

# CarersBucks

Dedicated to supporting  
carers in Buckinghamshire

*Registered Charity No. 1106745  
Company Registration No. 4941481*



# Who is a carer?

- A carer is someone who, unpaid, looks after a partner, child, relative, friend or neighbour because they have a disability or illness, have poor mental health, are frail or have an addiction
- A carer does not need to be related to, nor living with, the person they are caring for
- Anyone can be a carer - someone can become a carer overnight



# Statistics

## National

- 1 in 5 adults (around 10.58 million people) are carers in the UK
- Every year over 2.3 million adults become carers
- Since October 2020, there has been a 42% increase in unpaid carers providing significant care (more than 20 hours per week)

## Buckinghamshire

- In the 2021 census approx. 42,000 people in Buckinghamshire identified themselves as a carer, with approx. 18,000 providing 20 or more hours of care per week
- If you were to include those who do not recognise themselves as a carer, this number would be significantly higher

*Statistics from Carers UK*

# There are different types of carers

**Adult carers:** Someone aged 18+ looking after a family member, friend or neighbour who is disabled or ill, has poor mental health, is frail or has an addiction.

**Parent carers:** Someone looking after a child or young person who has an illness, disability or an additional need. They do not need to have parental responsibility; they may be a grandparent, other relative or family friend.

**Young adult carers:** A young person aged 16-25, caring for a family member, friend or neighbour who is disabled or ill, has poor mental health, is frail or has an addiction.

**Young carers:** A child or young person aged 5-16 caring for a parent, sibling or other relative living in the same household who has a physical or mental illness, a disability, or a drug or alcohol related problem.

**Sandwich carers:** Someone who cares for both ill, disabled or older relatives and dependent children or children with disabilities – this type of carer is on the increase due to older people living longer.

**Former carers:** Someone whose caring role has come to an end – former carers will still need some onward support.

# What kind of care do unpaid carers provide?

- Personal care – *e.g. help with washing, dressing, toileting or eating*
- Mobility support – *e.g. getting the person they care for in and out of bed, they may have to use equipment to move or transfer them*
- Provide emotional support, motivation or keeping an eye on a neighbour
- Manage and co-ordinate care services or medical appointments for the person they care for
- May have to manage paperwork or financial matters for the person they care for



# Cost of caring

- The support provided by the UK's unpaid carers is worth an estimated £193 billion per year – equivalent to a second NHS
- For carers, the cost of caring is often high, with over two thirds of carers reporting that they regularly use their own income or savings to pay for care or support, thereby taking a toll on a carer's emotional and physical health



# Impact of caring for carers

- **63%** said they were extremely worried about managing their monthly costs
- **62%** agreed that the increase in the cost of living was having a negative impact on their mental and/or physical health
- **41%** of carers haven't taken a break from their caring role in the last year
- **30%** said their mental health was bad or very bad
- **75%** of carers worry about continuing to juggle work and care
- **52%** said that they need more financial support

*Carers UK's State of Caring 2022 report*



# During Carers Week 2023, we asked carers what does being a carer mean to them?





# How Carers Bucks supports adult carers

- Information, advice and emotional support
- Signposting or referrals into other services
- Carer information and support groups
- Carers support in four hospitals in Buckinghamshire
- Work with GP Practices
- Support for carers from diverse communities
- Emergency planning
- Benefits, employment or financial information
- Support for older carers
- Carers choir



# What carers have said about Carers Bucks' Adult Carers service

The emotional support and having someone there during these stressful moments are worth more than anything.

You have been my life line and only support and communication at Wexham Hospital.

I always feel cheered up and empowered when you call...you have great sensitivity, and the capacity to ask the carer 'How are \*you\* doing?' which is so needed.

Thank you so much for all you've done for us!  
*[through significant hospital discharge challenges]*

Thank you for taking the time to talk with me yesterday...it's nice to know there is support available.

It's really comforting to know there is someone there if needed, thank you.

# Refer an adult carer to us



Referral form on our website: [carersbucks.org/contact-us/register](https://carersbucks.org/contact-us/register)



[mail@carersbucks.org](mailto:mail@carersbucks.org)



0300 777 2722 (Monday to Thursday, 9am – 5pm and Friday, 9am – 4.30pm)

# Carers Bucks' Young Adult Carers Service

- Carers Bucks currently has 268 young adult carers aged 16-25 registered
- We support young adult carers with balancing their caring role whilst transitioning into adulthood
- Our young adult carers support workers tailor their approach to suit the needs of the person they are supporting and tackle anything that rises around their caring role



# Carers Bucks' Young Carers Service

- A young carer is a child or young person who cares for a family member due to disability, illness, long-term condition, poor mental health and/or addiction.
- Carers Bucks currently has 1371 young carers aged 5-16 registered
- We aim to tailor the support we offer to each young carer registered with us. This may include:
  - Peer support through term time club nights
  - Targeted support groups focusing on specific aspects of the caring role
  - Activities, outings and trips during the school holidays
  - One to one sessions with an experienced support worker
  - Information, guidance and signposting to other organisations
  - Support in schools including assemblies, young carer groups and group sessions



# Tasks young carers and young adult carers may carry out

- Practical tasks – *e.g. cooking, housework, shopping, collecting prescriptions, managing the family budget*
- Personal care – *e.g. dressing, washing, toileting, administering medication*
- Physical care – *e.g. lifting, helping a parent on stairs, with physiotherapy*
- Looking after younger siblings
- Managing finances
- Medication management
- Emotional support
- Helping someone to communicate



# Impact of caring on a young person

- Physical health
- Emotional wellbeing
- Relationships
- Social opportunities
- Future prospects



# “This is our reality”

## Quotes from young carers in Buckinghamshire

Not all caring needs are visible, some care for those with hidden disabilities.

You cannot generalise the role of a carer.

Each life stage we experience as a carer gets harder.

The older you get the bigger the impact of being a carer can have on your world.

Being a carer can be overwhelming and feel as though you are backed into a corner.

We worry when we are away from home.

I cannot prioritise my exams and school work like my friends can



# Refer young carers or young adult carers to us

- Ensuring a holistic approach to supporting a young carer or young adult carer is essential and therefore, referring them into our services are key
- You can refer a young carer or young adult carer to our service if:
  - the young person is aged between 5-25
  - the young person lives in Buckinghamshire
  - the young person is aware of the referral
  - parent/guardian consent has been given
  - schools and other educational settings are one of Carers Bucks' highest referrers



Referral form on our website: [carersbucks.org/young-carer-referral](https://carersbucks.org/young-carer-referral)



[youngcarers@carersbucks.org](mailto:youngcarers@carersbucks.org)



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**Thank you**

**Any questions?**