

Carers in the Region

A profile of the South West

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 West: 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 West region

In 2001 there were 492,451 carers in the South West region (10% of the region's population compared with 10% across England as a whole). However:

- 16% of men and 24% 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 (30% 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 more than double to 308,100, increasing from 2.8% of the population to 4.9% (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 946,000 to over 1.3 million
- More than twice as many people aged 65 or over will have dementia: over 118,000 people
- The number of carers will increase by over 114,000 or 22%, compared with 15% in England as a whole

Personalisation and local services in the region

In 2007/8:

- 48,305 carers received a Carers Assessment
- 45,990 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:

- 53,399 carers were themselves in poor health (11% of all carers, compared with 13% of carers in England)
- 18,653 carers in poor health provided 50 hours or more of care per week (35%)
- 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 West

- 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, 38,170 people of working age have an entitlement to Carer's Allowance, and among them 33,820 receive this benefit².

Carers' access to work

The 2001 Census showed:

- 378,562 carers were aged 16-64, which accounted for 79% of all carers in the region (80% of carers in England are aged 16-64).
- 17,360 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 245,460 carers of working age (69%) in employment. In England as a whole 65% of working age carers are in paid employment.
- 24,280 carers in employment also provided 50 or more hours of unpaid care per week
- 102,640 male carers and 61,520 female carers were people in full-time employment
- 24,280 male carers and 68,280 female carers were people in part-time employment

Young carers

- The region had 15,656 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 105,728 carers aged 65 or over
- 34,944 older carers provided 50 or more hours of care per week
- 5,425 carers were over 85 years old

Care and support in the region: future challenges

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

- Severe deprivation in some 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 to deliver 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 West region

In 2001 there were 492,451 carers in the South West region³. Carers thus formed 10% of the region's population. When compared with other people in the region, carers who provide 20 or more hours of care per week were considerably more likely to: live in social housing; live in a household with no working adult; and live in a household with a person with a limiting long-term illness (LLTI). However, they were less likely to have access to a car.

Table 1.1 Population by sex and weekly hours of care provided: South West region

<i>numbers</i>								
	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	1,996,447	149,749	19,720	37,879	2,053,623	196,792	28,861	59,450
Age								
5-15	334,391	3,385	216	286	316,986	3,686	297	291
16-24	227,956	6,451	691	531	216,202	7,649	920	1,118
25-49	733,652	50,673	6,443	9,791	721,912	75,627	10,419	20,023
50-64	374,574	60,609	6,695	11,067	357,018	78,901	11,676	19,278
65-84	185,553	19,421	3,063	7,936	206,857	21,669	3,571	10,893
85+	140,321	9,210	2,612	8,268	234,648	9,260	1,978	7,847
Ethnicity*								
White British	2,086,838	146,075	19,015	36,802	2,136,939	190,897	27,691	57,345
Indian	7,794	456	82	114	7,292	397	114	146
Pakistani	3,234	240	44	54	2,805	179	60	113
Bangladeshi	2,472	126	26	33	1,959	108	36	57
Black Caribbean	5,859	336	68	86	5,446	403	78	128
Black African	3,073	95	47	30	2,727	102	39	58
Other ethnic groups	77,961	3,827	619	1,001	88,593	5,534	967	1,802

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.

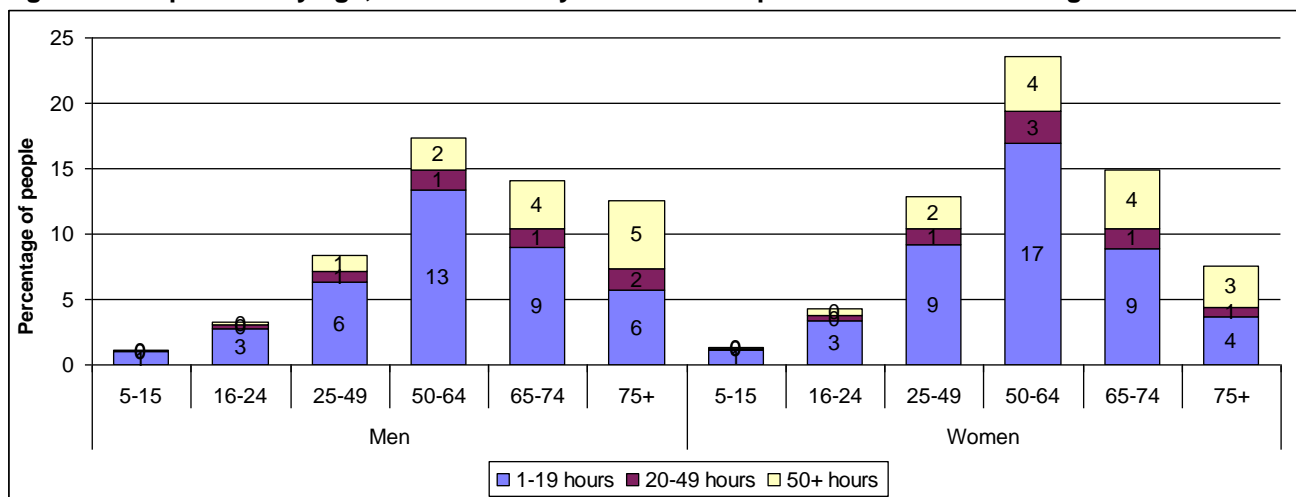
Table 1.2 Characteristics of carers: South West region

<i>(% of people)</i>								
	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 West								
People in workless households	21	25	43	61	29	26	39	56
Co-resident with a person with LLTI	17	35	78	92	16	29	66	92
Live in social housing	12	7	22	21	14	8	16	23
No access to car	10	6	13	16	16	8	13	20
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.

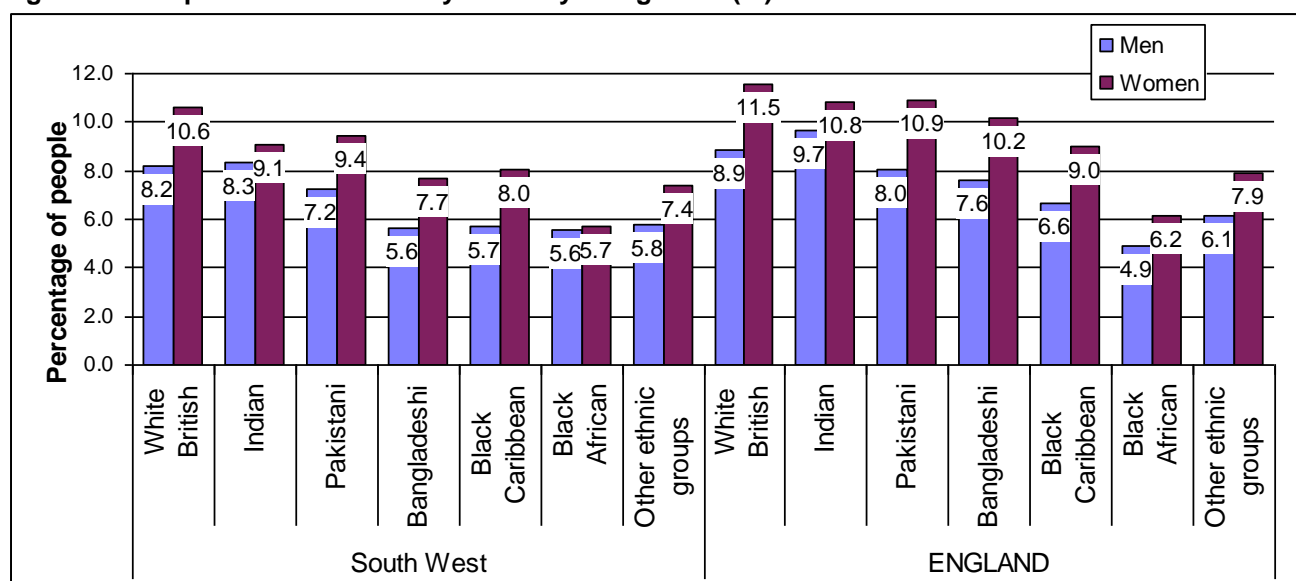
Figure 1.1 Population by age, sex and weekly hours of care provided: South West region



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 24% 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 (41% of men and 41% of women, compared with 45% of men and 43% of women in England as a whole). By contrast just 14% of men and 18% 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. 17,605 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 West

Between 2008 and 2030 a significant increase in the demand for personal care and support in the South West 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 more than double (similar to England as a whole)
- The number of people with a LLTI will increase by two fifths (39%), from almost 946,000 to over 1.3 million (32% for England) (Figure 2.2)
- More than twice as many people aged 65 or over will have dementia
- The number of carers is predicted to increase by over 114,000 or 22% (compared with 15% across England as a whole) (see Figure 2.3)

Table 2.1 Projected demand for care: South West (numbers)

	2008	2010	2015	2020	2025	2030
People aged 85+* numbers	146,300	154,500	176,700	205,000	248,700	308,100
% of population 85+ (England)	2.8 (2.2)	2.9 (2.3)	3.2 (2.5)	3.5 (2.8)	4.1 (3.3)	4.9 (3.9)
People with a LLTI** ALL	945,947	971,845	1,044,960	1,130,745	1,224,440	1,314,190
% of population with LLTI (England)	18 (18)	18 (18)	19 (19)	19 (19)	20 (20)	21 (20)
Age of men with a LLTI Men (ALL)	444,433	459,182	498,921	543,107	589,027	630,786
0-14	20,316	20,367	21,096	22,565	23,301	23,609
15-49	106,305	108,010	109,330	109,597	113,583	120,437
50-64	118,764	119,941	120,636	130,483	135,560	131,222
65-74	90,085	96,523	114,776	120,284	118,802	132,549
75-84	78,292	80,791	91,163	107,861	130,945	137,888
85+	30,671	33,549	41,919	52,318	66,836	85,081
Age of women with a LLTI Women (ALL)	501,514	512,663	546,039	587,638	635,413	683,404
0-14	14,075	14,118	14,626	15,671	16,177	16,383
15-49	102,326	103,730	103,619	102,044	104,047	109,638
50-64	115,995	117,672	120,836	131,566	137,116	131,738
65-74	90,658	96,164	114,173	121,957	120,313	134,796
75-84	107,489	107,151	112,309	127,062	153,055	163,631
85+	70,970	73,829	80,476	89,338	104,705	127,218
People in poor health**	412,535	425,688	460,940	500,147	540,013	576,872
% of population (England)	8.1 (8.7)	8.1 (8.7)	8.4 (9.0)	8.7 (9.3)	9.0 (9.5)	9.2 (9.8)
People with a LLTI who are also in poor health**	345,657	357,221	388,772	424,586	461,269	494,864
% of population (England)	6.8 (7.3)	6.8 (7.4)	7.1 (7.6)	7.4 (7.9)	7.6 (8.2)	7.9 (8.4)
People aged 65+ predicted to have a longstanding health condition caused by:						
A stroke***	31,941	33,651	39,355	45,944	50,066	55,417
% of population 65+ (England)	3.7 (3.7)	3.6 (3.7)	3.6 (3.6)	3.8 (3.8)	3.8 (3.7)	3.7 (3.7)
Dementia (people aged 65+)[#]	55,852	59,384	70,305	84,069	100,583	118,601
% of population 65+ (England)	6.4 (6.2)	6.4 (6.2)	6.5 (6.3)	7.0 (6.8)	7.5 (7.3)	8.0 (7.7)
Heart disease	78,015	82,569	97,002	109,974	117,366	130,178
% of population 65+ (England)	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

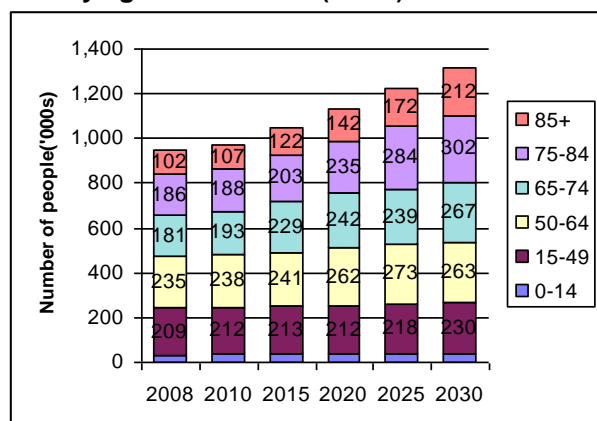
*2006-based sub-national population projections (Crown Copyright).

**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.

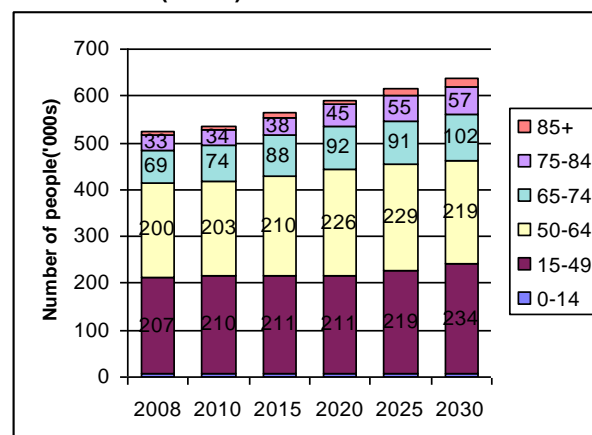
[#]Prevalence rates are taken from a report into the prevalence and cost of dementia prepared by the Personal Social Services Research Unit (PSSRU) at the London School of Economics and the Institute of Psychiatry at King's College London, for the Alzheimer's Society, 2007. The rates have been applied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

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



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

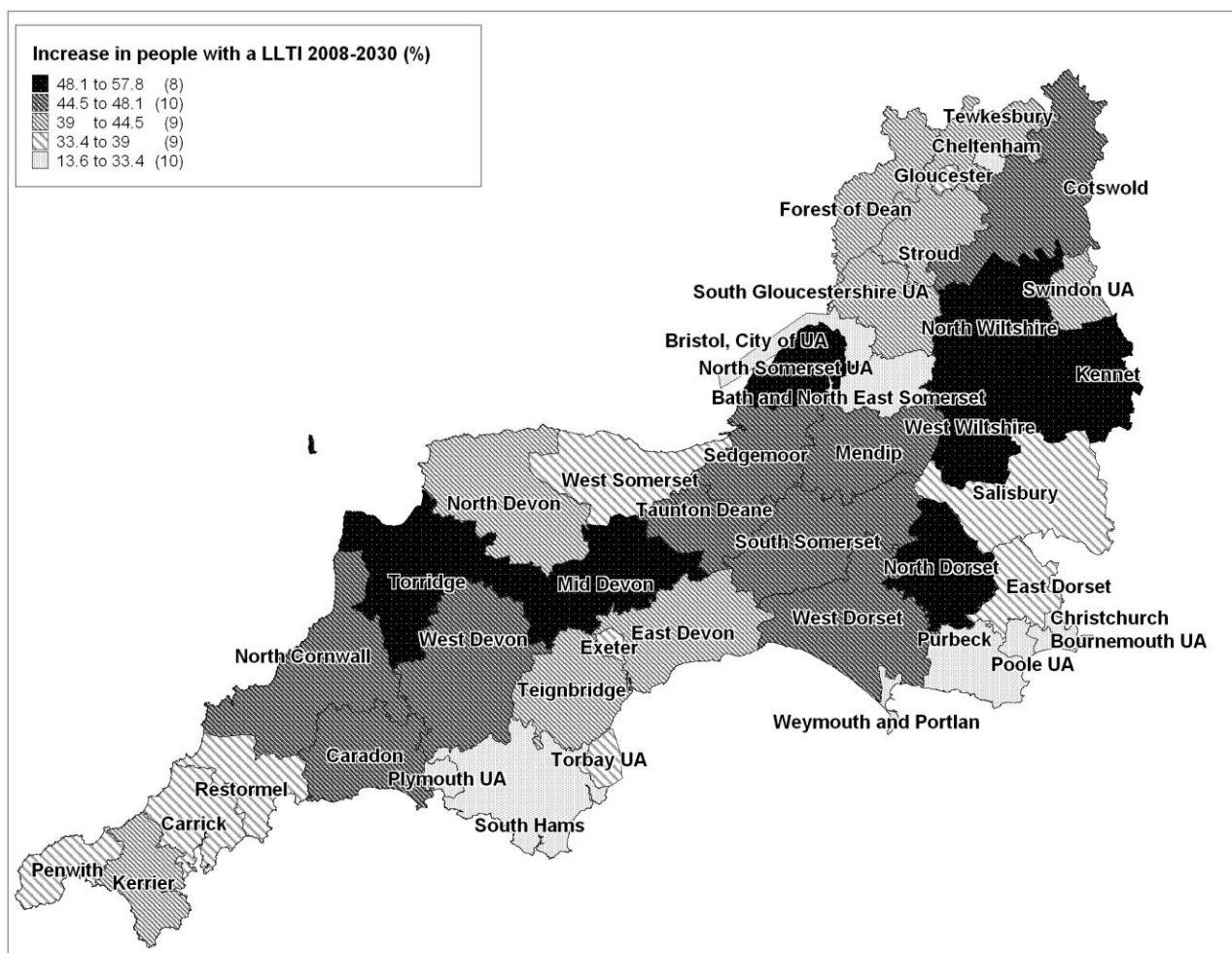
Figure 2.3 Projected numbers of carers by age: South West ('000s)



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 14% in Bournemouth (up 4,229) to 58% in Torrington (up 7,772) (Figure 2.4). The greatest increase in numbers of people with a LLTI is expected in Bristol, where a rise of 21,272 (30%) is forecast, and in North Somerset (19,496 or 52%).

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 West

There are 16 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 48,305 carers received a Carers Assessment (Table 3.1) in 2007/8, representing about 10% of all carers, while 45,990 carers received carer's services or information (Table 3.2). Of these carers:

- 26,865 (56%) of all carers assessed were aged 65 or over
- 25,465 (55%) 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 (49%) than carers aged 16-64 (56%), who were more likely to be offered information only. However, 76% of carers aged under 18 were offered a carer's break or specific carer's service
- Over 2,850 people had a Direct Payment in place (including some carers)

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

	Carers assessed or reviewed			Declining assessment or review
	ALL	Separately	Jointly	
All	48,305	9,285	39,020	9,045
By age				
<i>Under 18</i>	615	215	400	40
<i>18-64</i>	20,865	4,820	16,045	3,825
<i>65-74</i>	8,385	1,755	6,630	1,415
<i>75 and over</i>	18,480	2,500	15,975	3,770
<i>Age not known</i>	0	0	0	0
By condition of cared for person				
<i>Physical disability, frailty and sensory impairment</i>	38,960	6,420	32,540	6,995
<i>Mental Health</i>	4,625	1,655	2,970	1,085
<i>Learning Disability</i>	4,280	1,105	3,175	890
<i>Substance Misuse</i>	55	20	35	15
<i>Vulnerable People</i>	390	90	300	65

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 West region (numbers)

	Carers receiving services		
	ALL	Breaks for the carer and /or other carers' specific service	Information and advice only
All	45,990	24,060	21,930
By age			
<i>Under 18</i>	500	380	115
<i>18-64</i>	20,025	11,145	8,880
<i>65-74</i>	8,085	4,450	3,635
<i>75 and over</i>	17,380	8,080	9,300
<i>Age not known</i>	-	0	-
By condition of cared for person			
<i>Physical disability, frailty and sensory impairment</i>	36,970	18,330	18,640
<i>Mental Health</i>	4,430	2,825	1,605
<i>Learning Disability</i>	4,145	2,655	1,490
<i>Substance Misuse</i>	55	20	35
<i>Vulnerable People</i>	385	225	160

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

'-'= 5 or less

Totals may not add up because of rounding.

In 2007-2008, 95% 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 range from just 30% in Somerset to 88% in Swindon (Table 3.3). Differences in reporting practises may partially explain this variation.

Table 3.3 Carers assessed and receiving services: Councils in the South West 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 WEST	48,305	24,060	21,930	95	52
Cornwall	7,900	4,000	3,900	100	51
Devon	6,300	4,255	1,705	95	71
Dorset	2,095	1,120	975	100	53
Gloucestershire	4,190	2,655	1,540	100	63
Isles of Scilly	10	10	-	*	*
Somerset	9,950	3,005	6,940	100	30
Wiltshire	1,270	1,170	*	*	*
Bath & N E Somerset	1,255	475	695	93	41
Bournemouth	1,170	665	505	100	57
Bristol	4,065	1,925	1,000	72	66
North Somerset	2,910	815	855	57	49
Plymouth	1,125	665	455	100	59
Poole	930	635	190	89	77
South Gloucestershire	2,055	885	1,170	100	43
Swindon	595	530	70	101	88
Torbay	2,485	1,240	1,215	99	51

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. '-' denotes a number less than 5.

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 £16.9 million⁵ for this purpose to local authorities in the South West. 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 West

The 2001 Census showed that in the South West 53,399 carers were themselves in poor health (11% 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:

- 18,653 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 (35%) than carers with good/fairly good health (18%) (38% and 19% respectively in England as a whole)
- 1,509 were aged 85 or older

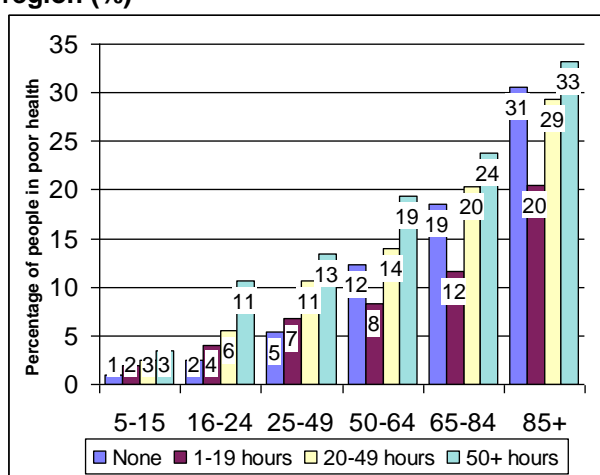
Table 4.1 People in poor health by age, sex and the amount of care they provide: South West

	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)	154,341	12,541	2,976	8,367	184,881	15,382	3,847	10,286
5-15	3,196	52	6	11	2,896	81	7	9
16-24	4,742	217	44	62	6,144	354	46	113
25-49	37,733	3,391	678	1,475	41,407	5,119	1,123	2,530
50-64	47,433	5,436	1,113	2,679	42,351	6,153	1,463	3,200
65-84	53,291	3,256	1,035	3,677	72,394	3,435	1,114	4,011
85+	7,946	189	100	463	19,689	240	94	423
All (% people)	8	8	15	22	9	8	13	17
5-15	1	2	3	4	1	2	2	3
16-24	2	3	6	12	3	5	5	10
25-49	5	7	11	15	6	7	11	13
50-64	13	9	17	24	12	8	13	17
65-84	18	12	20	25	19	11	21	23
85+	29	17	25	30	31	24	36	37

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

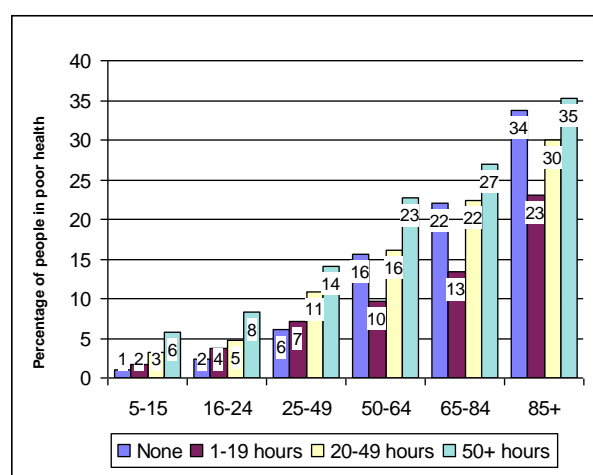
At all ages, with the exception of the oldest age group (people aged 85+), people regularly providing 50 or more hours of care each week were more likely to be in poor health than other people of the same age (Figures 4.2a and 4.2b).

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



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

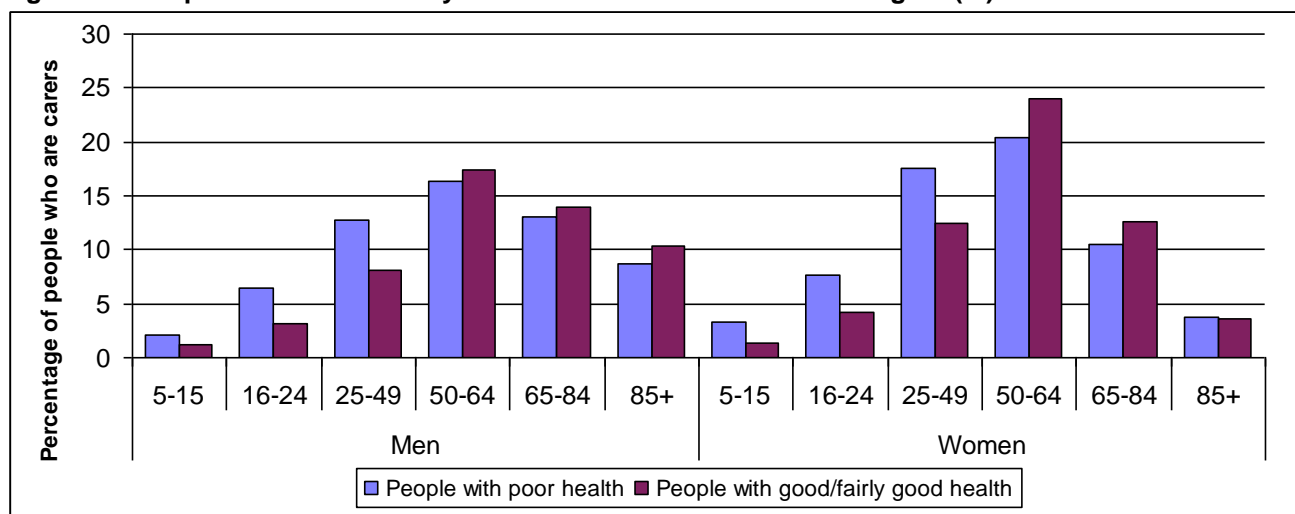
Figure 4.2b People with poor health by age and the amount of care they provide: England (%)



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).

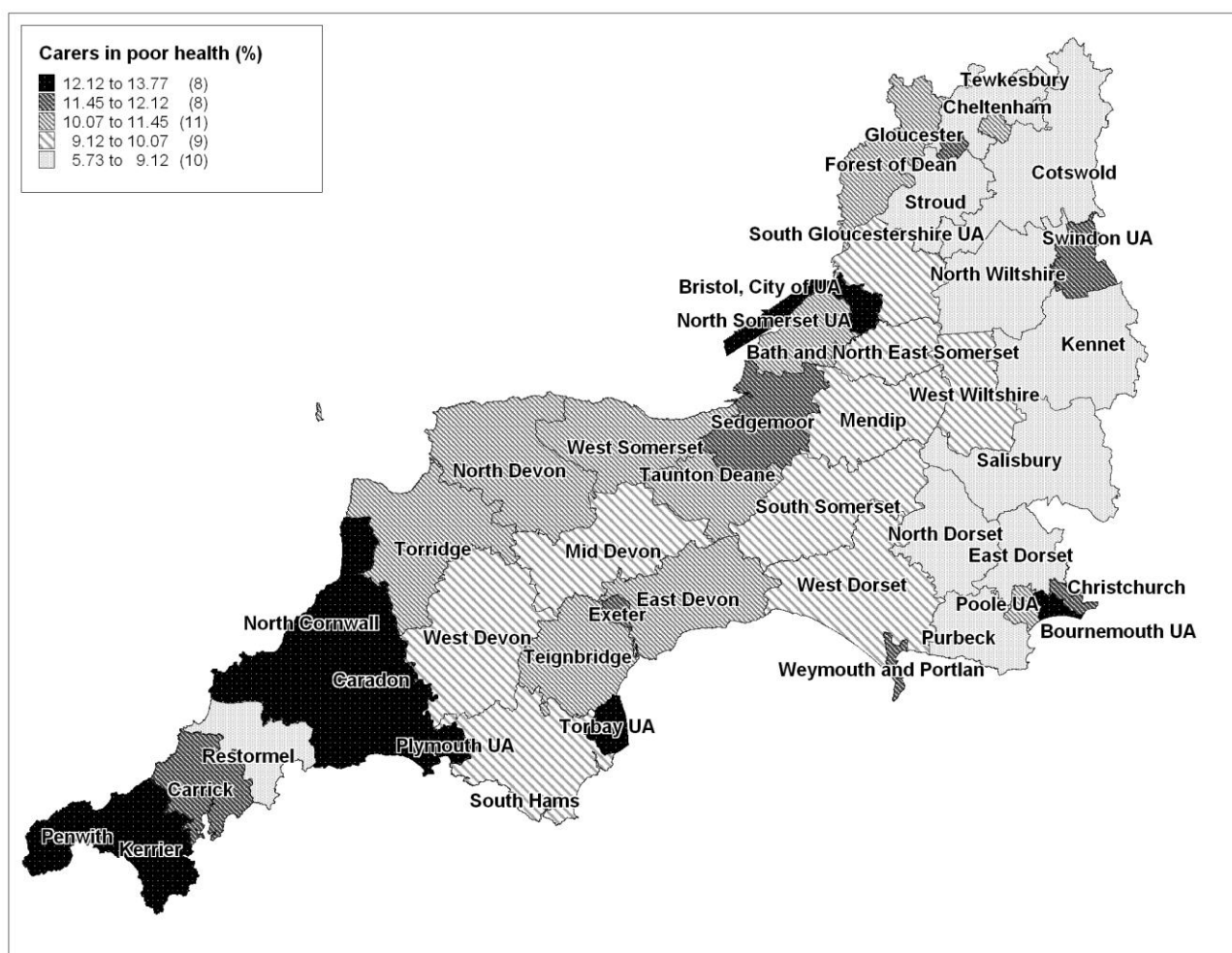
Figure 4.3 People who are carers by their health status: South West region (%)



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 the Isles of Scilly just 6% of carers were in poor health, and in Cotswold just 8%, compared with 14% in Penwith. The national average across England is 12%.

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

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

Local authority support for carers

Advice and information for carers in the South West 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:

Somerset County Council has developed a carers' group which meets weekly and offers a free sitting service for attendees. Part of this service is a 24-hour helpline for carers and their clients.

Bath and North East Somerset Council developed a service called The Care Network which includes a dedicated carers' helpline available mornings and afternoons during weekdays.

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 Bristol, 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:

Dorset County Council supports a Mental Health Forum which provides information and resources to carers, as well as offering them an opportunity to contribute to service development plans via a regular series of meetings. A Service User Representatives Project also consults carers, service providers and user groups about existing services and feeds their comments into the planning of mental health services in the area.

The Isles of Scilly Council has developed a Parents' Forum which regularly consults people in the area, including carers, about existing and future service provision. Recently, comments were invited on a draft version of the council's Children's and Young People's Plan for 2008-11.

Voluntary sector and other support for carers

All local authorities in the South West 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.

Swindon Borough Council has responded to requests from carers and developed a short breaks directory which is available in a paper version and online. The five part directory provides details of local organisations which can offer breaks to carers of children with physical or learning disabilities, people with mental health problems, adults with learning disabilities, adults with physical disabilities or serious illness, and older people with dementia.

Bath and North East Somerset Council recently invited carers to attend a consultation event called Give us a Break which marked the start of a pilot project funded by the Department of Health offering a series of short breaks free to carers in the area. A number of carers will also be involved in steering, evaluating and monitoring the scheme.

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

Bournemouth Borough Council works with a wide range of local organisations to provide support and information to carers. Among these are The Alzheimer's Society which provides help for carers of people with dementia, an Asperger's Syndrome support group, a befriending group for carers, and a drug and alcohol team.

Torbay Council has produced a booklet called Carer Support Groups which is a guide to 29 local carer service providers. Each organisation is described in terms of their location, contact details, purpose of the service, and access hours.

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

Wiltshire Council's Young Carers' Project was set up in 1996 as a three year development scheme and was then successfully mainstreamed. In 2000, a Young Carers Strategy was produced which outlined the key aspects of the project, including identification procedures, recognition, and sources of support in the area.

South Gloucestershire Council's Young Carers' Project is part of a wider group of services called Breakthrough which provides help, support and resources for young people, such as peer mentoring, work with schools, and assisted use of technology.

Services to help carers combine caring with employment or education

Some local authorities in the South West 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.

Bristol City Council actively promotes the services of Connexions, an organisation which helps adults to plan, progress and achieve their potential in learning and work. In addition to this, the council has recently organised a Carers and Employment conference designed to provide opportunities for carers to voice their concerns about work and to learn about their employment rights from a series of key speakers.

Devon County Council has produced a fact-sheet specifically designed to provide signposting to carers seeking employment, education and leisure opportunities. There are useful links to local sites of help and advice, as well as a comprehensive list of national organisations with regional branches which allow carers to make appointments and talk with specialist advisors. This fact-sheet is also available in large print, while versions in Braille, audio and versions translated into other languages are available on request.

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 West, 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 25,000 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.

Cornwall Council, in partnership with the Isles of Scilly Primary Care Trust, is one of only three areas selected nationally to become a Whole System Demonstrator site, a scheme which will involve one of the largest clinical trials of telecare and telehealth equipment in the UK. In 2009, 1400 people were signed up to the scheme, and 700 installations had been made in homes.

Gloucestershire County Council conducted an evaluation of a pilot telecare project begun in 2004. 12 random cases were selected in the pilot and the council focused on three to demonstrate the benefits of the telecare project. It found that in fewer than three years it could save an average of £15,000 on the treatment of just three elderly patients. One example of the savings was the use of a stroke monitoring machine which costs £500 and saved up to £11,000 in residential care fees.

Courses for carers

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

Plymouth City Council has developed a service called Cosy Corner Drop-In which allows carers to train how to use a personal computer for either personal or care-related purposes. Another course called Fit as a Fiddle has been developed to help over 50 year old carers to improve their physical health. A pampering course called Because You're Worth It has also been developed for all carers in the region.

South Gloucestershire Council has developed a course called Time For Carers which allows carers to participate in activities such as Ten Pin bowling, coffee mornings, aromatherapy, massage, aerobics, and keep fit classes.

The nationwide **Caring with Confidence** programme for carers is working with three providers in the South West. 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 West, 38,170 people of working age have an entitlement to Carer's Allowance, and of these 33,820 receive this state benefit. Carer's Allowance is a weekly payment of £53.10p (the maximum claimable in 2009), available to carers providing 35 or more hours of weekly care to someone receiving specified sickness or disability benefits. A further 34,120 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, November 2008. 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 West

In the region, there are 378,562 carers aged 16-64 (Table 6.1). These account for 79% of all carers in the South West. (In England as a whole 80% of carers are aged 16-64.) Of these carers 61,808 regularly provide 50 or more hours of care each week (16% of carers in the region, compared with 18% in England as a whole), and 17,360 are aged 16-24.

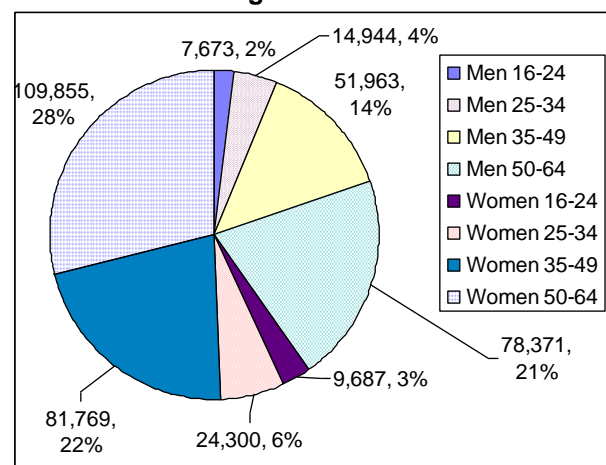
Table 6.1 People of working age (16-64) by age, sex and the amount of care they provide: South West (numbers)

	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	1,336,182	117,733	13,829	21,389	1,295,132	162,177	23,015	40,419
16-24	227,956	6,451	691	531	216,202	7,649	920	1,118
25-34	287,010	11,094	1,613	2,237	288,949	16,416	2,402	5,482
35-49	446,642	39,579	4,830	7,554	432,963	59,211	8,017	14,541
50-64	374,574	60,609	6,695	11,067	357,018	78,901	11,676	19,278

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

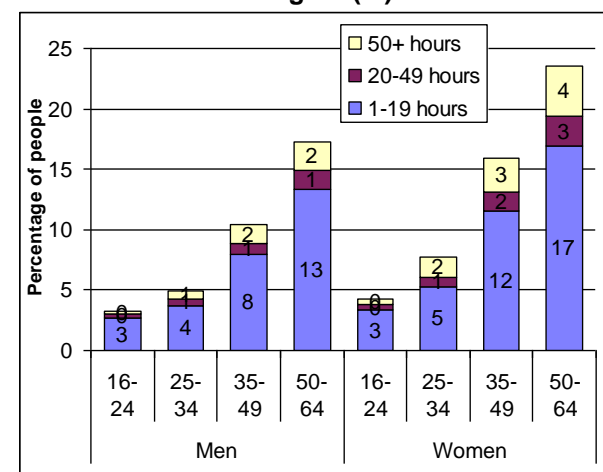
Of carers aged 16-64, 59% are women and 49% are people aged 50-64 (Figure 6.2). Almost a quarter of all women aged 50-64 and almost a fifth of men in this age group are carers (Figure 6.3). Women are more likely to be carers than men at all ages between 16 and 64.

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



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

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



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

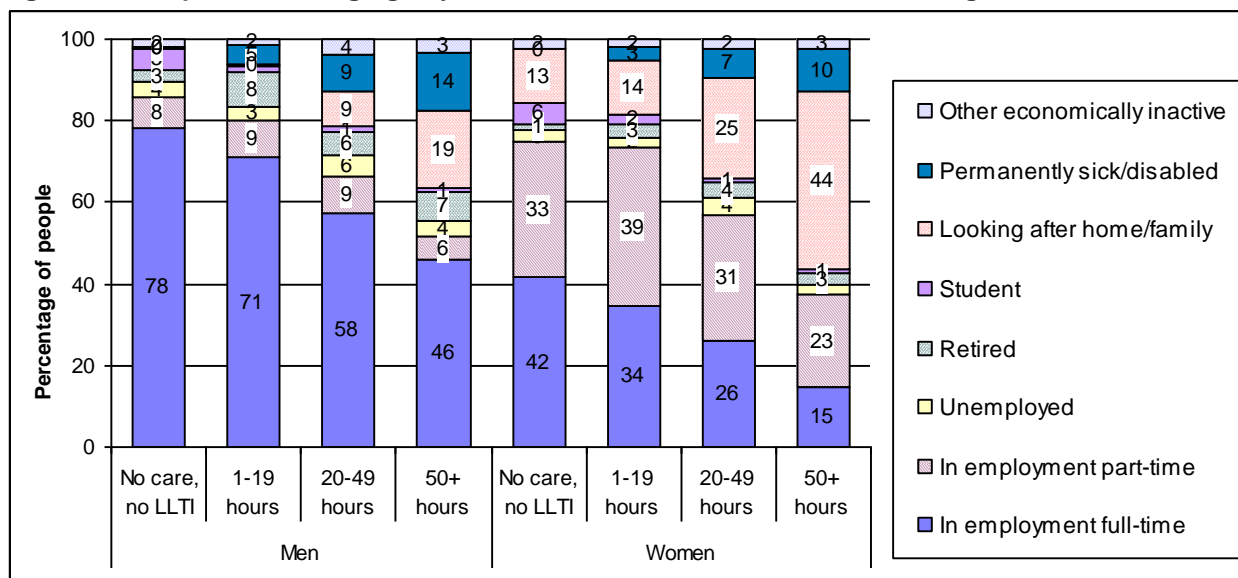
Table 6.4 Characteristics of carers of working age: South West region

	South West				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	18	17	30	37	20	20	34	43
Women	17	18	30	35	19	21	36	43
Degree-level qualifications								
Men	20	22	17	12	23	23	14	11
Women	21	23	15	12	23	23	14	11
In paid employment*								
Men	86	80	66	52	84	80	63	46
Women	75	74	57	37	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.

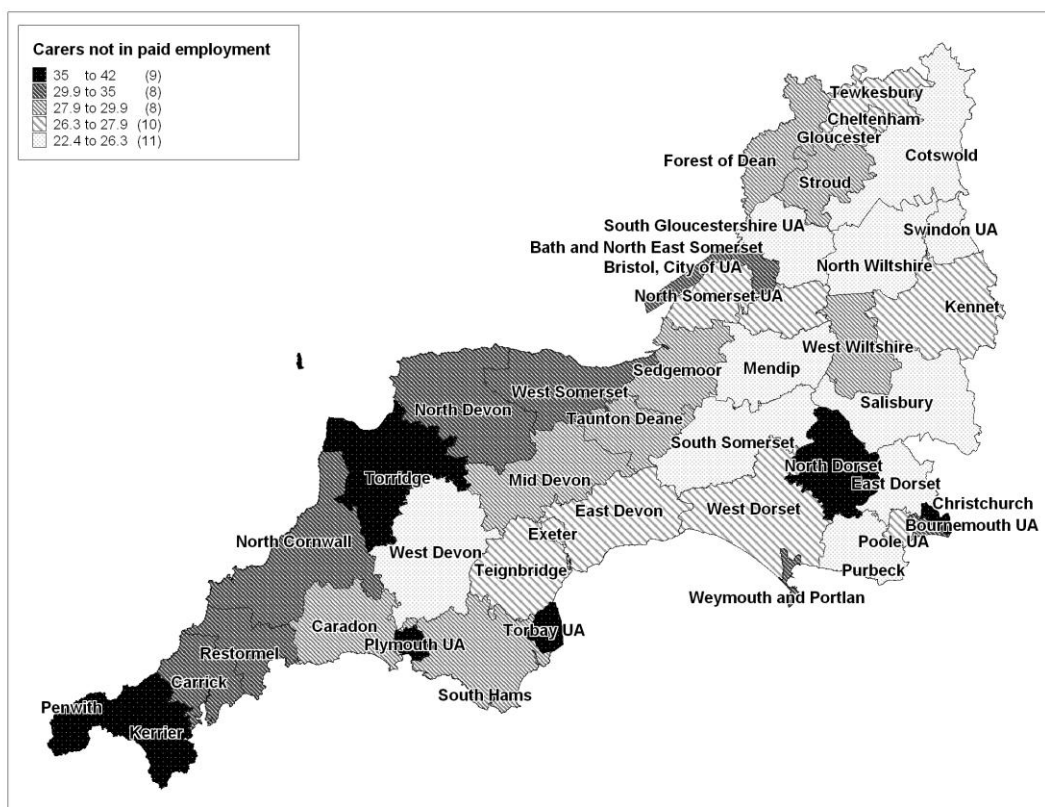
Figure 6.5 People of working age by sex, and amount of care: South West region



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 (22%) in North Wiltshire, to a much higher figure (42%) in Kerrier (Figure 6.6).

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

In 2001, there were 245,460 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:

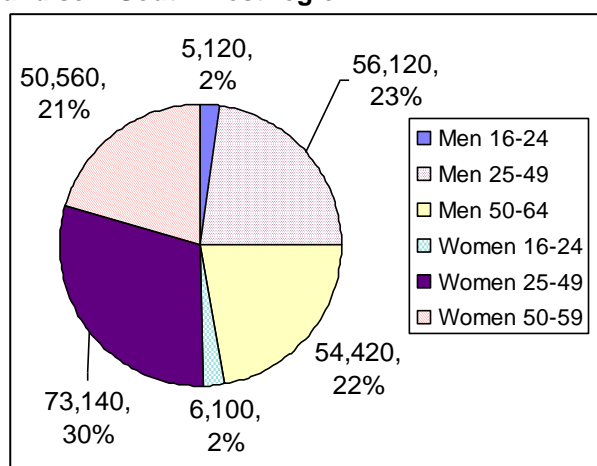
- 102,640 male carers and 61,520 female carers were in full-time employment
- 13,020 male carers and 68,280 female carers were in part-time employment
- 24,280 (10%, compared with 10% in England as a whole) provided 50 or more hours of care per week

Table 7.1 People of working age (16-64 for men and 16-59 for women) in employment by employment status, age, sex and the amount of care they provide: South West 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	997,440	85,200	8,020	9,420	470,200	51,340	5,140	5,040
16-24	120,860	3,220	360	160	82,680	2,960	320	160
25-49	632,360	42,600	4,460	5,160	299,920	29,860	2,720	2,760
50-64/59	244,220	39,380	3,200	4,100	87,600	18,520	2,100	2,120
All part-time	102,280	10,600	1,200	1,220	386,440	53,460	6,220	8,600
16-24	36,560	1,260	100	20	55,420	1,940	400	320
25-49	32,640	2,960	460	480	244,500	29,320	3,260	5,220
50-64/59	33,080	6,380	640	720	86,520	22,200	2,560	3,060

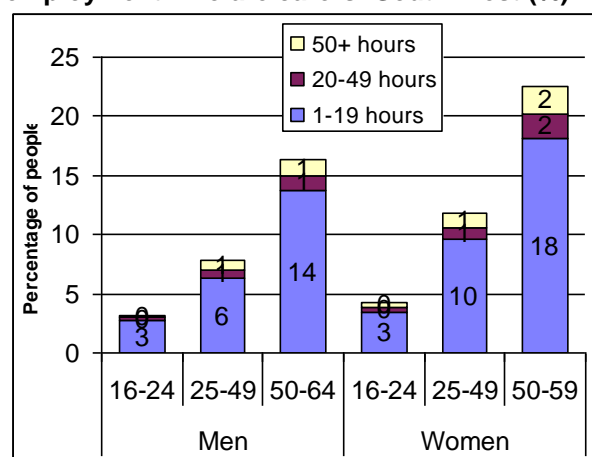
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

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



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

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



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.

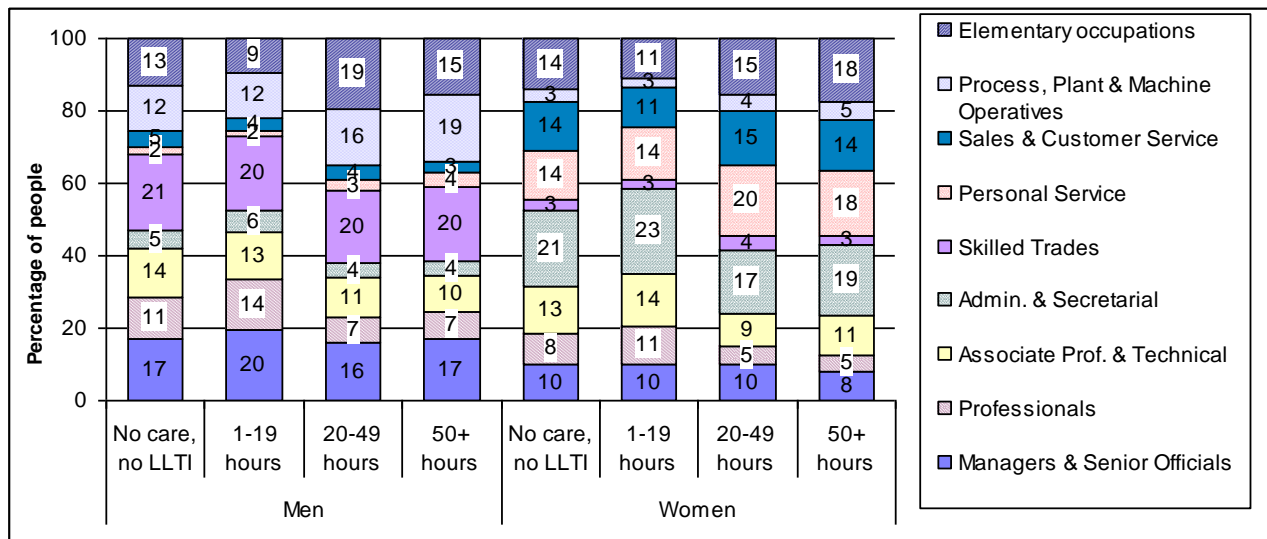
Carers were much more likely to work either at home or very close (within 2km) to where they live. This often limits the jobs available to them making them more likely to be employed in low-skilled, low-paid elementary or process, plant and machine operative jobs, and much less likely to be in managerial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

		South West				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	9	11	13	11	8	10	11	11
	Women	44	53	54	60	40	47	50	58
Work <16 hours per week	Men	3	4	6	4	3	3	3	3
	Women	15	17	21	29	13	14	18	26
Elementary occupations	Men	13	9	13	15	13	11	18	18
	Women	14	11	15	18	13	11	19	21
Distance to work <2km	Men	31	33	36	35	25	27	29	30
	Women	38	40	48	48	32	35	40	42
Only working adult	Men	28	35	56	51	29	32	53	52
	Women	21	22	36	40	22	24	37	38

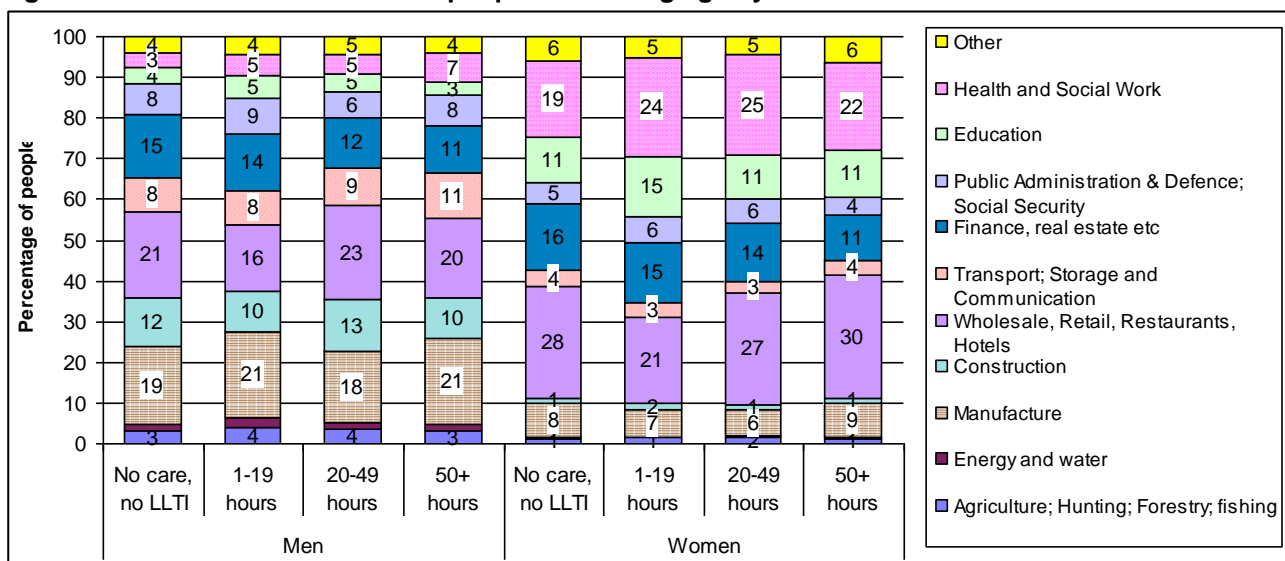
Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

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



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 West



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

8. Young carers in the South West

In 2001, there were 15,656 carers in the region aged 5-19 (Table 8.1). Of these young carers:

- 1,129 provided 50 or more hours of care per week
- 8,161 were under 16 years old
- 423 were themselves in poor health
- 3.0% of Indian, 3.1% of Pakistani and Bangladeshi children provided unpaid care, compared with just 1.8% of White British children (Figure 8.6)

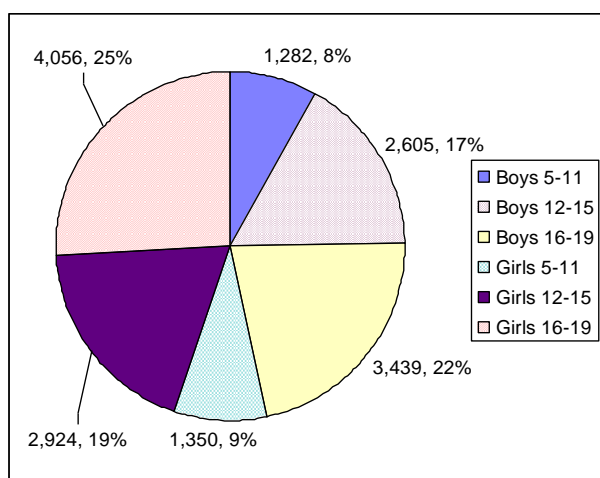
Table 8.1 Young people aged 5-19 by age, sex and the amount of care they provide: South West

	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	440,295	6,347	499	480	416,142	7,007	674	649
5 to 7	88,328	196	19	38	84,101	184	21	26
8 to 9	61,376	292	18	38	58,311	319	30	36
10 to 11	63,352	585	39	57	60,042	634	49	51
12 to 15	121,335	2,312	140	153	114,532	2,549	197	178
16 to 17	56,282	1,495	127	87	52,729	1,702	160	157
18 to 19	49,622	1,467	156	107	46,427	1,619	217	201

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

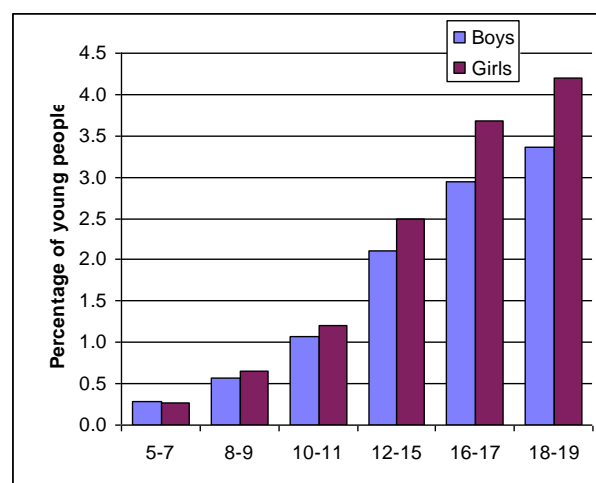
47% of all young carers were aged 16-19 (Figure 8.2). Across all ages, girls were more likely to be carers than boys (Figure 8.3). The data in Figure 8.3 suggest that all schools, colleges and universities in the region are likely to have some young carers among their students.

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



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

Figure 8.3 Young people who are carers: South West 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 West

Young people aged 5-19	South West				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>)	897.8	881.6	13.6	2.6	9,569.0	9,186.8	159.3	34.6
Ethnic group								
<i>White British</i>	854.8	839.7	12.6	2.4	7,941.6	7,789.9	126.0	25.7
<i>Mixed ethnic groups</i>	16.2	15.8	0.3	0.0	293.9	287.1	5.7	1.1
<i>Indian</i>	3.3	3.2	0.1	0.0	240.4	231.4	7.2	1.9
<i>Pakistani</i>	1.7	1.6	0.0	0.0	221.9	212.5	7.3	2.1
<i>Bangladeshi</i>	1.5	1.5	0.1	0.0	94.9	90.7	3.0	1.1
<i>Black - Caribbean/African</i>	2.9	2.8	0.0	0.0	235.0	229.8	4.0	1.2
<i>Other ethnic groups</i>	17.4	16.9	0.5	0.1	299.8	293.4	5.1	1.3
No working adult in family (%)	12	12	23	27	16	16	25	39
Household tenure (%)								
<i>Rents - from LA/HA</i>	18	18	25	34	23	23	27	40
Family type (%)								
<i>Lone parent</i>	21	21	24	33	23	23	26	39
<i>Couple with children</i>	76	76	70	66	74	74	70	57
<i>Other family (no children)</i>	3	3	5	1	3	3	4	4
Limiting long-term illness (%)	5	5	6	15	5	5	7	12

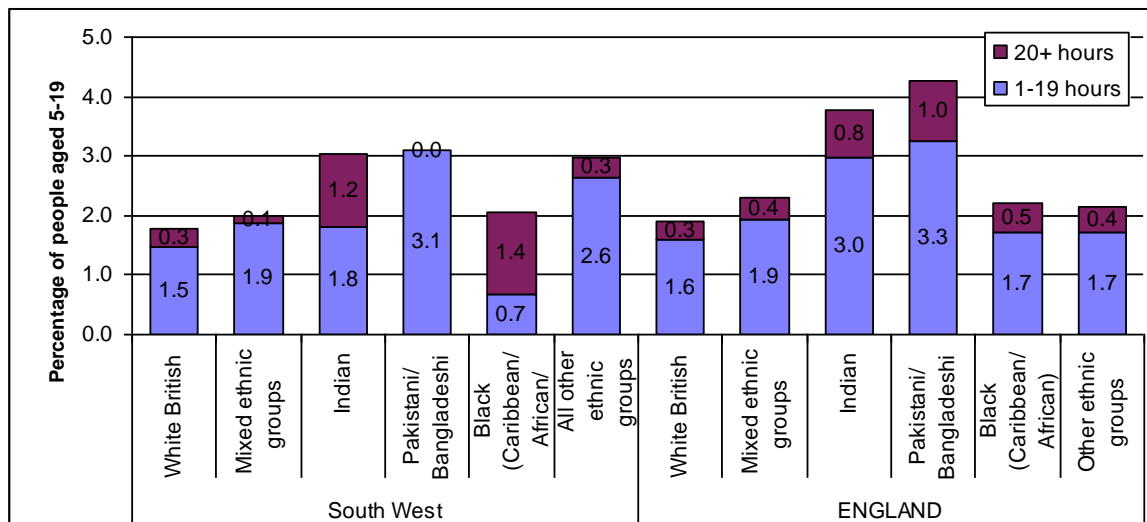
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

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

Young people aged 16-19	South West				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>	22	22	18	29	24	24	19	28
<i>Females</i>	19	19	14	22	21	21	17	29
Economic activity (%)								
Males								
<i>In employment</i>	53	53	52	53	47	47	46	38
<i>Unemployed</i>	7	7	8	6	10	10	12	19
<i>Student</i>	37	37	39	24	40	40	40	31
<i>Other</i>	3	3	1	18	3	3	3	11
Females								
<i>In employment</i>	53	53	54	53	47	47	44	35
<i>Unemployed</i>	6	6	6	11	7	7	10	10
<i>Student</i>	36	37	31	18	39	39	39	30
<i>Other</i>	5	4	8	18	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 West region



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

9. Older carers in the South West

In the region, there were 105,728 carers aged 65 or over. This figure amounts to 22% of all carers in the region. Of these older carers:

- 34,944 (33% compared with 36% in England as a whole) regularly provide 50 or more hours of care per week
- 5,425 were over 85 years old (among them 2,663 providing 50+ hours of care)
- 18,037 (17% compared with 20% in England as a whole) were themselves in poor health
- 8,574 (48% compared with 50% in England as a whole) older carers in poor health provided 50 or more hours care per week

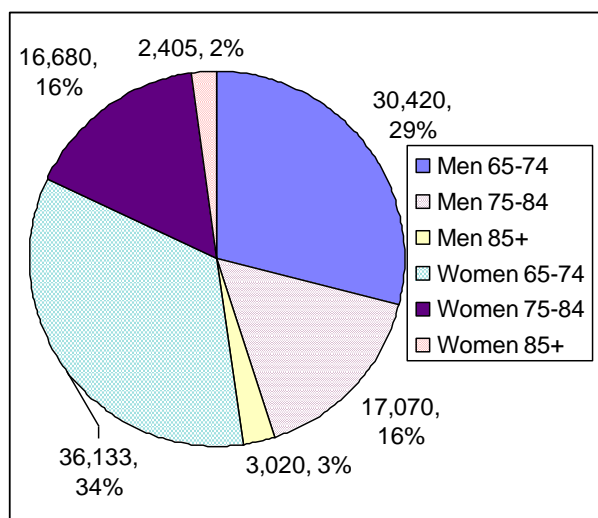
Table 9.1 Older people aged 65+ by age, sex, health status and the amount of care they provide:
South West region

	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)	325,874	28,631	5,675	16,204	441,505	30,929	5,549	18,740
65-74	185,553	19,421	3,063	7,936	206,857	21,669	3,571	10,893
75-84	112,679	8,124	2,211	6,735	171,720	8,244	1,719	6,717
85+	27,642	1,086	401	1,533	62,928	1,016	259	1,130
Poor health (numbers)	61,237	3,445	1,135	4,140	92,083	3,675	1,208	4,434
65-74	28,832	2,074	552	1,847	32,155	2,186	652	2,152
75-84	24,459	1,182	483	1,830	40,239	1,249	462	1,859
85+	7,946	189	100	463	19,689	240	94	423
Poor health (%)	19	12	20	26	21	12	22	24
65-74	16	11	18	23	16	10	18	20
75-84	22	15	22	27	23	15	27	28
85+	29	17	25	30	31	24	36	37

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

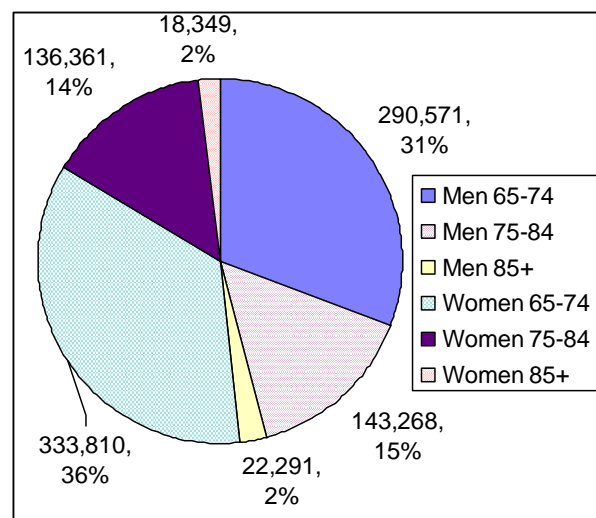
Almost two thirds of older carers are aged 65-74 (Figure 9.2a,b). In the older age groups, men are more likely to be carers than women, although people aged 85 and over are less likely to be carers than people aged 65-84 (Figure 9.3). However, men and women aged 85 and over who are carers are more likely regularly to provide 50 or more hours of care each week (51% of men carers and 47% of women carers), compared with 26% and 30% of men and women carers aged 65-74.

Figure 9.2a Older carers by age and sex:
South West



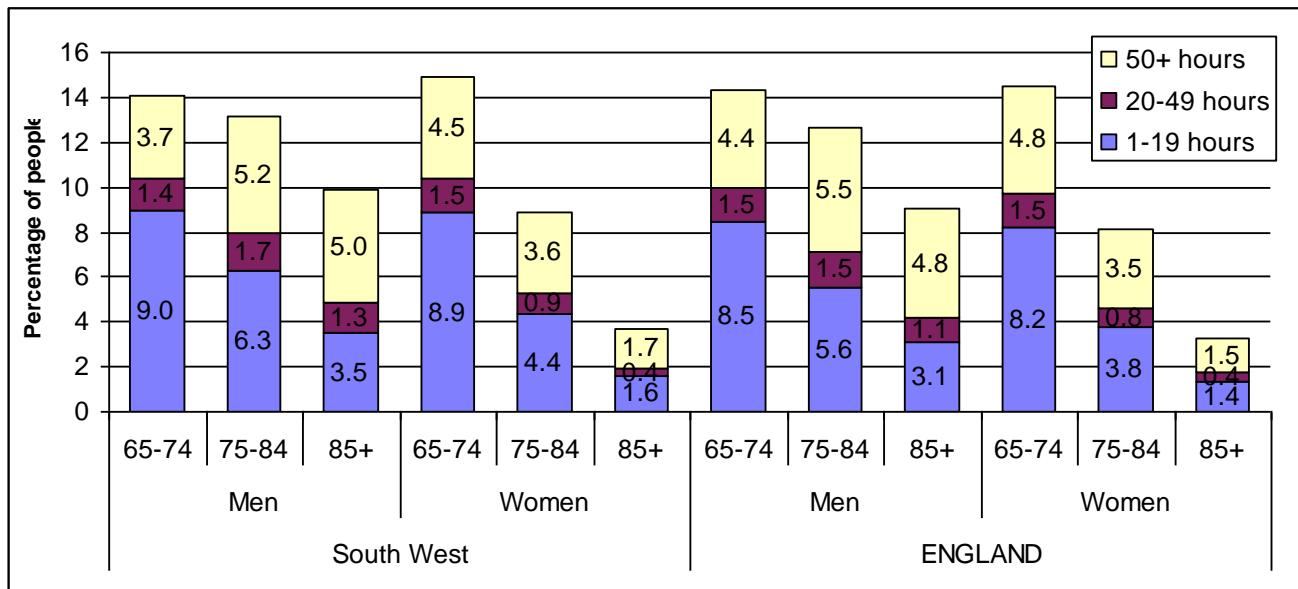
Source: 2001 Census, Standard Tables, Crown Copyright 2003.

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 West 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 West region (%)

	South West				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	22	41	79	96	22	40	79	94
Household tenure								
Owns/buying with a mortgage	73	88	84	76	67	84	75	70
Rents - from LA/HA	15	8	10	18	21	11	19	24
Rents - private	7	4	6	6	7	4	5	6
Communal establishment	6	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	21	13	7	0	24	14	7	1
Lives with one other person 65+	49	54	68	75	45	50	61	69
All other types of household	27	33	25	24	28	35	32	30
Women								
Lives in CE	7	0	0	0	6	0	0	0
Live alone	44	31	13	1	46	31	13	2
Lives with one other person 65+	35	54	64	73	32	52	59	70
All other types of household	14	15	22	26	16	17	28	28
No access to car	33	13	14	29	41	19	28	35

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

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

10. Care and support in the region: future challenges

The South west region is very diverse covering both extremely rural areas and some of England's largest cities. Although a few 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 4% of the South West's 3,226 small areas (each small area covers on average 1,500 residents) were among the 10% most deprived areas of the country. However, on the domain of the index that ranks barriers to housing and services, over 14% were among the 10% most deprived areas of the country. In the region the most deprived areas are found in Plymouth, Bristol and Bournemouth. 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 3,130 in 1991 to 7,537 in 2001, and now thought to be over 15,000 (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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