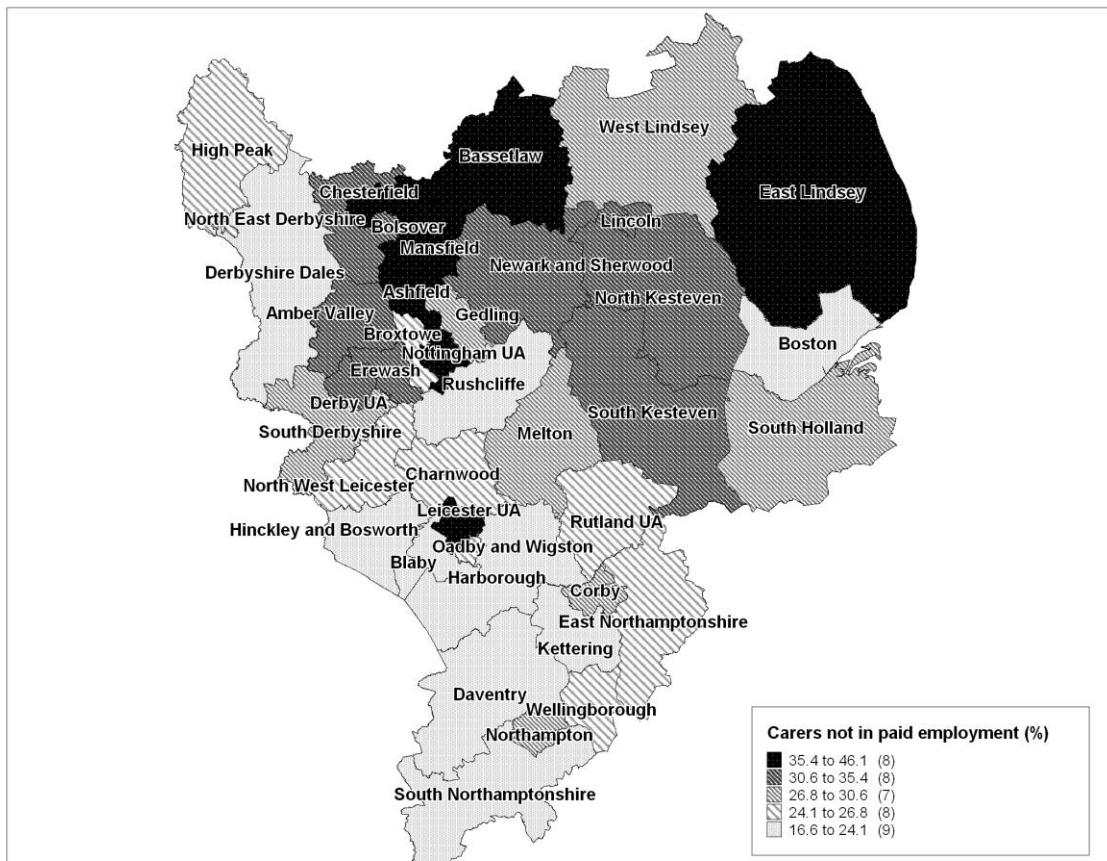
Figure 6.5 People of working age by sex, and amount of care: East Midlands region



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 (17%) in Harborough, to a much higher figure (46%) in Nottingham (Figure 6.6).

Figure 6.6 Carers of working age who are not in employment: East Midlands 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 Midlands

In 2001, there were 225,760 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:

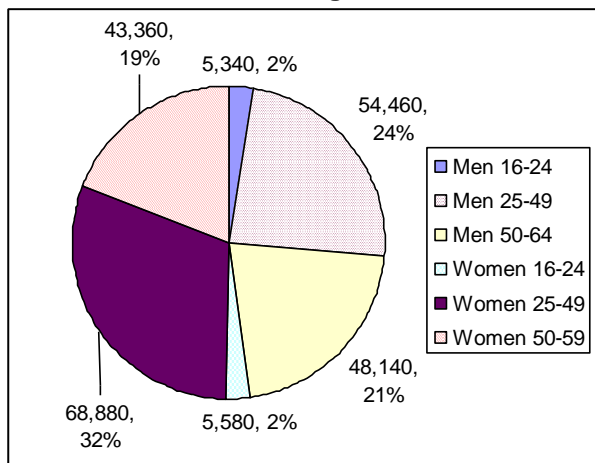
- 96,980 male carers and 59,400 female carers were in full-time employment
- 10,960 male carers and 58,420 female carers were in part-time employment
- 20,000 (9%, compared with 10% in England as a whole) provided 50 or more hours of care per week

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 Midlands 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
All full-time	843,420	80,120	8,420	8,440	410,800	49,860	5,240	4,300
16-24	104,800	3,420	400	180	72,520	3,140	420	60
25-49	542,440	42,020	4,640	4,840	268,800	29,900	2,820	2,480
50-64/59	196,180	34,680	3,380	3,420	69,480	16,820	2,000	1,760
All part-time	78,580	8,700	1,100	1,160	309,860	46,140	6,180	6,100
16-24	30,700	1,140	140	60	44,440	1,660	240	60
25-49	25,240	2,140	420	400	201,920	26,260	3,560	3,860
50-64/59	22,640	5,420	540	700	63,500	18,220	2,380	2,180

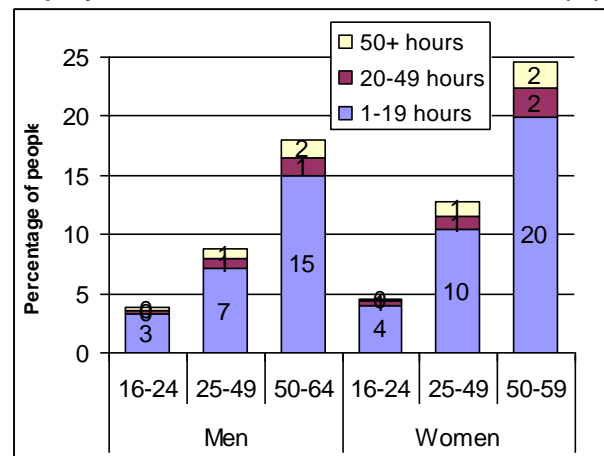
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

Figure 7.2 Carers in paid employment by age and sex: East Midlands region



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

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



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

Almost half of all carers who were in paid employment in the region were men (47%, 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.

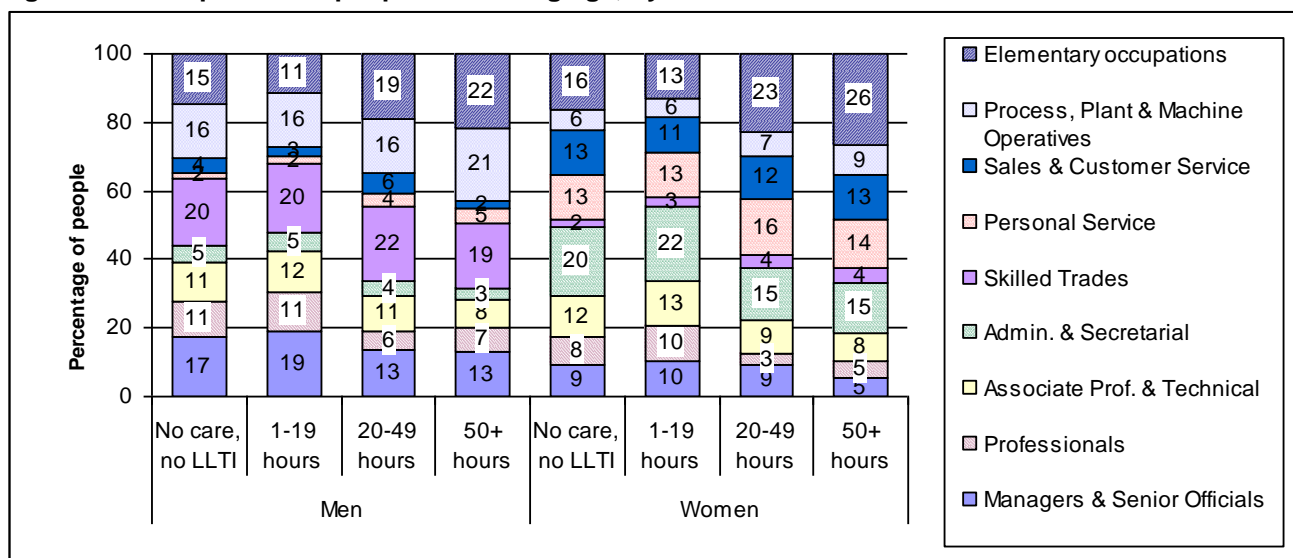
Carers were much more likely to work either at home or very close (within 2km) to where they live. This often limits the jobs available to them making them more likely to be employed in low-skilled, low-paid elementary or process, plant and machine operative jobs, and much less likely to be in managerial 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 Midlands region (%)

	East Midlands					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	
Work part-time									
Men	8	9	14	11	8	10	11	11	
Women	42	50	49	59	40	47	50	58	
Work <16 hours per week									
Men	3	3	1	4	3	3	3	3	
Women	13	15	20	27	13	14	18	26	
Elementary occupations									
Men	15	11	19	22	13	11	18	18	
Women	16	13	23	26	13	11	19	21	
Distance to work <2km									
Men	26	27	33	29	25	27	29	30	
Women	33	36	44	44	32	35	40	42	
Only working adult									
Men	28	30	52	54	29	32	53	52	
Women	20	22	38	38	22	24	37	38	

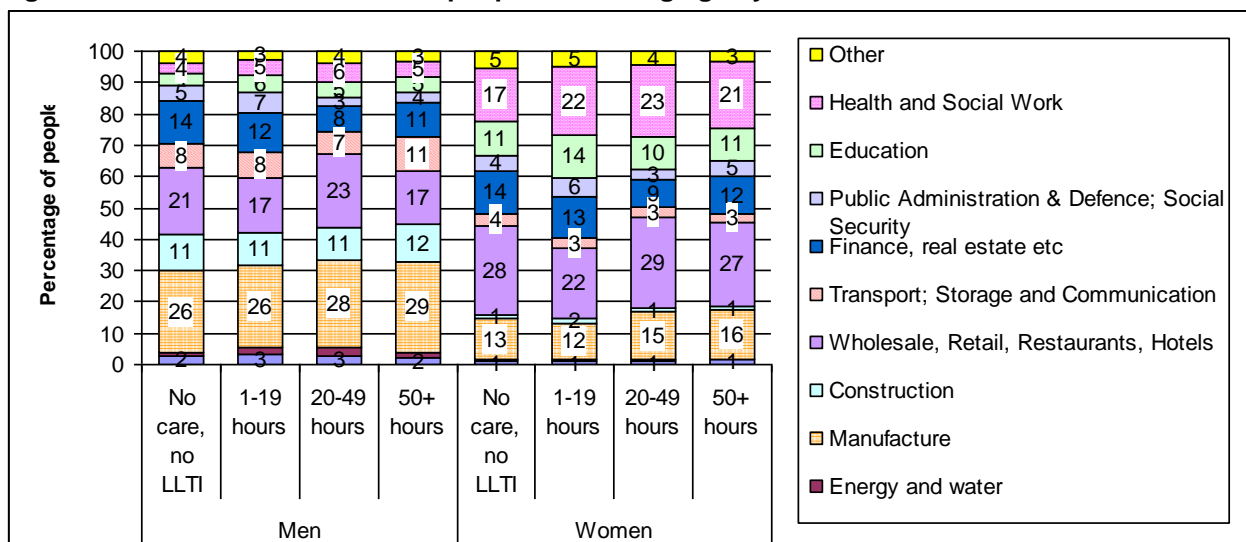
Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

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



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 Midlands



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

8. Young carers in the East Midlands

In 2001, there were 16,770 carers in the region aged 5-19 (Table 8.1). Of these young carers:

- 1,255 provided 50 or more hours of care per week
- 8,366 were under 16 years old
- 420 were themselves in poor health
- 4.1% of Indian, 4.4% of Pakistani and 5.3% of Bangladeshi children provided unpaid care, compared with just 2.1% of White British children (Figure 8.6)

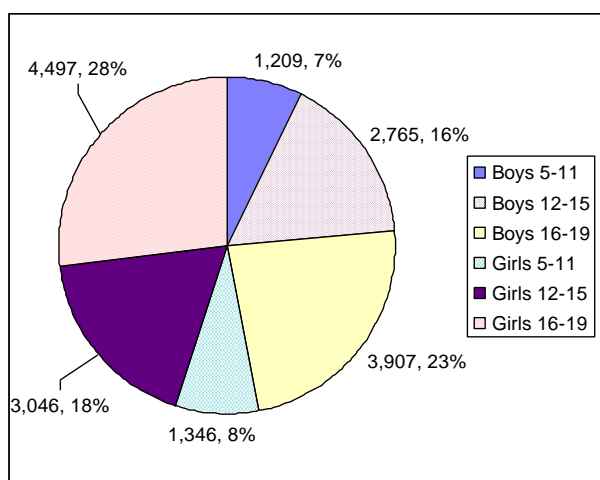
Table 8.1 Young people aged 5-19 by age, sex and the amount of care they provide: East Midlands

	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
All aged 5-19	396,188	6,716	656	509	374,523	7,274	869	746
5 to 7	79,659	160	19	28	75,254	187	23	34
8 to 9	56,254	265	21	43	52,732	291	21	50
10 to 11	57,479	579	36	58	54,651	621	63	56
12 to 15	108,245	2,438	177	150	102,483	2,630	218	198
16 to 17	50,389	1,732	199	110	47,265	1,788	244	179
18 to 19	44,162	1,542	204	120	42,138	1,757	300	229

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

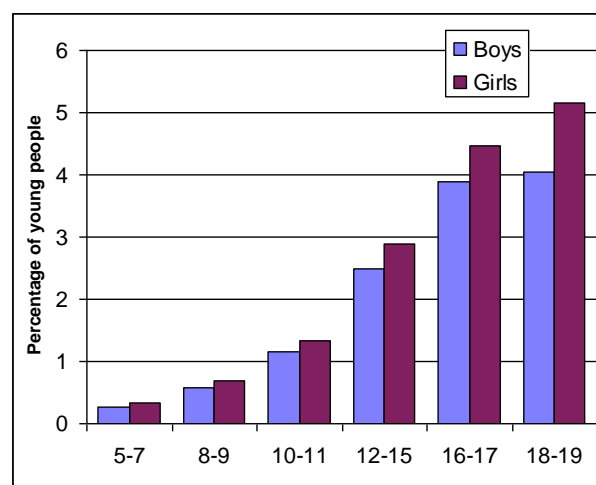
51% of all young carers were aged 16-19 (Figure 8.2). Across all ages, girls were more likely to be carers than boys (Figure 8.3). The data in Figure 8.3 suggest that all schools, colleges and universities in the region are likely to have some young carers among their students.

Figure 8.2 Young carers by age and sex: East Midlands region



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

Figure 8.3 Young people who are carers: East Midlands 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 Midlands (%)

Young people aged 5-19	East Midlands				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
All (numbers '000s)	802.8	785.0	15.0	2.8	9,569.0	9,186.8	159.3	34.6
Ethnic group <i>White British</i>	717.4	702.4	12.6	2.3	7,941.6	7,789.9	126.0	25.7
<i>Mixed ethnic groups</i>	21.5	21.0	0.5	0.0	293.9	287.1	5.7	1.1
<i>Indian</i>	32.5	31.2	1.1	0.3	240.4	231.4	7.2	1.9
<i>Pakistani</i>	8.2	7.9	0.3	0.1	221.9	212.5	7.3	2.1
<i>Bangladeshi</i>	2.3	2.2	0.1	0.0	94.9	90.7	3.0	1.1
<i>Black - Caribbean/African</i>	6.4	6.2	0.2	0.0	235.0	229.8	4.0	1.2
<i>Other ethnic groups</i>	14.5	14.1	0.4	0.0	299.8	293.4	5.1	1.3
No working adult in family	15	14	23	43	16	16	25	39
Household tenure								
<i>Rents - from LA/HA</i>	20	20	25	38	23	23	27	40
Family type <i>Lone parent</i>	22	22	23	37	23	23	26	39
<i>Couple with children</i>	76	76	74	60	74	74	70	57
<i>Other family (no children)</i>	3	3	3	4	3	3	4	4
Limiting long-term illness	5	5	7	12	5	5	7	12

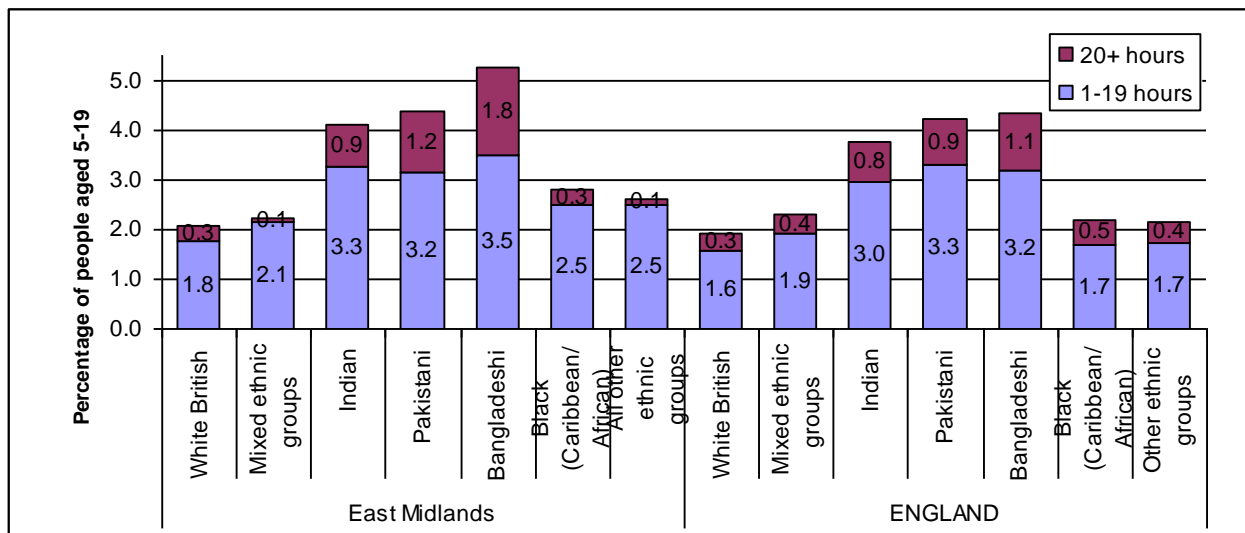
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

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

Young people aged 16-19	East Midlands				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
No qualifications <i>Males</i>	25	25	20	34	24	24	19	28
<i>Females</i>	22	22	15	38	21	21	17	29
Economic activity <i>Males</i>								
<i>In employment</i>	49	49	43	45	47	47	46	38
<i>Unemployed</i>	10	10	12	16	10	10	12	19
<i>Student</i>	39	38	41	29	40	40	40	31
<i>Other</i>	3	3	4	11	3	3	3	11
Females <i>In employment</i>	47	48	46	23	47	47	44	35
<i>Unemployed</i>	8	7	13	10	7	7	10	10
<i>Student</i>	38	38	36	31	39	39	39	30
<i>Other</i>	7	7	5	36	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 Midlands region



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

9. Older carers in the East Midlands

In the region, there were 77,187 carers aged 65 or over. This figure amounts to 18% of all carers in the region. Of these older carers:

- 28,535 (37% compared with 36% in England as a whole) regularly provide 50 or more hours of care per week
- 3,010 were over 85 years old (among them 1,544 providing 50+ hours of care)
- 15,920 (21% compared with 20% in England as a whole) were themselves in poor health
- 8,040 (51% compared with 50% in England as a whole) older carers in poor health provided 50 or more hours care per week

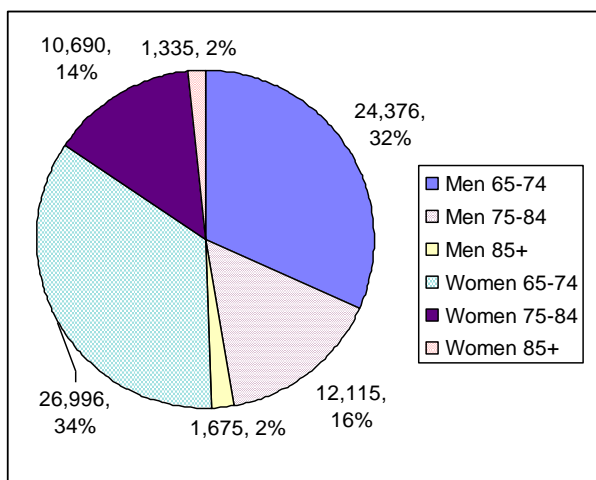
Table 9.1 Older people aged 65+ by age, sex, health status and the amount of care they provide: East Midlands region

	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
ALL (numbers)	242,365	19,935	4,389	13,842	320,297	20,067	4,261	14,693
65-74	142,761	14,269	2,621	7,486	158,309	14,755	2,954	9,287
75-84	82,533	5,122	1,545	5,448	121,688	4,767	1,153	4,770
85+	17,071	544	223	908	40,300	545	154	636
Poor health (numbers)	53,110	2,818	1,015	3,953	78,077	2,992	1,055	4,087
65-74	26,708	1,787	571	1,988	30,395	1,865	622	2,276
75-84	20,851	904	376	1,670	33,295	951	373	1,575
85+	5,551	127	68	295	14,387	176	60	236
Poor health (%)	22	14	23	29	24	15	25	28
65-74	19	13	22	27	19	13	21	25
75-84	25	18	24	31	27	20	32	33
85+	33	23	30	32	36	32	39	37

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

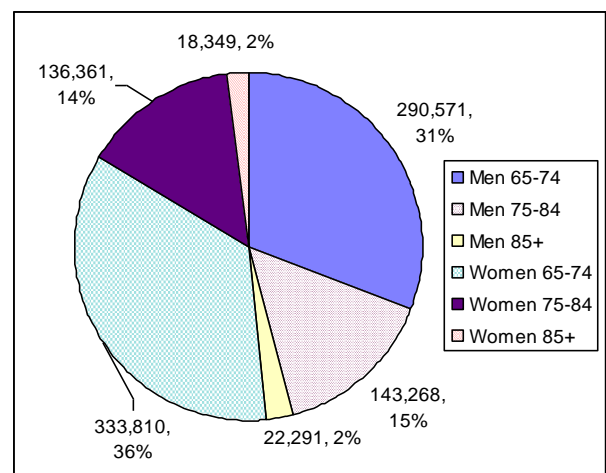
Two thirds of older carers are aged 65-74 (Figure 9.2a,b). In the older age groups, men are more likely to be carers than women, although people aged 85 and over are less likely to be carers than people aged 65-84 (Figure 9.3). However, men and women aged 85 and over who are carers are more likely regularly to provide 50 or more hours of care each week (54% of men carers and 48% of women carers), compared with 31% and 34% of men and women carers aged 65-74.

Figure 9.2a Older carers by age and sex: East Midlands region



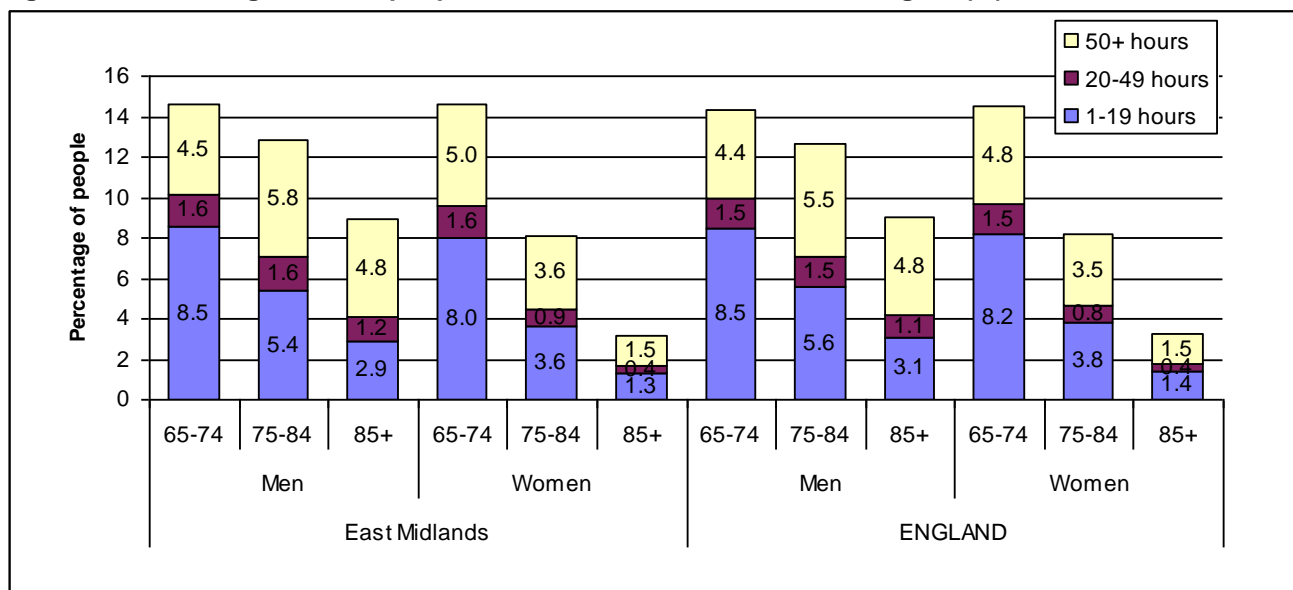
Source: 2001 Census, Standard Tables, Crown Copyright 2003.

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 Midlands 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 Midlands region (%)

	East Midlands				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
Co-resident with a person with a LLTI	24	44	83	95	22	40	79	94
Household tenure								
Owns/buying with a mortgage	67	87	71	71	67	84	75	70
Rents - from LA/HA	21	9	19	23	21	11	19	24
Rents - private	7	4	10	6	7	4	5	6
Communal establishment	5	0	0	0	5	0	0	0
Family type by sex								
Men								
Lives in CE	3	0	0	0	3	0	0	0
Live alone	22	12	8	1	24	14	7	1
Lives with one other person 65+	47	51	56	73	45	50	61	69
All other types of household	27	37	36	26	28	35	32	30
Women								
Lives in CE	6	0	0	0	6	0	0	0
Live alone	45	28	11	2	46	31	13	2
Lives with one other person 65+	35	58	68	74	32	52	59	70
All other types of household	15	14	21	24	16	17	28	28
No access to car	41	20	27	36	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 Midlands region: future challenges

The East Midlands region is very diverse covering both very rural areas and one of England's largest and most ethnically diverse cities. Some of the urban areas within the region suffer very high levels of deprivation. The 2007 Index of Multiple Deprivation (DCLG 2007) shows that 7% of the East Midlands' 2,732 small areas (each small area covers on average 1,500 residents) were among the 10% most deprived areas of the country. However, these areas of deprivation were concentrated in Nottingham and Leicester. 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 extremely diverse population also presents other challenges: with the numbers of older people in ethnic minority groups rapidly increasing (from 9,526 in 1991 to 19,606 in 2001, and now thought to be 27,600 (ONS 2009)), 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 particular 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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The **Carers in the Region** profiles were commissioned by the Department of Health and were written and researched by:

Lisa Buckner, Gary Fry and Sue Yeandle, CIRCLE
(*Centre for International Research in Care, Labour and Equalities*),
University of Leeds

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