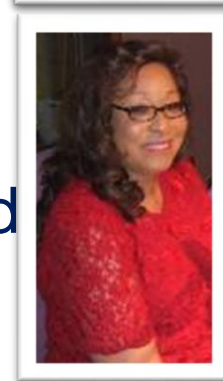
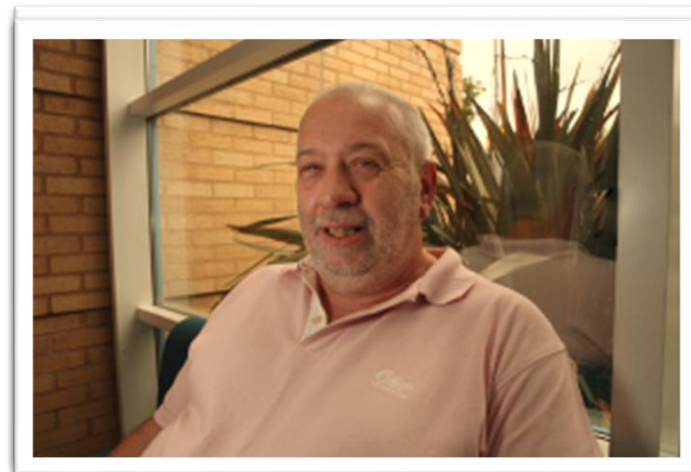


Caring during COVID



What did we know about carers?

- There are around 9 million carers in the UK.
- And around 800,000 young carers
- Three in five people will be carers at some point in their lives in the UK.
- 40% of carers are men
- 1 in 7 people juggle work and caring.



What was the situation locally?



- There were about 115,000 adult carers in the county.
- Nearly 78,000 spent 1 – 19 hours caring
- Over 13,000 spent 20 – 49 hours caring
- More than 22,000 spent over 50 hours caring
- There are an estimated 4,000 young carers in the county
- The value of unpaid care in Hertfordshire is £2 billion



www.carersinherfordshire.org.uk



what caring can mean for people



- Three in five carers have given up work or reduced their hours to care
- 39% of carers are struggling financially
- 83% of carers say that caring has a negative impact on their physical health and 87% on their mental health (87%).
- 39% of carers have put off medical treatment because of caring.



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And what about young carers?



- Young carers have significantly lower attainment at GCSE, they perform the equivalent to 9 grades lower than their peers (Children's Society, 2013)
- Young carers are more likely to not be in education, employment or training (NEET) than the national average between the ages of 16 – 19 years.
- Around 1 in 20 misses school because of their caring responsibilities.
- Young Carers are 1.5 times more likely than their peers to have special educational needs or a disability.



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What's the impact of COVID?



Carers UK surveyed over 5,000 carers in April 2020 showing:

- 70% carers were providing an average of 10 hours *more* care per week due to Covid
- Over a third (35%) because local services had reduced or closed
- 4.5million people had taken on a caring role since the COVID pandemic started



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And in October 2020?



- 4 in 5 carers were providing more care than before lockdown.
- 78% of carers reported that the needs of the person they care for have increased recently.
- 64% of carers have not been able to take any breaks at all in the last six months.
- 58% of carers say that their physical health has been impacted by caring through the pandemic and 64% say their mental health has worsened.



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Caring as a social determinant of Health



- <https://www.gov.uk/government/publications/caring-as-a-social-determinant-of-health-review-of-evidence>

Conclusions

...unpaid caring should be considered a social determinant of health. Carers experience poor physical and mental health, struggle to access services and are at risk of financial hardship.



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Supporting Carers during COVID



- Staff and volunteers made 'Keeping in Touch' calls to over 8,000 carers in the year to April 2021
- We sent cards out to those who we could not reach
- Carers Support Advisors made calls to a further 4,900 carers and volunteers called another 1,000
- We ran 102 online courses and sessions via Zoom
- Our Carer Support groups moved to online meetings
- We ran 140 specialist sessions
- We provided 82 carers with a tablet and support to enable them to access online activities.



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Supporting Carers during COVID



- Our team of Admiral Nurses continued home visits and face-to-face support
- Our Young Carers Team continued face-to-face support
- We continued our 'Making a Difference' service and issuing Carers Passports
- Our Carer Mentors supported 138 mentees
- We recruited 75 new volunteers
- We provided PPE to families who directly employ their own Personal Assistants
- We continued our 'Care' service in SW Herts



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