

Carers in the Region

A profile of the South East

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 South East: 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 South East region

In 2001 there were 732,483 carers in the South East region (9% of the region's population compared with 10% across England as a whole). However:

- 16% of men and 22% of women aged 50-64 were carers
- Two fifths 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 (27% 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 423,600, increasing from 2.5% of the population to 4.3% (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 over a third, from almost 1.3 million to over 1.7 million
- More than twice as many people aged 65 or over will have dementia: over 161,000 people
- The number of carers will increase by over 126,000 or 15%, compared with 15% in England as a whole

Personalisation and local services in the region

In 2007/8:

- 78,500 carers received a Carers Assessment
- 67,250 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:

- 69,030 carers were themselves in poor health (9% of all carers, compared with 12% of carers in England)
- 22,172 carers in poor health provided 50 hours or more of care per week (32%)
- 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 South East

- 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, 53,050 people of working age have an entitlement to Carer's Allowance (CA), and among them 48,040 receive this benefit².

Carers' access to work

The 2001 Census showed:

- 575,020 carers were aged 16-64, which accounted for 81% of all carers in the region (79% of carers in England are aged 16-64).
- 27,869 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 394,920 carers of working age (71%) in employment. In England as a whole 65% of working age carers are in paid employment.
- 35,640 carers in employment also provided 50 or more hours of unpaid care per week
- 169,940 male carers and 104,020 female carers were people in full-time employment
- 20,040 male carers and 100,920 female carers were people in part-time employment

Young carers

- The region had 23,433 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 145,505 carers aged 65 or over
- 44,141 older carers provided 50 or more hours of care per week
- 3,409 carers were over 85 years old

Care and support in the region: future challenges

The region is densely populated and covers many large towns and cities as well as some very rural areas. Future challenges in supporting carers in the region include:

- Severe deprivation in some urban areas, where there are levels of illness and disability, poverty, worklessness and social exclusion, putting particular pressure on carers
- Delivering appropriate help and support for 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

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 South East region

In 2001 there were 732,483 carers in the South East region³. Carers thus formed 9% 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: South East 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	3,260,151	233,003	26,348	50,067	3,345,227	304,815	38,740	79,510
Age								
5-15	560,632	4,795	365	403	532,472	5,496	458	441
16-24	379,248	10,325	1,124	785	370,407	12,311	1,552	1,772
25-49	1,274,164	81,898	9,718	14,000	1,250,987	118,875	14,925	29,491
50-64	582,922	93,937	8,378	14,222	554,198	122,525	14,860	24,322
65-84	266,811	29,247	3,725	10,117	301,182	32,350	4,531	13,650
85+	196,374	12,801	3,038	10,540	335,981	13,258	2,414	9,834
Ethnicity*								
White British	3,281,956	220,955	23,915	47,102	3,333,790	287,905	35,163	73,892
Indian	41,034	2,686	528	510	40,413	2,560	713	775
Pakistani	27,765	1,482	362	322	25,900	1,353	500	836
Bangladeshi	7,648	312	90	54	6,700	276	110	172
Black Caribbean	13,095	550	104	135	12,478	752	154	183
Black African	11,900	484	113	105	11,297	408	160	113
Other ethnic groups	209,184	9,036	1,555	2,175	239,734	13,146	2,219	3,786

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.

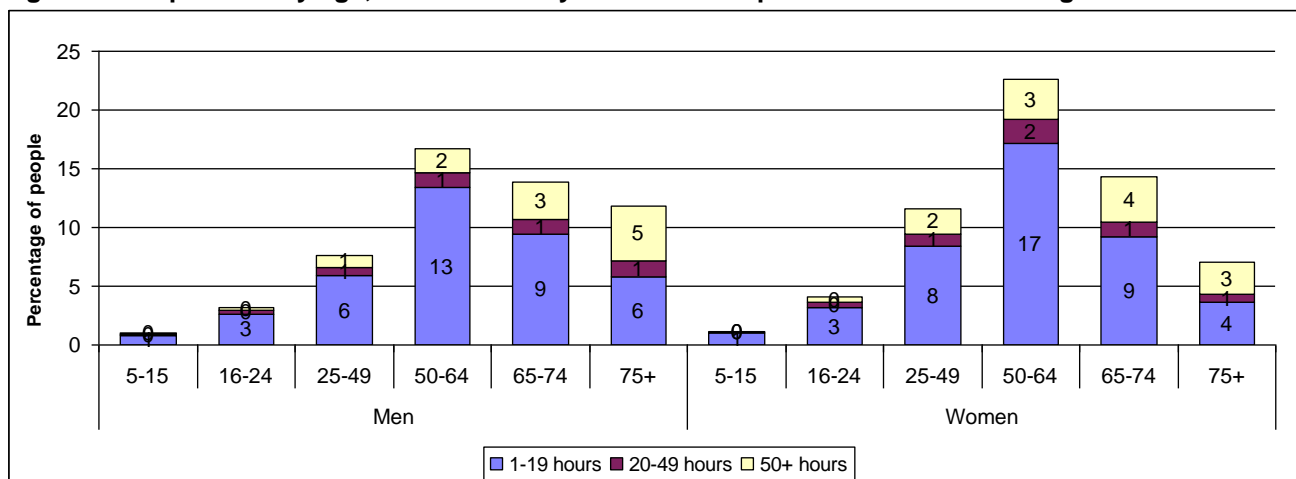
Table 1.2 Characteristics of carers: South East region (% of people)

	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
South East								
People in workless households	18	22	37	57	25	23	34	52
Co-resident with a person with LLTI	15	32	76	91	14	26	64	91
Living in social housing	13	8	19	22	14	9	17	25
No access to car	10	6	14	17	16	8	14	22
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.

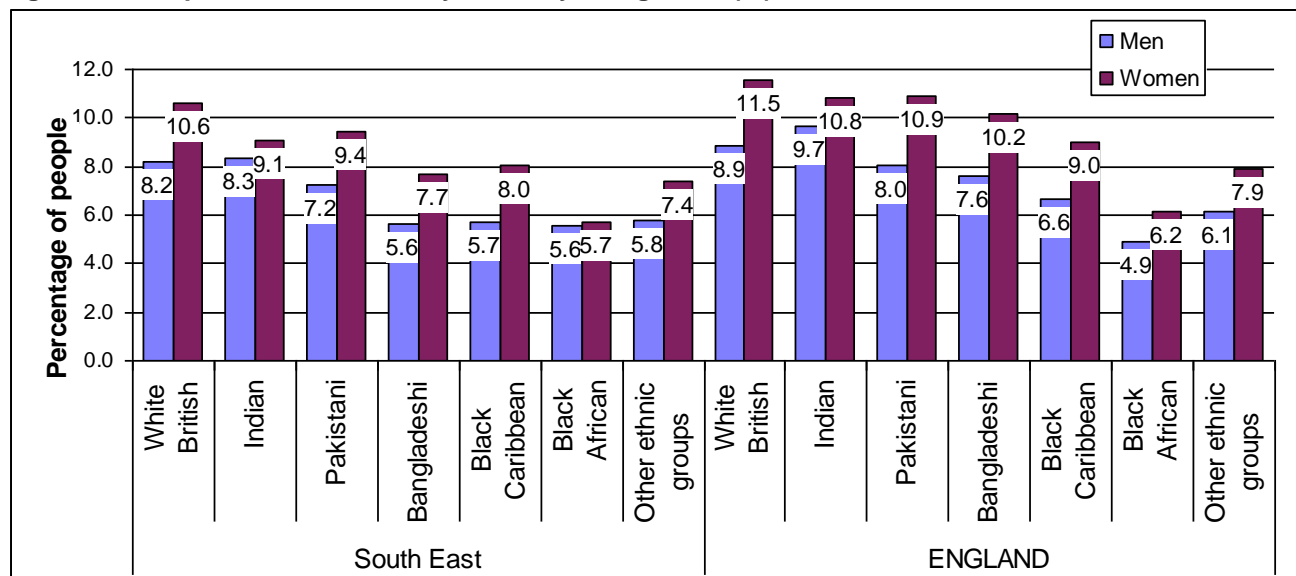
Figure 1.1 Population by age, sex and weekly hours of care provided: South East region



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 16% of men and 22% 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, two fifths of all carers aged 75 or over provided 50 or more hours of care per week (40% of men and 39% of women, compared with 45% of men and 43% of women in England as a whole). By contrast just 12% of men and 15% 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. 48,819 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 South East

Between 2008 and 2030 a significant increase in the demand for personal care and support in the South East 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 over a third (36%), from almost 1.3 million to over 1.7 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 126,000 or 16% (compared with 15% across England as a whole) (see Figure 2.3)

Table 2.1 Projected demand for care: South East

(numbers)

	2008	2010	2015	2020	2025	2030
People aged 85+* numbers	206,200	215,900	246,100	287,900	348,000	423,600
<i>% of population 85+ (England)</i>	2.5 (2.2)	2.5 (2.3)	2.8 (2.5)	3.2 (2.8)	3.7 (3.3)	4.3 (3.9)
People with a LLTI** ALL	1,295,669	1,327,736	1,419,589	1,527,731	1,645,789	1,759,683
<i>% of population with LLTI (England)</i>	16 (18)	16 (18)	16 (19)	17 (19)	17 (20)	18 (20)
Age of men with a LLTI Men (ALL)	597,235	615,085	663,685	717,801	774,019	825,621
0-14	33,549	33,673	35,022	37,119	37,836	38,018
15-49	146,696	147,649	146,044	143,640	146,191	152,498
50-64	153,719	155,830	157,697	170,805	176,341	169,638
65-74	117,097	124,054	146,037	154,269	153,850	173,012
75-84	104,125	108,117	121,603	139,774	168,534	178,786
85+	42,049	45,762	57,282	72,194	91,267	113,668
Age of women with a LLTI Women (ALL)	698,434	712,651	755,904	809,930	871,770	934,062
0-14	22,520	22,650	23,568	25,043	25,528	25,644
15-49	150,767	152,438	151,610	149,712	152,474	158,529
50-64	158,574	160,973	164,644	178,864	186,220	180,363
65-74	123,310	129,673	152,257	162,387	159,388	179,249
75-84	145,345	146,282	154,687	171,893	205,082	218,833
85+	97,918	100,636	109,138	122,031	143,078	171,443
People in poor health**	552,534	568,117	609,635	655,556	701,799	744,697
<i>% of population (England)</i>	6.8 (8.7)	6.8 (8.7)	7.1 (9.0)	7.2 (9.3)	7.6 (9.5)	7.8 (9.8)
People with a LLTI who are also in poor health**	447,852	461,527	498,811	540,902	583,546	622,766
<i>% of population (England)</i>	5.5 (7.3)	5.6 (7.4)	5.8 (7.6)	6.0 (7.9)	6.3 (8.2)	6.5 (8.4)
People aged 65+ predicted to have a longstanding health condition caused by:						
A stroke***	44,696	46,882	54,104	62,918	68,455	76,148
<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)
Dementia (people aged 65+)[#]	77,796	82,591	97,628	116,176	137,800	161,683
<i>% of population 65+ (England)</i>	6.4 (6.2)	6.4 (6.2)	6.5 (6.3)	7.0 (6.8)	7.5 (7.3)	7.9 (7.7)
Heart disease	109,215	114,893	133,382	150,965	161,306	179,903
<i>% of population 65+ (England)</i>	9.0 (9.0)	8.9 (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

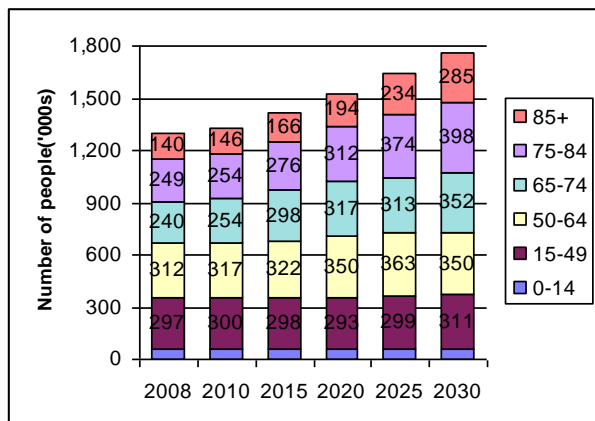
*2006-based sub-national population projections (Crown Copyright).

**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.

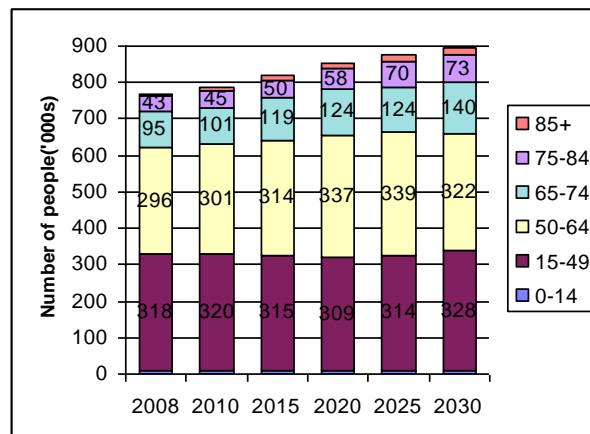
[#]Prevalence rates are taken from a report into the prevalence and cost of dementia prepared by the Personal Social Services Research Unit (PSSRU) at the London School of Economics and the Institute of Psychiatry at King's College London, for the Alzheimer's Society, 2007. The rates have been applied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

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



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

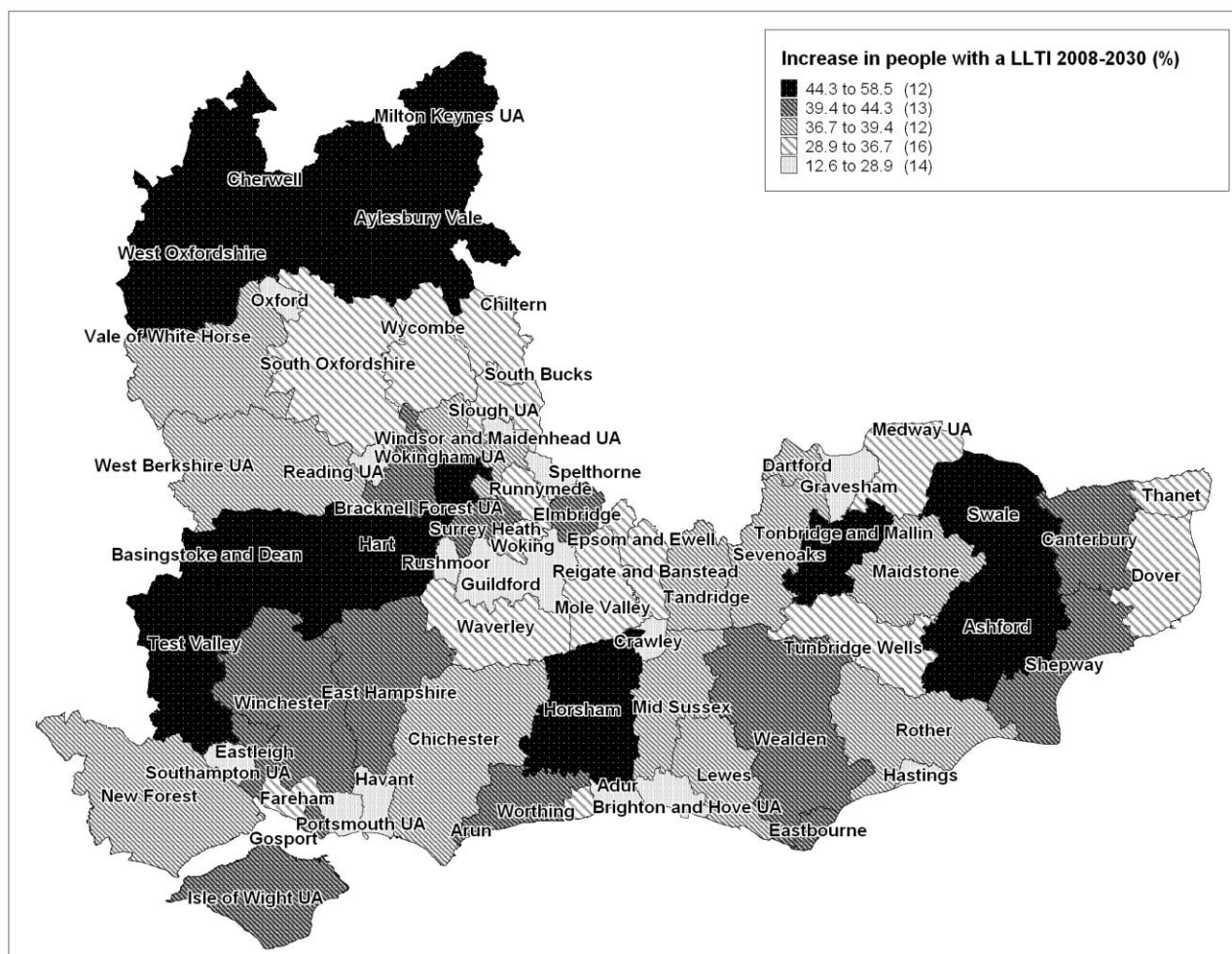
Figure 2.3 Projected numbers of carers by age: South East ('000s)



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 13% in Oxford (up 2,460) to 58% in Milton Keynes (up 18,494) (Figure 2.4). The greatest increase in numbers of people with a LLTI is expected in Milton Keynes, and in the Isle of Wight (12,896 or 41%).

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 South East

There are 19 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 78,500 carers received a Carers Assessment (Table 3.1) in 2007/8, representing about 11% of all carers, while 67,250 carers received carer's services or information (Table 3.2). Of these carers:

- 42,790 (55%) of all carers assessed were aged 65 or over
- 36,345 (54%) of all carers receiving services were aged 65 or over
- Carers aged 65 and over who received a service were less likely to get a carer's break or specific carer's service (63%) than carers aged 16-64 (67%), who were more likely to be offered information only. However, 69% of carers aged under 18 were offered a carer's break or specific carer's service
- Over 4,885 people had a Direct Payment in place (including some carers)

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

	Carers assessed or reviewed			Declining assessment or review
	ALL	Separately	Jointly	
All	78,500	26,385	52,110	3,130
By age				
<i>Under 18</i>	740	380	365	10
<i>18-64</i>	34,965	13,230	21,735	1,350
<i>65-74</i>	14,755	4,400	10,355	545
<i>75 and over</i>	28,035	8,380	19,655	1,230
<i>Age not known</i>	0	0	0	0
By condition of cared for person				
<i>Physical disability, frailty and sensory impairment</i>	58,015	18,520	39,495	2,395
<i>Mental Health</i>	7,115	2,765	4,350	250
<i>Learning Disability</i>	8,430	3,365	5,065	205
<i>Substance Misuse</i>	1,540	830	710	180
<i>Vulnerable People</i>	3,425	910	2,515	100

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: South East region (numbers)

	Carers receiving services		
	ALL	Breaks for the carer and /or other carers' specific service	Information and advice only
All	67,250	43,435	23,820
By age			
<i>Under 18</i>	585	405	180
<i>18-64</i>	30,320	20,230	10,090
<i>65-74</i>	12,730	7,860	4,870
<i>75 and over</i>	23,615	14,935	8,680
<i>Age not known</i>	0	0	0
By condition of cared for person			
<i>Physical disability, frailty and sensory impairment</i>	49,725	30,375	19,350
<i>Mental Health</i>	5,930	4,295	1,635
<i>Learning Disability</i>	7,205	5,300	1,905
<i>Substance Misuse</i>	1,510	1,400	110
<i>Vulnerable People</i>	2,885	2,065	820

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, 86% 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 31% in Windsor and Maidenhead to 100% in Bracknell Forest (Table 3.3). Differences in reporting practises may partially explain this variation.

Table 3.3 Carers assessed and receiving services: Councils in the South East 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
SOUTH EAST	78,500	43,435	23,820	86	65
Buckinghamshire	1,555	1,340	160	96	89
East Sussex	3,545	1,790	40	52	98
Hampshire	15,715	13,015	2,705	100	83
Kent	26,020	10,535	10,310	80	51
Oxfordshire	6,610	2,215	4,390	100	34
Surrey	*	2,135	*	*	*
West Sussex	5,770	4,125	760	85	84
Bracknell Forest	510	510	0	100	100
Brighton & Hove	1,605	1,035	570	100	64
Isle of Wight	1,535	970	185	75	84
Medway Towns	1,145	1,045	100	100	91
Milton Keynes	785	570	105	86	84
Portsmouth	715	400	315	100	56
Reading	1,195	635	560	100	53
Slough	630	630	0	100	100
Southampton	4,095	1,170	530	42	69
West Berkshire	880	470	*	*	*
Windsor & Maidenhead	1,305	405	895	100	31
Wokingham	1,025	445	585	100	43

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

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 £24.5 million⁵ for this purpose to local authorities in the South East. 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 South East

The 2001 Census showed that in the South East 69,030 carers were themselves in poor health (9% 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:

- 22,172 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 (32%) than carers with good/fairly good health (16%) (38% and 19% respectively in England as a whole)
- 1,907 were aged 85 or older

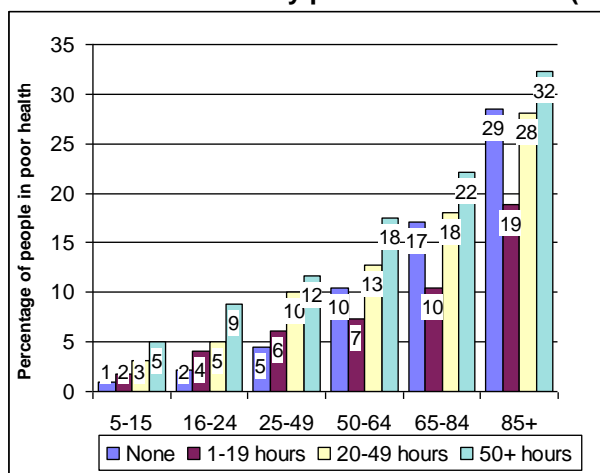
Table 4.1 People in poor health by age, sex and the amount of care they provide: South East

	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)	205,962	16,913	3,490	9,659	256,310	21,798	4,657	12,513
5-15	5,100	90	14	16	4,626	95	12	26
16-24	6,689	348	47	81	9,683	575	89	143
25-49	52,944	4,800	943	1,704	61,327	7,466	1,527	3,346
50-64	60,869	7,174	1,228	3,001	58,339	8,785	1,731	3,761
65-84	69,728	4,234	1,138	4,251	95,210	4,573	1,183	4,742
85+	10,632	267	120	606	27,125	304	115	495
All (% people)	6	7	13	19	8	7	12	16
5-15	1	2	4	4	1	2	3	6
16-24	2	3	4	10	3	5	6	8
25-49	4	6	10	12	5	6	10	11
50-64	10	8	15	21	11	7	12	15
65-84	16	10	18	23	17	10	18	22
85+	27	17	25	31	29	20	33	35

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

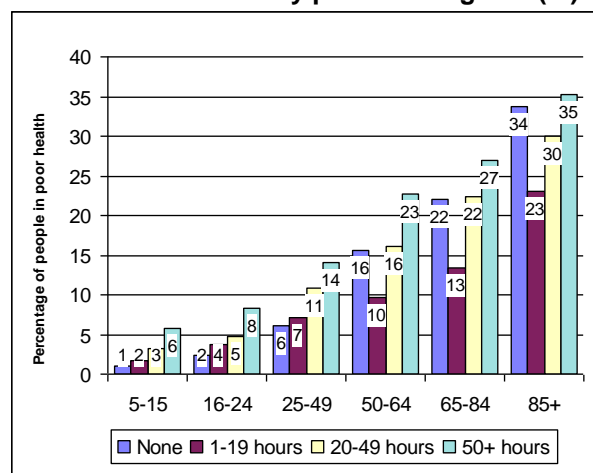
At all ages, with the exception of the oldest age group (people aged 85+), people regularly providing 50 or more hours of care each week were more likely to be in poor health than other people of the same age (Figures 4.2a and 4.2b).

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



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

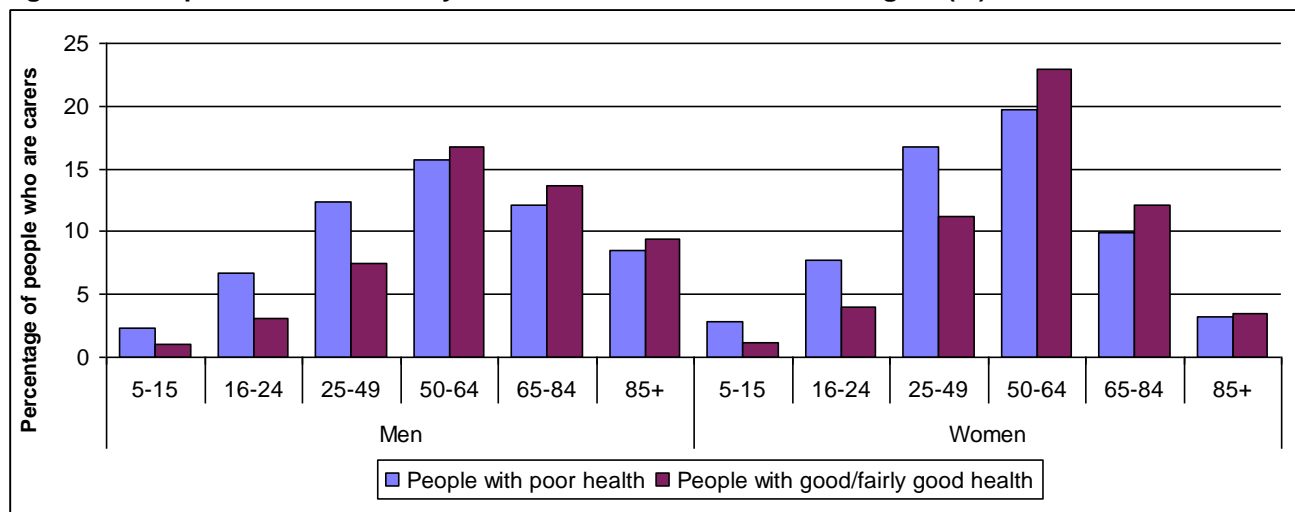
Figure 4.2b People with poor health by age and the amount of care they provide: England (%)



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).

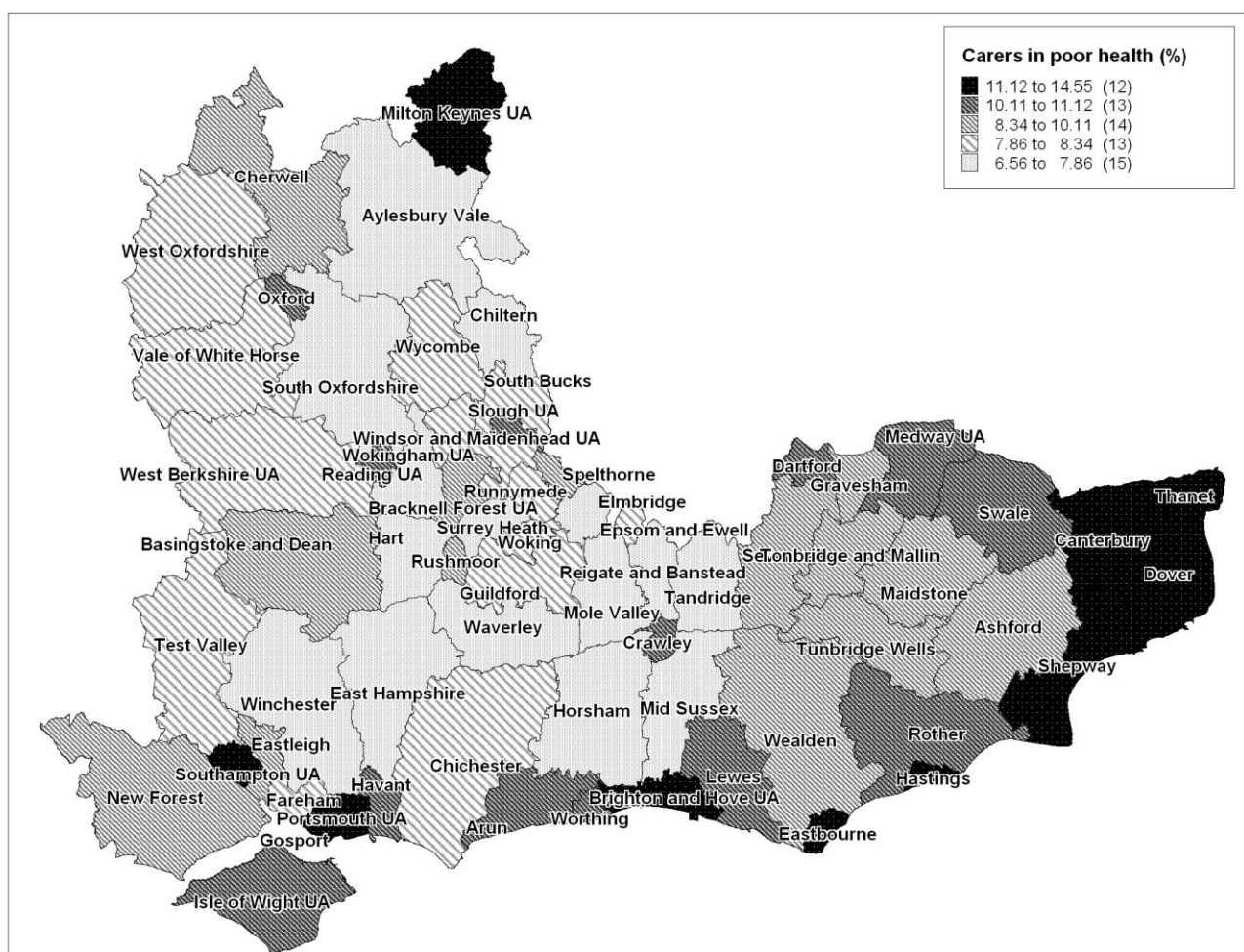
Figure 4.3 People who are carers by their health status: South East region (%)



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 Winchester just 7% of carers were in poor health, and compared with 14% in Hastings. The national average across England is 12%.

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

Carers in the South East 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 South East, 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 South East are tackling carers' needs.

Local authority support for carers

Advice and information for carers in the South East 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:

Portsmouth City Council provides a 24-hour, seven days-a-week carer helpline which is manned by experienced trained volunteers. The cost is just the price of a local phone call.

Wokingham Borough Council supports a carers' helpline delivered through the region's Carers Centre. The Carers Centre also runs a lunchtime (10 -1pm) drop-in advice centre available to carers four days a week.

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 Southampton, 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:

Hampshire County Council supports a number of Carers' Forums relating to the care of people with various physical and mental conditions. There are several disability forums, older people's forums and mental health forums in the area, each hosted in large towns or cities.

Oxfordshire County Council's Carers' Forum has been in place since 1992 and helps promote carers' interests, support their needs and ensure their views are heard by voluntary, professional and statutory organisations.

Voluntary sector and other support for carers

All local authorities in the South East 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.

West Berkshire Council has developed a breaks project called the Adult Placement Shared Lives Scheme which has been running since 1989. The scheme recruits carers and families who can offer adults with care needs a home environment and a chance to learn new skills which will allow them to live a more independent life. Built into this scheme is a service called the Phoenix Short Break Service which provides respite breaks for carers.

Surrey County Council has developed a scheme which enables carers to 'buy' breaks with vouchers which have a value of between £10 and £50. This scheme has been in place since the Carers and Disabled Children's Act 2000, and any carer who has been formally assessed is eligible to benefit from it.

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

Medway Council works closely with many organisations to provide services to carers in the area. Among these are Alzheimer's and Dementia Support, a Carers' Relief Services (which provides short breaks for carers of someone with learning difficulties), Crossroads, and The Samaritans.

Windsor and Maidenhead Royal Borough Council works with a number of local and national organisations such as Age Concern, Crossroads, Care Plus, The Alzheimer's Society, Citizens' Advice Bureaux, and Mencap. Carers are often signposted to these organisations and a number of projects developed on the basis of Carers' Grant funds are being delivered through them.

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

East Sussex County Council has developed a project designed to establish a benchmark of awareness about carers in schools based in the county. A questionnaire gauging awareness of young carers has been developed and was recently distributed to key staff members at selected schools, with a view to ultimately improving young carer awareness among them.

Milton Keynes Council has recently secured a £200,000 government grant to support young carers in the region. A two year project will begin in 2010 designed to help prevent young people from taking on too many caring responsibilities. It will work with families and put them in touch with agencies which can provide the support they require to cope with caring.

Services to help carers combine caring with employment or education

Some local authorities in the South East 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.

Isle of Wight Council promotes the rights of employees who are also carers to work flexibly. It has mainstreamed this practice in the council itself and in the island's PCT. The council also actively promotes the business case for employing carers in the area.

West Berkshire Council has developed a Pathways to Employment scheme which is available to carers. The project offers support and advice on a range of work-related issues, such as understanding Carer's Allowance rules and workers' rights in a caring role.

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 South East, 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 23,000 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.

Kent County Council has recently run a pilot telecare scheme called the Active Living Project which aims to draw on technology to help provide more flexible, person centred services for carers that also promote quality of life for older and disabled people. As a consequence of this project, the council is now moving towards a carer assessment procedure that includes telecare, as well as involving the council's Housing department in all carer assessments.

West Sussex County Council has recently conducted an evaluation of a telecare pilot scheme based on 150 people. Among the findings were that telecare increased peace of mind for carers, reduced residential care admissions, and particularly benefited carers of elderly people who did not live with the person they were caring for.

Courses for carers

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

Buckinghamshire County Council has developed an online support group available 24 hours, seven days a week. This is an attempt to support carers who cannot attend traditional services. There is a training course included for carers unused to computers, and the support group connects carers with other carers to enable them to share tips and advice, and to discuss any issue they wish to.

Brighton and Hove City Council has developed a course called Looking After Me which is designed to help adults caring for someone with a long term health condition or disability. The course focuses on helping carers look after their own health and to take more control of their caring situation.

The nationwide ***Caring with Confidence*** programme for carers is working with six providers in the South East. 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 South East, 53,050 people of working age have an entitlement to Carer's Allowance, and of these 48,080 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 35,250 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, 3,040 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 South East

In the region, there are 575,020 carers aged 16-64 (Table 6.1). These account for 79% of all carers in the South East. (In England as a whole 80% of carers are aged 16-64.) Of these carers 84,592 regularly provide 50 or more hours of care each week (15% of carers in the region compared with 18% in England as a whole), and 27,869 are aged 16-24.

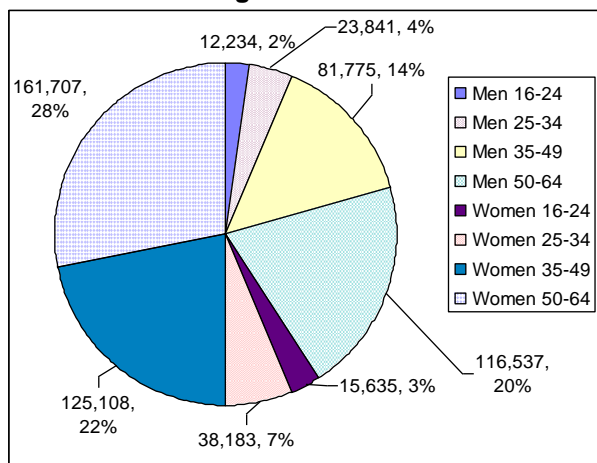
Table 6.1 People of working age (16-64) by age, sex and the amount of care they provide: South East (numbers)

	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	2,236,334	186,160	19,220	29,007	2,175,592	253,711	31,337	55,585
16-24	379,248	10,325	1,124	785	370,407	12,311	1,552	1,772
25-34	502,409	18,325	2,375	3,141	510,177	26,233	3,459	8,491
35-49	771,755	63,573	7,343	10,859	740,810	92,642	11,466	21,000
50-64	582,922	93,937	8,378	14,222	554,198	122,525	14,860	24,322

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

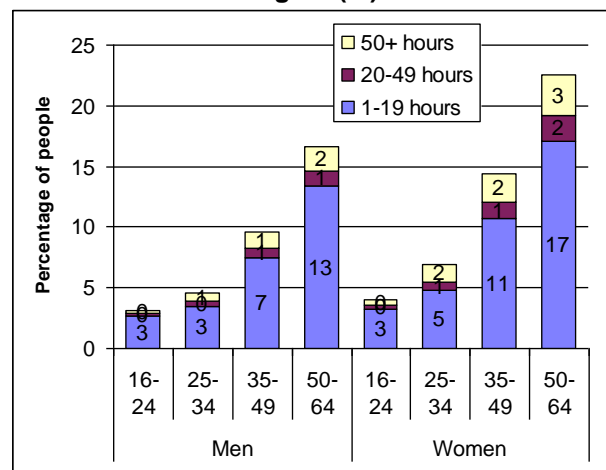
Of carers aged 16-64, 60% are women and 48% are people aged 50-64 (Figure 6.2). Almost a quarter of all women aged 50-64 and almost a fifth of men in this age group are carers (Figure 6.3). Women are more likely to be carers than men at all ages between 16 and 64.

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



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

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



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

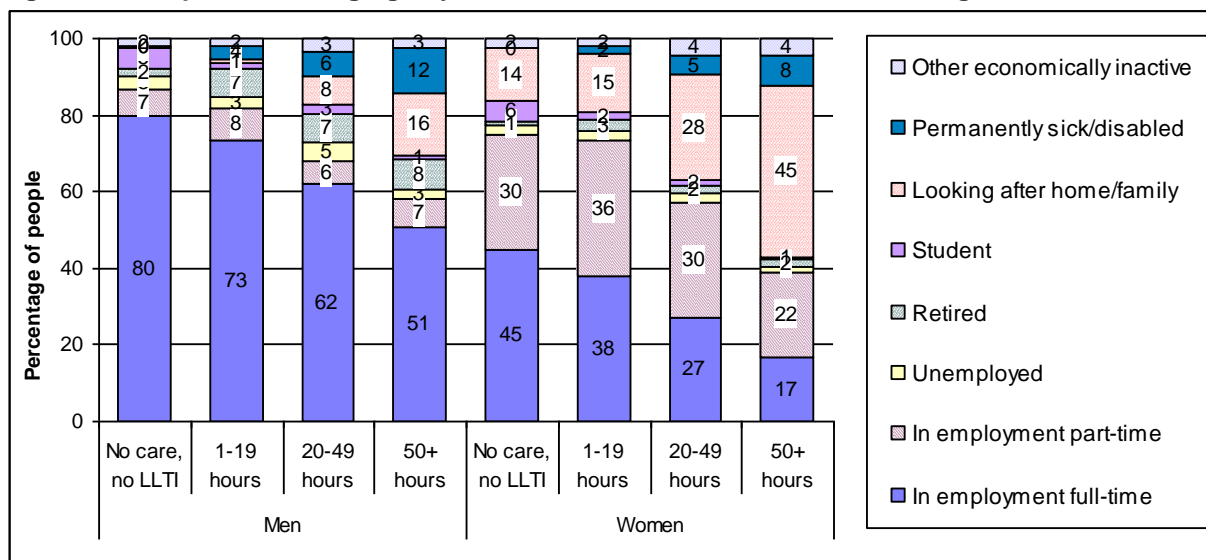
Table 6.4 Characteristics of carers of working age: South East region

	South East				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	16	16	28	38	20	20	34	43
Women	16	17	30	35	19	21	36	43
Degree-level qualifications								
Men	25	26	17	12	23	23	14	11
Women	24	24	16	13	23	23	14	11
In paid employment*								
Men	87	82	68	58	84	80	63	46
Women	75	74	57	39	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.

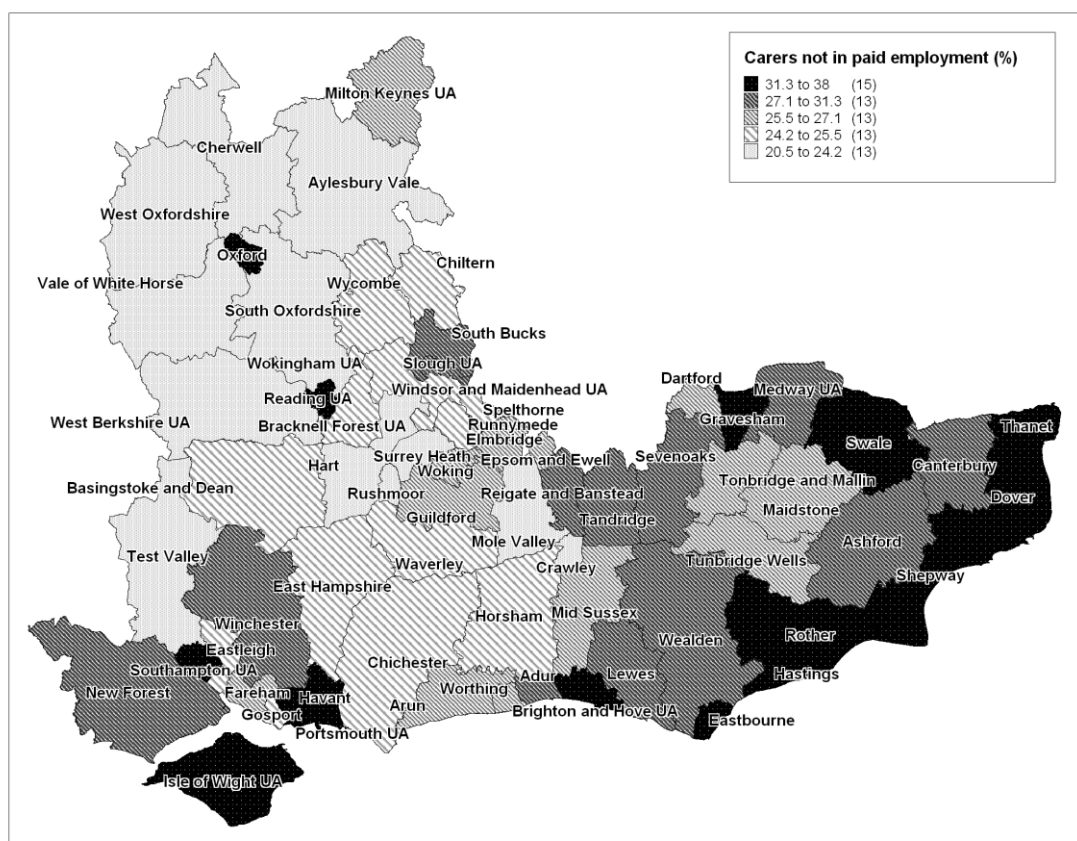
Figure 6.5 People of working age by sex, and amount of care: South East region



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 (20%) in West Oxfordshire, to a much higher figure (38%) in Hastings (Figure 6.6).

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

In 2001, there were 394,920 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:

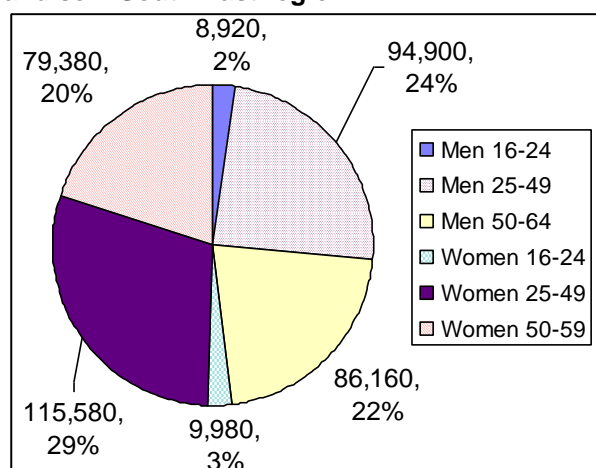
- 169,940 male carers and 104,020 female carers were in full-time employment
- 20,040 male carers and 100,920 female carers were in part-time employment
- 35,640 (9%, compared with 10% in England as a whole) provided 50 or more hours of care per week

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: South East 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	1,732,420	143,100	12,060	14,780	868,940	88,600	7,760	7,660
16-24	207,420	5,680	620	180	156,580	5,300	620	360
25-49	1,120,020	73,380	7,040	8,420	561,160	50,220	4,660	4,360
50-64/59	404,980	64,040	4,400	6,180	151,200	33,080	2,480	2,940
All part-time	158,660	16,880	1,380	1,780	592,340	81,360	8,140	11,420
16-24	62,960	2,120	240	80	85,740	3,060	440	200
25-49	47,760	5,020	440	600	383,880	44,220	4,520	7,600
50-64/59	47,940	9,740	700	1,100	122,720	34,080	3,180	3,620

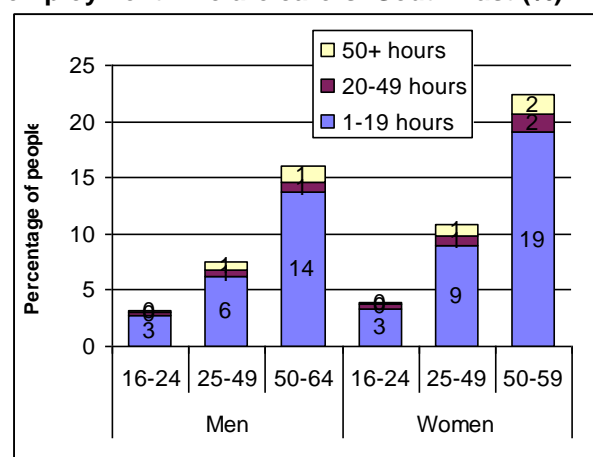
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

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



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

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



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

Almost half of all carers who were in paid employment in the region were men (48%, 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.

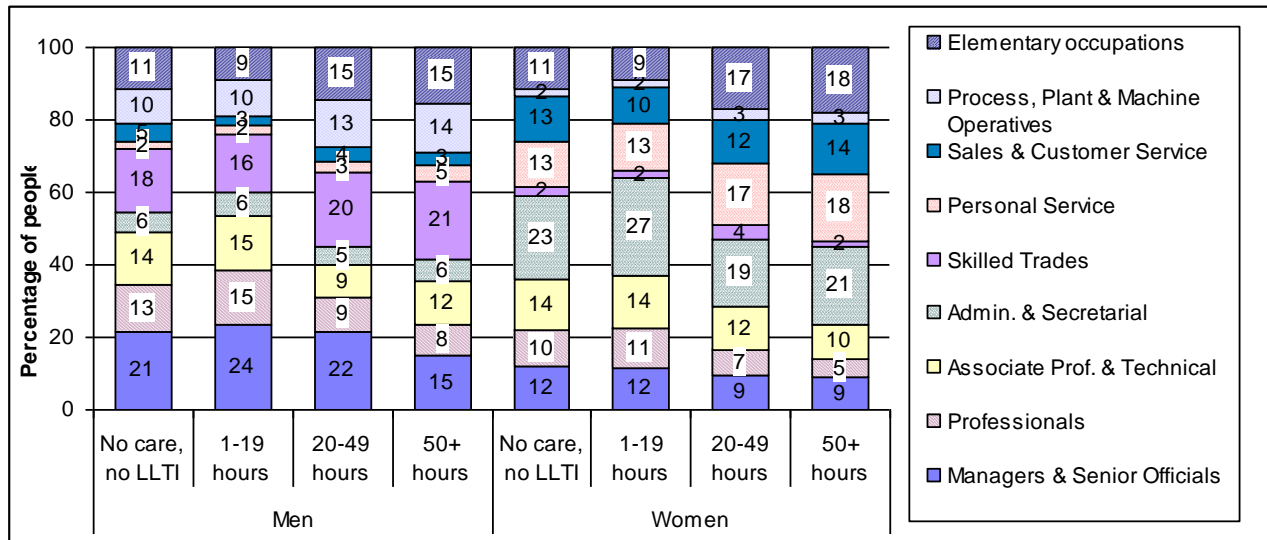
Carers were much more likely to work either at home or very close (within 2km) to where they live. This often limits the jobs available to them making them more likely to be employed in low-skilled, low-paid elementary or process, plant and machine operative jobs, and much less likely to be in managerial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

		South East				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	10	8	12	8	10	11	11
	Women	40	49	52	57	40	47	50	58
Work <16 hours per week	Men	3	4	2	4	3	3	3	3
	Women	14	16	18	25	13	14	18	26
Elementary occupations	Men	11	9	15	15	13	11	18	18
	Women	11	9	17	18	13	11	19	21
Distance to work <2km	Men	26	28	27	30	25	27	29	30
	Women	34	37	43	47	32	35	40	42
Only working adult	Men	28	31	45	51	29	32	53	52
	Women	19	22	32	33	22	24	37	38

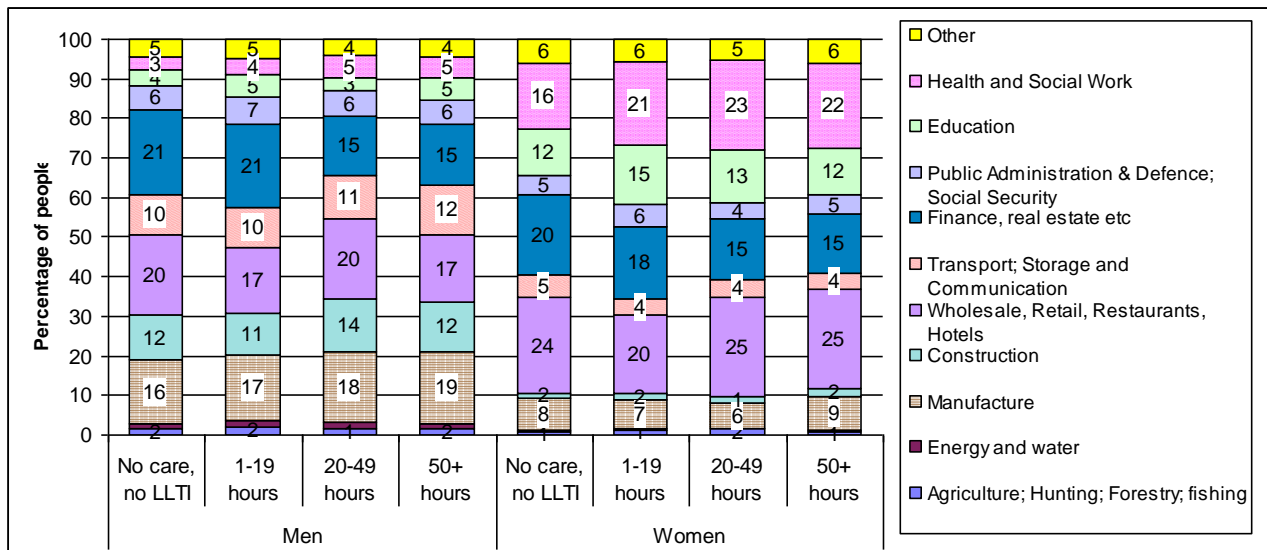
Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

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



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: South East



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

8. Young carers in the South East

In 2001, there were 23,433 carers in the region aged 5-19 (Table 8.1). Of these young carers:

- 1,609 provided 50 or more hours of care per week
- 11,958 were under 16 years old
- 640 were themselves in poor health
- 2.4% of Indian and 4.2% of Pakistani children provided unpaid care, compared with just 1.6% of White British children (Figure 8.6)

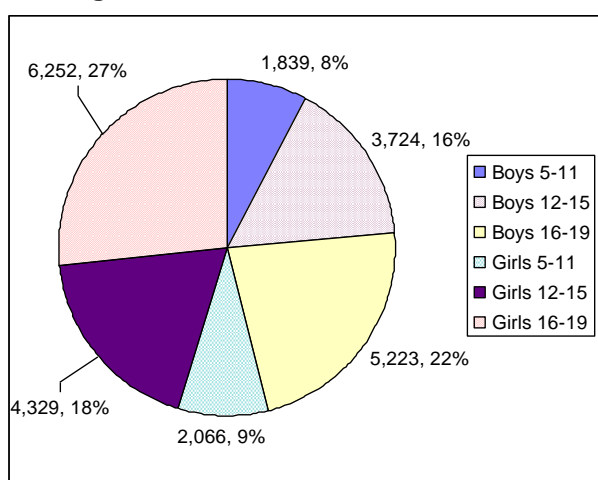
Table 8.1 Young people aged 5-19 by age, sex and the amount of care they provide: South East

	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	733,429	9,344	806	636	696,593	10,609	1,065	973
5 to 7	153,268	293	44	43	144,365	322	42	55
8 to 9	105,163	432	39	54	100,177	442	33	56
10 to 11	105,000	788	62	84	100,082	954	79	83
12 to 15	197,201	3,282	220	222	187,848	3,778	304	247
16 to 17	93,175	2,339	205	106	87,771	2,592	277	209
18 to 19	79,622	2,210	236	127	76,350	2,521	330	323

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

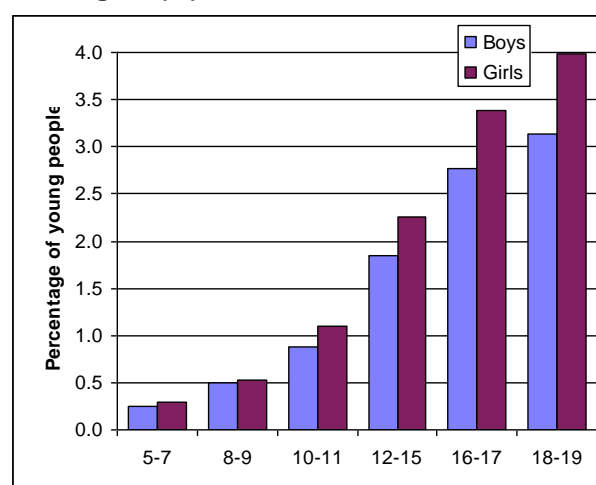
47% of all young carers were aged 16-19 (Figure 8.2). Across all ages, girls were more likely to be carers than boys (Figure 8.3). The data in Figure 8.3 suggest that all schools, colleges and universities in the region are likely to have some young carers among their students.

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



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

Figure 8.3 Young people who are carers: South East 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: South East

Young people aged 5-19	South East				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
All (<i>numbers '000s</i>)	1,490.2	1,464.4	22.2	3.7	9,569.0	9,186.8	159.3	34.6
Ethnic group								
White British	1,353.9	1,331.4	19.4	3.1	7,941.6	7,789.9	126.0	25.7
Mixed ethnic groups	36.0	35.3	0.6	0.1	293.9	287.1	5.7	1.1
Indian	18.9	18.5	0.4	0.1	240.4	231.4	7.2	1.9
Pakistani	18.3	17.6	0.6	0.1	221.9	212.5	7.3	2.1
Bangladeshi	4.9	4.8	0.0	0.0	94.9	90.7	3.0	1.1
Black - Caribbean/African	9.3	9.1	0.2	0.0	235.0	229.8	4.0	1.2
Other ethnic groups	48.9	47.8	0.9	0.2	299.8	293.4	5.1	1.3
No working adult in family (%)	11	11	17	26	16	16	25	39
Household tenure (%)								
Rents - from LA/HA	18	18	22	39	23	23	27	40
Family type (%)								
Lone parent	19	19	21	38	23	23	26	39
Couple with children	78	78	75	60	74	74	70	57
Other family (no children)	3	2	4	2	3	3	4	4
Limiting long-term illness (%)	5	5	7	10	5	5	7	12

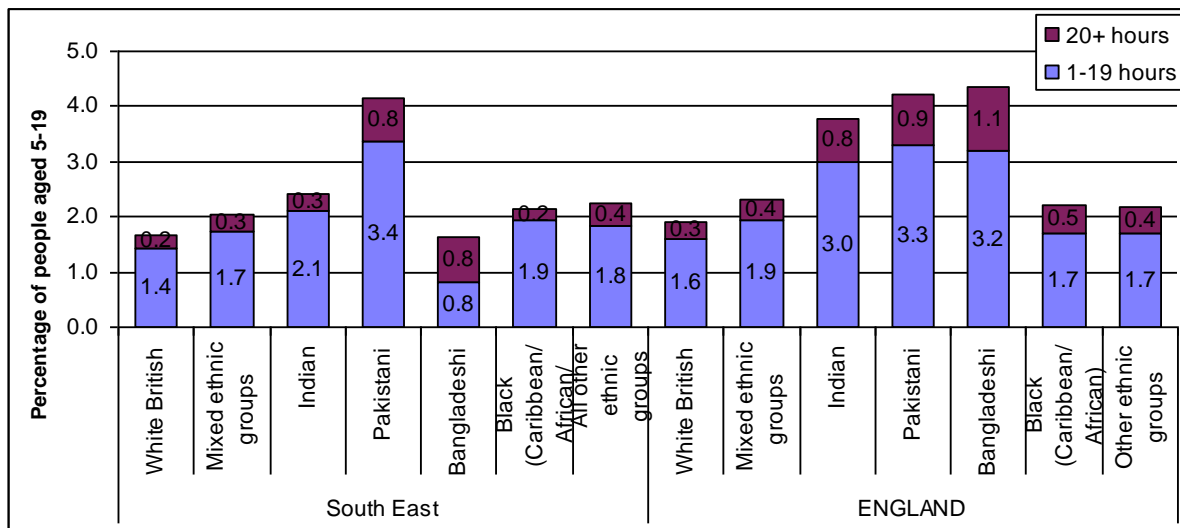
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

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

Young people aged 16-19	South East				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
No qualifications (%)								
Males	22	22	17	22	24	24	19	28
Females	19	19	15	30	21	21	17	29
Economic activity (%)								
Males								
In employment	52	52	53	48	47	47	46	38
Unemployed	8	7	10	17	10	10	12	19
Student	38	38	35	30	40	40	40	31
Other	3	3	2	6	3	3	3	11
Females								
In employment	52	52	51	54	47	47	44	35
Unemployed	6	6	7	5	7	7	10	10
Student	37	37	36	27	39	39	39	30
Other	5	5	5	14	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: South East region



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

9. Older carers in the South East

In the region, there were 1445,505 carers aged 65 or over. This figure amounts to 19% of all carers in the region. Of these older carers:

- 44,141 (30% compared with 36% in England as a whole) regularly provide 50 or more hours of care per week
- 7,274 were over 85 years old (among them 3,405 providing 50+ hours of care)
- 22,028 (15% compared with 20% in England as a whole) were themselves in poor health
- 10,094 (46% compared with 50% in England as a whole) older carers in poor health provided 50 or more hours care per week

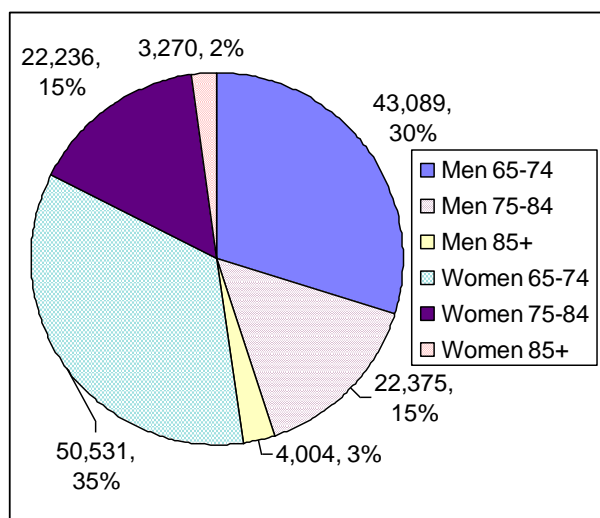
Table 9.1 Older people aged 65+ by age, sex, health status and the amount of care they provide:
South East region

	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)	463,185	42,048	6,763	20,657	637,163	45,608	6,945	23,484
65-74	266,811	29,247	3,725	10,117	301,182	32,350	4,531	13,650
75-84	156,892	11,259	2,549	8,567	243,104	11,768	2,066	8,402
85+	39,482	1,542	489	1,973	92,877	1,490	348	1,432
Poor health (numbers)	80,360	4,501	1,258	4,857	122,335	4,877	1,298	5,237
65-74	37,939	2,754	613	2,107	43,129	2,921	708	2,511
75-84	31,789	1,480	525	2,144	52,081	1,652	475	2,231
85+	10,632	267	120	606	27,125	304	115	495
Poor health (%)	17	11	19	24	19	11	19	22
65-74	14	9	16	21	14	9	16	18
75-84	20	13	21	25	21	14	23	27
85+	27	17	25	31	29	20	33	35

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

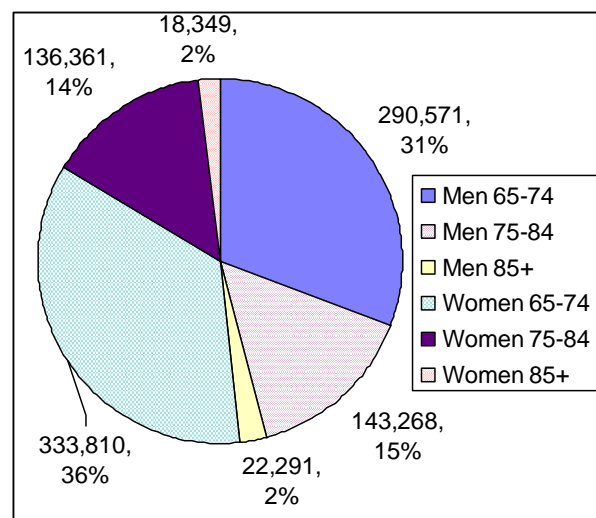
Almost two thirds of older carers are aged 65-74 (Figure 9.2a,b). In the older age groups, men are more likely to be carers than women, although people aged 85 and over are less likely to be carers than people aged 65-84 (Figure 9.3). However, men and women aged 85 and over who are carers are more likely regularly to provide 50 or more hours of care each week (49% of men carers and 44% of women carers), compared with 24% and 27% of men and women carers aged 65-74.

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



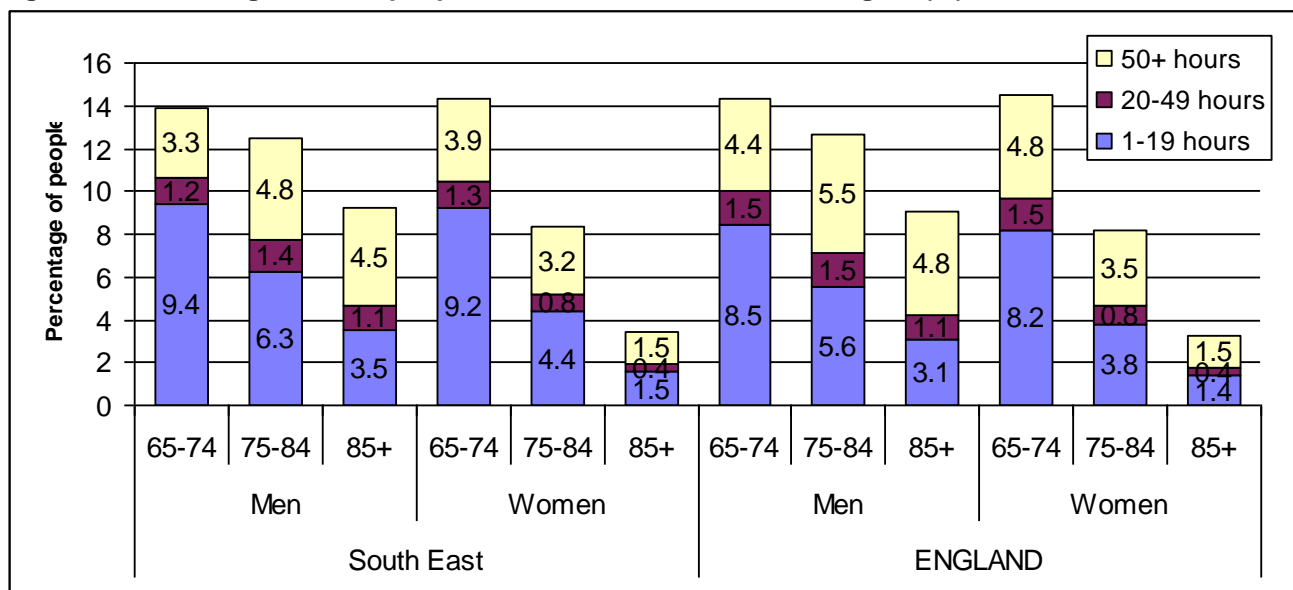
Source: 2001 Census, Standard Tables, Crown Copyright 2003.

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: South East 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: South East region (%)

	South East				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	21	36	78	94	22	40	79	94
Household tenure								
Owns/buying with a mortgage	72	88	79	73	67	84	75	70
Rents - from LA/HA	16	8	16	20	21	11	19	24
Rents - private	6	3	4	6	7	4	5	6
Communal establishment	6	1	0	0	5	0	0	0
Family type by sex								
Men								
Lives in CE	3	0	0	0	3	0	0	0
Live alone	21	14	9	1	24	14	7	1
Lives with one other person 65+	48	52	58	69	45	50	61	69
All other types of household	28	34	32	30	28	35	32	30
Women								
Lives in CE	7	1	0	0	6	0	0	0
Live alone	45	32	14	2	46	31	13	2
Lives with one other person 65+	33	52	63	75	32	52	59	70
All other types of household	15	16	23	23	16	17	28	28
No access to car	34	14	20	31	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 South East region: future challenges

The South East region is densely populated and covers many large towns and cities as well as some very rural areas. 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 less than 2% of the South East's 5,319 small areas (each small area covers on average 1,500 residents) were among the 10% most deprived areas of the country. In the region the most deprived areas are found in Thanet, Hastings, Brighton and Hove and Portsmouth. 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 also presents other challenges: with the numbers of older people in ethnic minority groups rapidly increasing (from just 8,420 in 1991 to 22,044 in 2001, and now thought to be 41,000 (ONS 2009) the second 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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