

# **Social Care Reform**

## **Improving Care and Support for Older People**

Giles Meyer, CEO, Carers Trust

## Who are Carers Trust?

- Carers Trust is the largest provider of comprehensive carer services in the UK
- Network of 147 local carers' organisations, 84 provide services for young carers
- In 2016/17 we reached 509,900 carers, including 246,000 older carers
- Projects and programmes to support carers
- Grants and funding programme
- Campaigning

## Carers

- A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.
- There are 7 million unpaid carers in the UK.
- Saving the economy **£132 billion** a year.



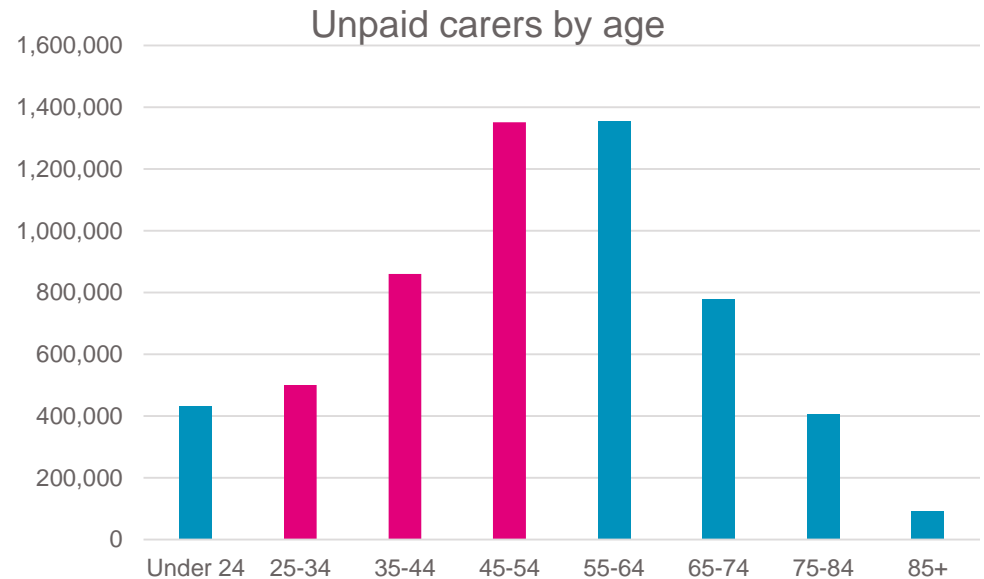
## The carers role

- **Essential Attributes required:** Patience, tolerance, endurance, perseverance, inner strength, sense of humour, ability to communicate at all levels.
- **Ideal candidates to have qualifications in:** Nursing, chiropody, physiotherapy, dietician, cooking, hairdressing, accountancy, housekeeping, gardening and DIY.
- **Salary:** Probably nothing, maybe up to £2,000 per annum provided strict conditions are fulfilled and you are willing to fill in complicated forms.
- **Hours:** Must be prepared to be on call 24 hours a day, 7 days a week, 52 weeks of the year.
- **Holidays and services:** Depends on where you live. No Bank Holidays allowed.
- **Other terms and conditions:** No sick pay; no TOIL; no Union representation.

## Profile of Carers



**Three in five** of us will  
become a carer at  
some point in our lives.



## The numbers are going up

Table 1: Age distribution of the UK population, 1976 to 2046 (projected)

	0 to 15 years (%)	16 to 64 years (%)	Aged 65 and over (%)	UK population
1976	24.5	61.2	14.2	56,216,121
1986	20.5	64.1	15.4	56,683,835
1996	20.7	63.5	15.9	58,164,374
2006	19.2	64.9	15.9	60,827,067
2016	18.9	63.1	18.0	65,648,054
2026	18.8	60.7	20.5	69,843,515
2036	18.0	58.2	23.9	73,360,907
2046	17.7	57.7	24.7	76,342,235

Source: Office for National Statistics

Notes:

1. Population estimates data are used for 1996 to 2016, while 2014-based population projections are used for 2026 and 2036.

# Demographic changes in Gosport 2016-2036

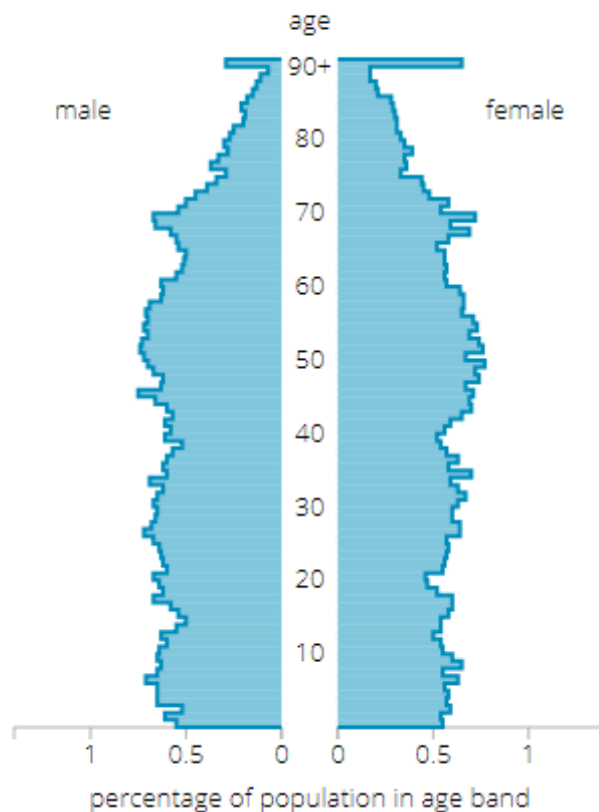
All ages

42,503 males

42,860 females

49.8%

50.2%



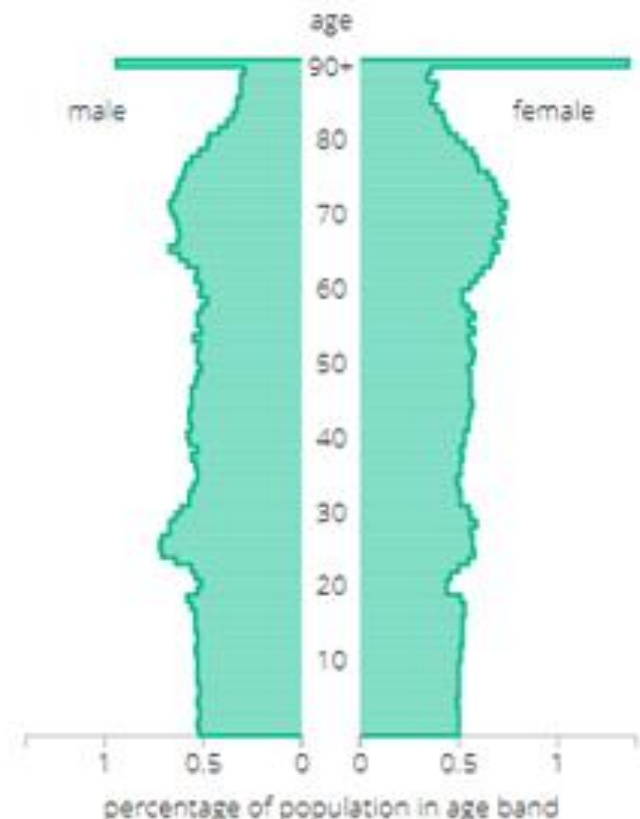
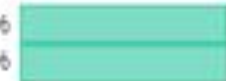
All ages

45,123 males

45,491 females

49.8%

50.2%



## Who are older carers?

- Older carers are people aged over 65, who care, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.
- Older carers may be caring for anyone, but are more typically caring for their spouse or partner; or their adult child who has learning disabilities.





## Older carers

- In England and Wales, 1,277,693 people over 65 are carers.
- In England and Wales, people over 65 account for 38% of all carers providing more than 50 hours of care a week.

(All sources: UK Census, 2011)



## Older carers health and wellbeing:

- 86% of older carers (aged 65-80) have their own health problems; 67% said their health condition was as a direct result of their caring role.
- 57% had cancelled or postponed their own doctor's or hospital appointments because of caring.
- 81% felt lonely and isolated; which was having a negative impact on their health.
- 75% had given up an activity they enjoyed because of their caring role.
- 56% care around the clock, while just under a fifth cared for more than 50 hours a week



(All sources: Carers Trust research 2016)

[Carers.org](http://Carers.org) • [professionals.carers.org](http://professionals.carers.org)

# What do older carers want?

- **Care coordination.** Carers spend too much time, become stressed and anxious trying to organise care and support for person with care needs.
- **Advice and information.** Including face to face and on paper: not all older carers have access to the internet.
- **Support to look after their own health.** Carers Trust think the NHS Health Check should ask if people are carers.
- **A choice about how much caring to do.** Older carers feel they have a 'duty to care'; the Care Act recognises that caring should be a choice.
- **Appropriate, high quality, replacement care** to enable carers to take a break.



## Where have we got to and where are we going?

- Care Act says all carers have rights to assessment and support; Act needs sustainable funding
- NHS Long-term Plan: must use funding well to support this group.
- Green Paper: how central will carers be



# Thank you

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