

Carers Survey 2021/22

Understanding the views and experiences of adult carers in Shropshire

The sample

417



People who had performed the role of informal carer in the last 12 months were invited to participate in the survey.

An **informal carer** is someone who looks after a partner, family member or friend regardless of whether or not they receive a carers allowance

26% Are supported and funded by the LA

74% Are self funded

75% of people cared for had **physical** support needs, **10%** had **learning disability** support needs, **9%** had **memory and cognition** support needs. The rest had mental health, sensory or social support needs.



Survey responses

211



Surveys were completed and returned. **8** were returned blank and **198** surveys were not returned.

72% of our surveys went to female carers and **28%** to male carers. **98.5%** of those who had a survey were White British. We managed to capture the views of people aged from **34** to **92**.

The age of people being supported by carers ranged from **18** to **95**.

86% of carers lived with the person being cared for and **14%** lived somewhere else.



Overall satisfaction with support received

34.5% are **extremely or very satisfied** with the support they received. **32.5%** are **quite satisfied**. **8.7%** are either **quite or very dissatisfied** and **2%** are **extremely dissatisfied**. Some are not sure (13.7%) or did not receive any support (8.6%).

191 carers said they had used support services in the last 12 months as follows;

71% **Information and advice**

74% **Carers groups**

2% **Training for carers**

4% **Support to remain in employment**

7.7% of carers spend their time doing the things they want; **77.4%** do not have enough time to do the things they want; and **14.9%** do not have the time to do anything they value or enjoy.



Life as a carer

When asked **how much control** carers have over their daily life **16%** said they have **enough control**, **67%** have **some control**, but not enough, and **17%** have **no control at all**.

47% of carers have **enough time** to look after themselves, **31%** **need more time** to look after themselves and **22%** feel they are **neglecting themselves**. (These figures are similar to the national figures of 49%, 31% and 20%).

79% Have **no worries** about their personal safety.

20% have **some worries** and **1%** are **extremely worried** (carers were contacted in a follow up if they didn't feel safe).



Social networks and family

25%

Of carers have as much social contact with

people as they like, **53%** have some, but not enough social contact and **22%** feel socially isolated.



34%

Of carers feel encouraged and supported.

52% have had some encouragement and support.

14% of carers feel they have no encouragement and support.

3 out of **10** carers also have **caring responsibility for someone else.**

Of these carers **60%** say they do not have enough time to care for this other person.



The impact of caring

96.5%

Of carers state that their health has been

impacted by their caring role. The most common impacts are **feeling tired** (86%), **disturbed sleep** (74%) and a **general feeling of stress** (70%)

Caring has caused financial difficulties for **42.3%** of carers in Shropshire and is similar to the national figure of **42.8%**. In Shropshire the figure has increased from **40.6%** in 2018/19 and **38.4%** in 2016/17.



In addition to their caring role:

- 69%** of carers are retired
- 18%** are employed or self-employed
- 23%** are not in paid work
- 7%** volunteer
- 3%** undertake other activities

Access to information

Of the carers who tried to find information and advice on support, services and benefits **58%** said it was easy or fairly easy to find it. **42%** said it was fairly or very difficult to find.



78%

Of carers have received information and advice.

87% of carers found this very or quite helpful.

12% found this quite unhelpful and **1%** very unhelpful.

75%

Of carers have had a discussion about the support or services provided to the person they care for. Of these carers **90%** always, or usually, felt involved or consulted as much as they wanted to be.



Caring responsibilities

When asked how long they had been looking after the person they care for **7%** said less than 1 year, **46%** between 1 and 5 years, **30%** between 5 and 15 years and **17%** more than 15 years.

75%



Of carers spend **more than 20 hours a week** looking after or helping the person they care for.

The most common forms of support provided to the person cared for are **providing practical help** (94%); **keeping an eye on them to make sure they were alright** (93%); helping to **deal with care services and benefits** (89%); and **giving medicines** (89%).

The Survey of Adult Carers in England (SACE) is a bi-annual survey led by NHS Digital. You can find out more here: <https://digital.nhs.uk/data-and-information/publications/statistical/personal-social-services-survey-of-adult-carers>

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