



Explore barriers to well-being
and inclusion for informal
carers. Refer to theory,
policy and practice.

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What are informal carers?

- ▶ An informal carer ranges from any person who could be a friend, family member or neighbour, who provides regular, daily assistance and care without any form of payment received (Australian Government, 2014).
- ▶ They provide care for individuals with a disability, chronic illness or other long-term health or care needs.
- ▶ They do not consider themselves as carers – they think it is a natural thing to do to protect their loved ones (SmartCare, Unknown).

Who can be informal Carers?

- ▶ Parent
- ▶ Sibling
- ▶ Young carer / children
- ▶ Neighbour
- ▶ Partner
- ▶ Friends

Background research into informal carers

- ▶ Report by the European Foundation for the Improvement of Working and Living Conditions of the European Quality of Life Survey 2011-2012, in the 28 EU countries.
- ▶ Through a sample of over 35,000, the survey found that:
- ▶ 6% provided care everyday
- ▶ 4% several days a week
- ▶ 5% once or twice a week
- ▶ And another 10% reported to provide care less than once a week.
- ▶ Overall, 15% of the participants admitted to providing care at least once or twice a week.

(SmartCare, Unknown).

Income

- ▶ Being an informal carer causes strain on individuals, resulting in them losing employment.
- ▶ A study on the Cost of Caring 2013 by Carers UK, with 4,000 carers as participants, most of which had a high care burden, showed that:
- ▶ A third (34%) were unable to afford their utility bills
- ▶ Almost half (45%) were cutting back essentials like food and eating to make ends meet
- ▶ 54% were in fuel poverty
- ▶ Most carers had to cut back on holidays (78%), leisure activities (74%) or going out with friends and family (74%)
- ▶ 40% were falling into debt due to caring

(SmartCare, Unknown)

CarersUK Facts and Figures

- ▶ There are around 6.5 million people who are carers - equal to 1 in 8 adults.
- ▶ It is estimated that the number of carers will increase to 9 million by 2037.
- ▶ On average, every day another 6,000 people take on a caring responsibility, resulting in over 2 million people each year.
- ▶ 42% of carers are men and 58% of carers are women.
- ▶ It is estimated over 1 million people care for more than one person.

(CarersUK, 2015).

CarersUK – Facts and Figures

- ▶ Informal carers save the economy roughly £132 billion per year - on average is £19,336 per carer.
- ▶ Over 3 million people continue to work alongside caring, however 1 in 5 carers cannot due to the demand.
- ▶ Carers Allowance is £62.10 for a minimum of 35 hours, equivalent to £1.77 per hour – nowhere near the national minimum of £6.70 per hour.
- ▶ Not everyone will be eligible to receive this payment.

CarersUK – Facts and Figures

- ▶ Informal carers providing demanding care are twice as likely to be permanently sick or disabled.
- ▶ 625,000 people suffer mental and physical ill health as a direct consequence of the stress and physical demands of caring.
- ▶ 1.3 million people provide over 50 hours of care per week.

Support for Carers

- ▶ A carers assessment by the local authority.
- ▶ Ensure flexible working hours.
- ▶ Part-time work.
- ▶ Work from home.
- ▶ Local day centre.
- ▶ Get a volunteer to the house.
- ▶ Attendance Allowance.
- ▶ Respite care.

(Ryder, Unknown).

Support for young carers – Action for Children

- ▶ Action for Children work with and support young carers across the UK.
- ▶ Help them balance their caring responsibilities and growing up as a child.
- ▶ Action for Children work in a partnership with schools, education welfare, children's social care services and GPs.
- ▶ They teamed up with Over The Wall – a UK wide children's charity and a member of the International Serious Fun Children's Network.
- ▶ They provide free places at their residential activity camps helping them reach their full potential.
- ▶ Work with schools to build strong networks to protect the young carer.

(Action for Children, 2017).

The Carers (Recognition and Services) Act 1995

- ▶ This act came into effect on the 1st of April 1996, which fully recognises the crucial role played by carers. The act protects carers by:
- ▶ The right to a carers assessment
- ▶ The act covers 3 groups of carers which are;
- ▶ Adults (people aged 18 or over) who care for other adults
- ▶ Adults who care for ill or disabled children (under the age of 18)
- ▶ Young carers under the age of 18 who care for a relative

Maslow's Hierarchy of Needs

- ▶ Maslow stated that people are motivated to achieve certain needs.
- ▶ The most basic need is for physical survival.
- ▶ The pyramid displays growth needs.
- ▶ After satisfying the growth needs, the individual can reach self-actualisation.
- ▶ The third and fourth tier of the Pyramid are the most important - the *Love and Belongingness needs*, along with the *Safety needs*.

(McLeod, 2017).

Conclusion

- ▶ I would like to conclude with a quote from Gordon Brown that stated being a Carer is:
- ▶ *“Far more a matter of love than of duty – caring that expresses itself in the priceless gift of sustained and dedicated support for people close to them”* (Weicht, 2008).

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