

Carers Survey Report 2016-17

**Wirral Intelligence
Service**

September 2017

Carers Survey Report 2016-17

For further information please contact:

Chris Wohlers, Principal Information Officer, Wirral Intelligence Service

Email: wirralintelligenceservice@wirral.gov.uk

Background to JSNA – Joint Strategic Needs Assessment

What is a JSNA?

A Joint Strategic Needs Assessment, better known as a JSNA, is intended to be a systematic review of the health and wellbeing needs of the local population, informing local priorities, policies and strategies that in turn informs local commissioning priorities that will improve health and wellbeing outcomes and reduce inequalities throughout the Borough.

Who is involved?

Information from Council, NHS and other partners is collected and collated to inform the JSNA and this reflects the important role that all organisations and sectors have (statutory, voluntary, community and faith) in improving the health and wellbeing of Wirral's residents.

About this document

This JSNA section looks to contain the most relevant information on the topic and provides an overview of those related key aspects

How can you help?

If you have ideas or any suggestions about these issues or topics then please email us at

Version Number	Date	Authors
1.0	September 2017	Chris Wohlers, Wirral Intelligence Service

Wirral Intelligence Service: Carers Survey Results 2016-2017

Contents

Background.....	4
Section One – Demographics	5
Section Two – Question Analysis.....	10
Section Three - Conclusion	52
Section Four– Comparison to Previous Years Data and Analysis	54
Section Five– Appendices	55
Tables of Results.....	55
Contact details	72



Background

The Carers Survey is distributed to the relevant population by local authorities annually in order to gauge opinions and views about life as a carer. This is then reported back as part of central government statutory returns, but Wirral Council have decided to elaborate further in order to inform policy, procedure and process.

The initial survey is designed by NHS Digital, who state,

“Carers are a key policy area within the Department of Health (DH) and the Care Quality Commission (CQC). This survey, being run for the third time, has been developed to learn more about whether services received by carers are helping them in their caring role and their life outside of caring, and also about their perception of the services provided to the person they care for”.

The survey will feed into monitoring of the impact of the national carers strategy and it will also be used to populate a number of measures in the Adult Social Care Outcomes Framework.”

(<http://content.digital.nhs.uk/article/7193/Survey-of-Adult-Carers-in-England-2016-17---guidance-for-local-authorities>, cited on 24th July 2017)

The survey was distributed in late 2016, and then again several weeks later, to those who had not initially replied. The list of names and addresses was extracted using Business Objects, taking information from Liquid Logic about those who were currently adult carers in the Wirral area. The data was input onto the relevant spreadsheet, and then analysed. This report was produced in order to publish the findings, as well as highlighting ways forward to achieve the best outcomes for local residents.

All percentages are given to the nearest whole number.

Section One – Demographics

The Wirral Region has a varied population - according to the IMD 2010, “Wirral is the 60th most deprived of the 326 districts in the country and is therefore in the bottom 20% nationally. The Index of Multiple Deprivation (IMD) places 30 of Wirral’s LSOAs in the lowest 5% in England and 23 LSOAs in the 3% most deprived nationally.

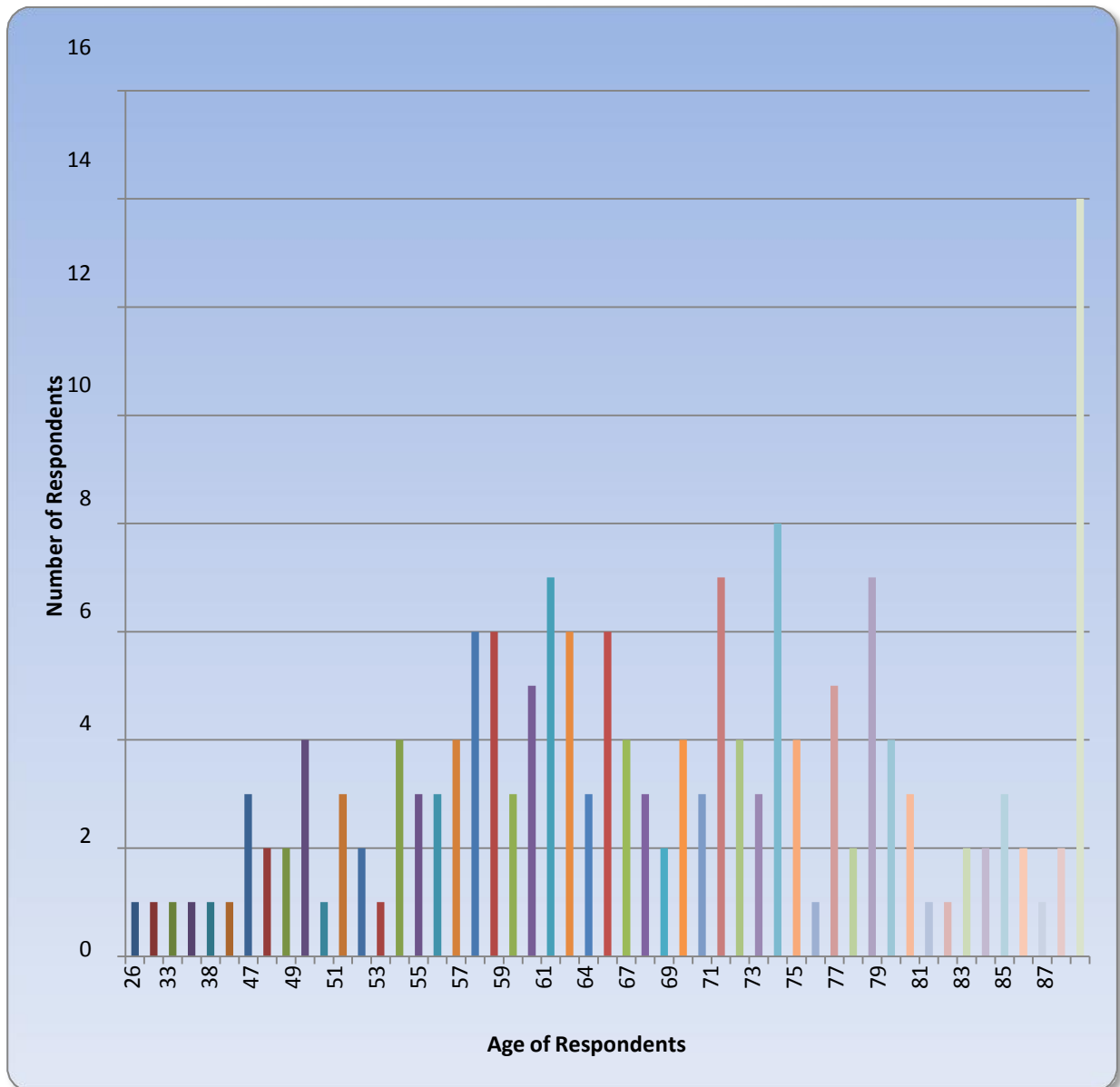
The Employment domain of the IMD 2010 indicates that Wirral performs poorly on this indicator and it is ranked 10th worst out of 326 districts (in the bottom 3% nationally). This is an indication of the scale of the challenge faced in Wirral and the need for a focused and coordinated approach to tackling worklessness and economic inactivity. Wirral currently has a static level of internal migration.

Accessibility to local services and facilities is critical in addressing health inequalities and social exclusion. In some areas of Wirral more than half of households do not have access to a car, which means they are reliant on public transport. Survey data shows that access to GPs is good, but access to hospitals is poor for some. Accessibility planning is important in reducing barriers to employment, healthcare, leisure, fresh food shopping and other opportunities.

The rates of criminal damage in the Wirral decreased by 17% from 2008/09 to June 2010. Rates of antisocial behaviour decreased by 9% between years 2008/9 to 2009/10, however antisocial behaviour still puts a considerable strain on the police and fire services. Wirral has a predominance of Mosaic groups which are at the polar extremes of the income spectrum, indicating that the differential between people on very low and very high incomes is quite pronounced in Wirral.”

http://info.wirral.nhs.uk/document_uploads/JSNA2013/2%20Wirral%20%20Population%20June%202013%20Update%20Final.pdf, cited on 1st August 2017)

Figure 1: Age of Respondent



In total 1192 service users were contacted, of which 172 replied, either from when the initial survey was distributed, or from the follow up. The age distribution of the disseminated questionnaire mirrors the results in the above graph. It can be seen that generally carers are of an older age, although the data does range from 26 years old. These results are to be expected, since carers are statistically more likely to be family members, who would be of similar age of the person they cared for (Carers UK,).

Looking at the Wirral as a whole, the following table has been taken from the 2011 census for the region. The average age of people in Wirral is 41, while the median age is higher at 42. Wirral has a relatively high older population (which is similar to the demographics of respondents to the survey) and a relatively low proportion of people in their twenties and thirties compared to England and Wales as a whole. The older population (aged 65 years and above) is expected to increase at the fastest rate over the next decade; between 2011 and 2021 it is estimated that this population group will

have increased by 17.4%. The population over 85 is projected to increase from 8,460 in 2011 to 10,985 in 2021, which equates to a 29.9% increase. The biggest decrease is in the 35-59 year age group, from 108,548 in 2008 to 82,061 in 2021.

Figure 2: Age band of respondents

3 / 46

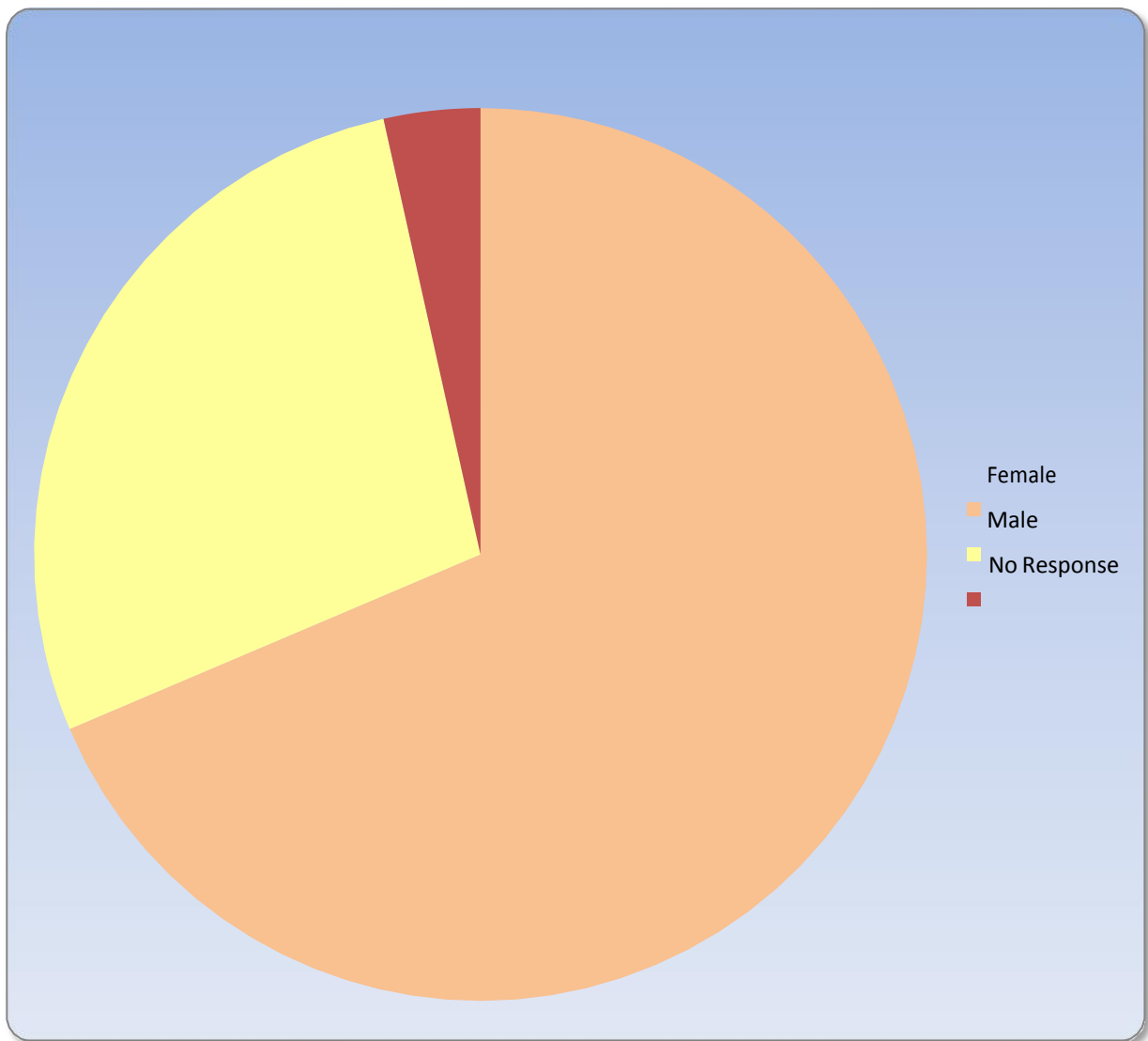
Age Group	Males		Females		Persons	
	Number	%	Number	%	Number	%
0 - 4	9,614	5.92	9,132	5.41	18,746	5.66
5 - 9	9,477	5.84	8,864	5.25	18,341	5.54
10 - 14	9,280	5.72	8,977	5.32	18,257	5.51
15 - 19	10,418	6.42	9,698	5.74	20,116	6.08
20 - 24	10,369	6.39	9,975	5.91	20,344	6.14
25 - 29	9,824	6.05	10,061	5.96	19,885	6.01
30 - 34	9,360	5.77	9,458	5.60	18,818	5.68
35 - 39	9,415	5.80	9,751	5.78	19,166	5.79
40 - 44	11,604	7.15	11,793	6.99	23,397	7.07
45 - 49	12,378	7.63	12,783	7.57	25,161	7.60
50 - 54	12,046	7.42	11,769	6.97	23,815	7.19
55 - 59	10,386	6.40	10,552	6.25	20,938	6.32
60 - 64	10,335	6.37	10,530	6.24	20,865	6.30
65 - 69	9,181	5.66	9,643	5.71	18,824	5.69
70 - 74	6,639	4.09	7,713	4.57	14,352	4.33
75 - 79	5,344	3.29	6,557	3.88	11,901	3.59
80 - 84	3,869	2.38	5,665	3.36	9,534	2.88
85+	2,741	1.69	5,889	3.49	8,630	2.61
All Ages	162,280	100	168,810	100	331,090	100

Source: Wirral PCT MIS, 2012

Accessed at:

(http://info.wirral.nhs.uk/document_uploads/JSNA2013/2%20Wirral%20%20Population%20June%202013%20Update%20Final.pdf, cited on 1st August 2017)

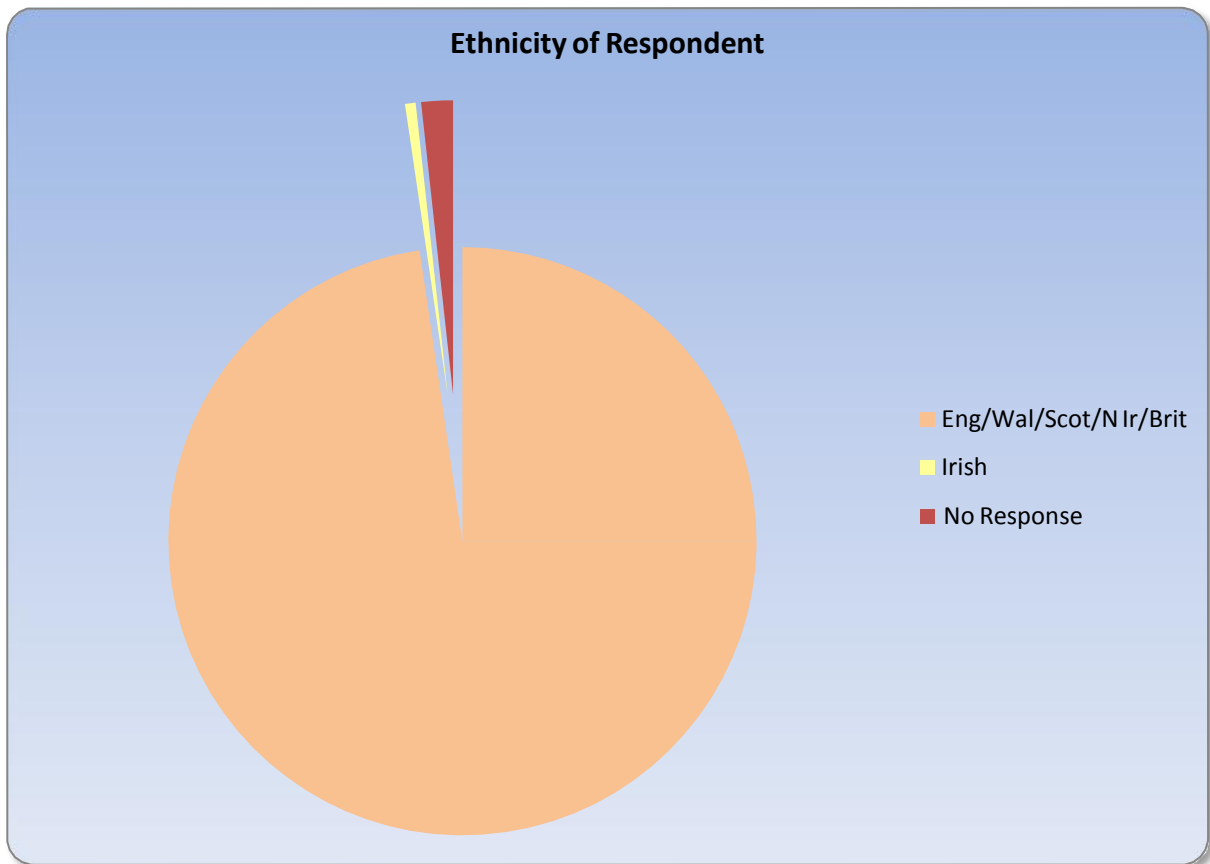
Figure 3: Gender of respondents



Over two thirds (68.6%) of the 172 respondents were female, with 27.9% stating they were male. This is skewed towards females when compared with the general population of the Wirral - in the 2011 census the population of Wirral was 319,783 and was made up of approximately 52% females and 48% males.

On a national level, 1 in 8 adults are carers, with 58% being women and 42% being men. Over 1 million people care for more than one person and, by 2037, it is anticipated that the number of carers will increase to 9 million. Every day another 6,000 people take on a caring responsibility – that equals over 2 million people each year (<https://www.carersuk.org/news-and-campaigns/press-releases/facts-and-figures>, cited on 26th July 2017).

Figure 4: Ethnicity of respondents

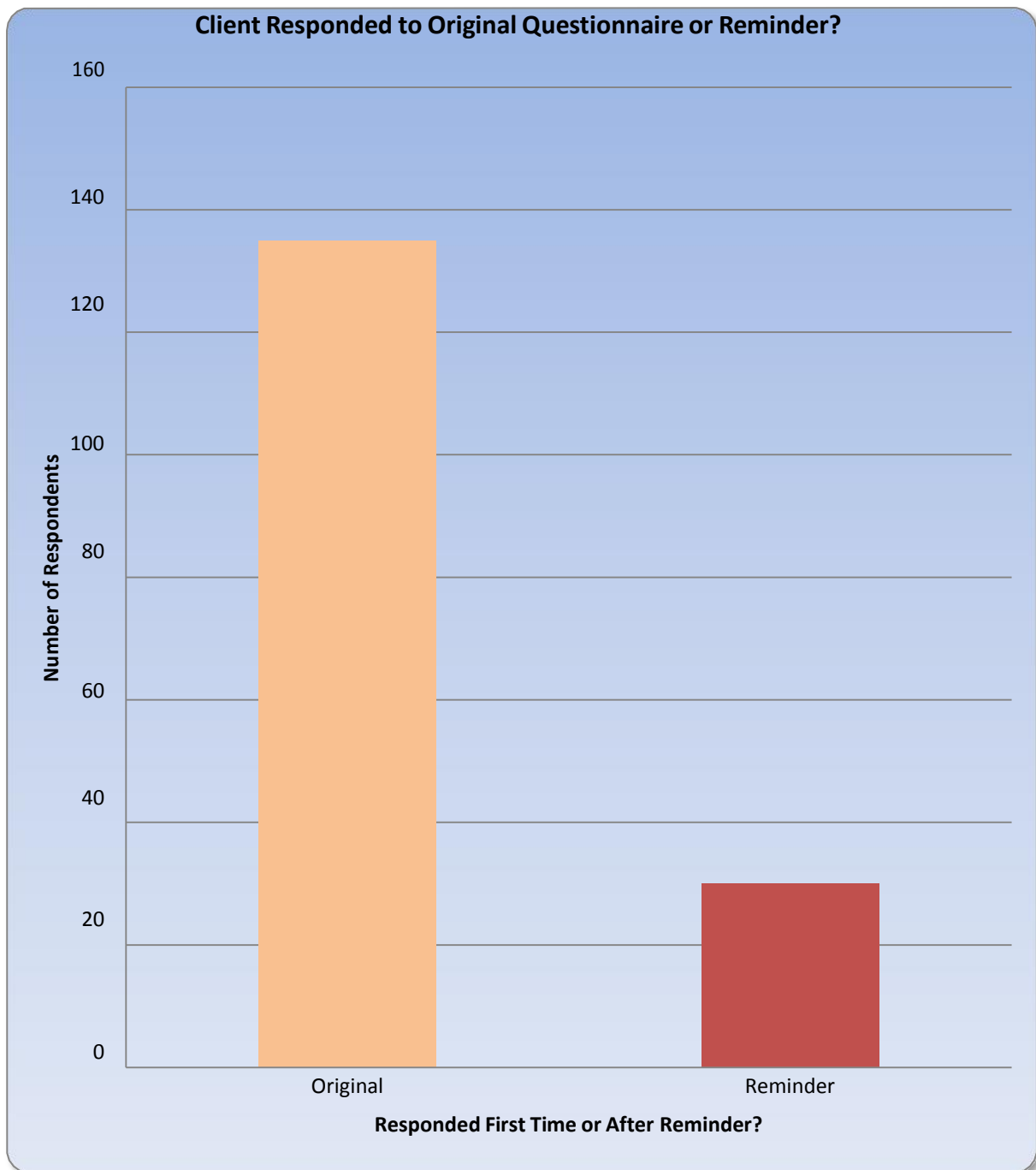


The vast majority (97.7%) of respondents classed themselves as coming from England, Wales, Scotland, Northern Ireland or the more generic 'Britain' option. This matches the local population as a whole and makes any links between ethnic background and the rest of the data less statistically significant. Only 1 person identified as Irish, whilst no other ethnicity was offered. Indeed, it can be seen nationally that "data indicates that a smaller proportion of the BAME population provides care than the White British population. However the BAME population is much younger and therefore less likely to have older parents or other relatives needing care." (<https://www.carersuk.org/news-and-campaigns/press-releases/facts-and-figures>, cited on 26th July 2017).

This mirrors the demographics for the Wirral region overall, where 92.9% of people living in Wirral were born in England, 1.5% from Wales, 1.1% in Scotland, 0.6% from Ireland, 0.5% in Northern Ireland, 0.3% from India, 0.2% in China, 0.1% from South Africa, 0.1% in Hong Kong and 0.1% from Bangladesh.

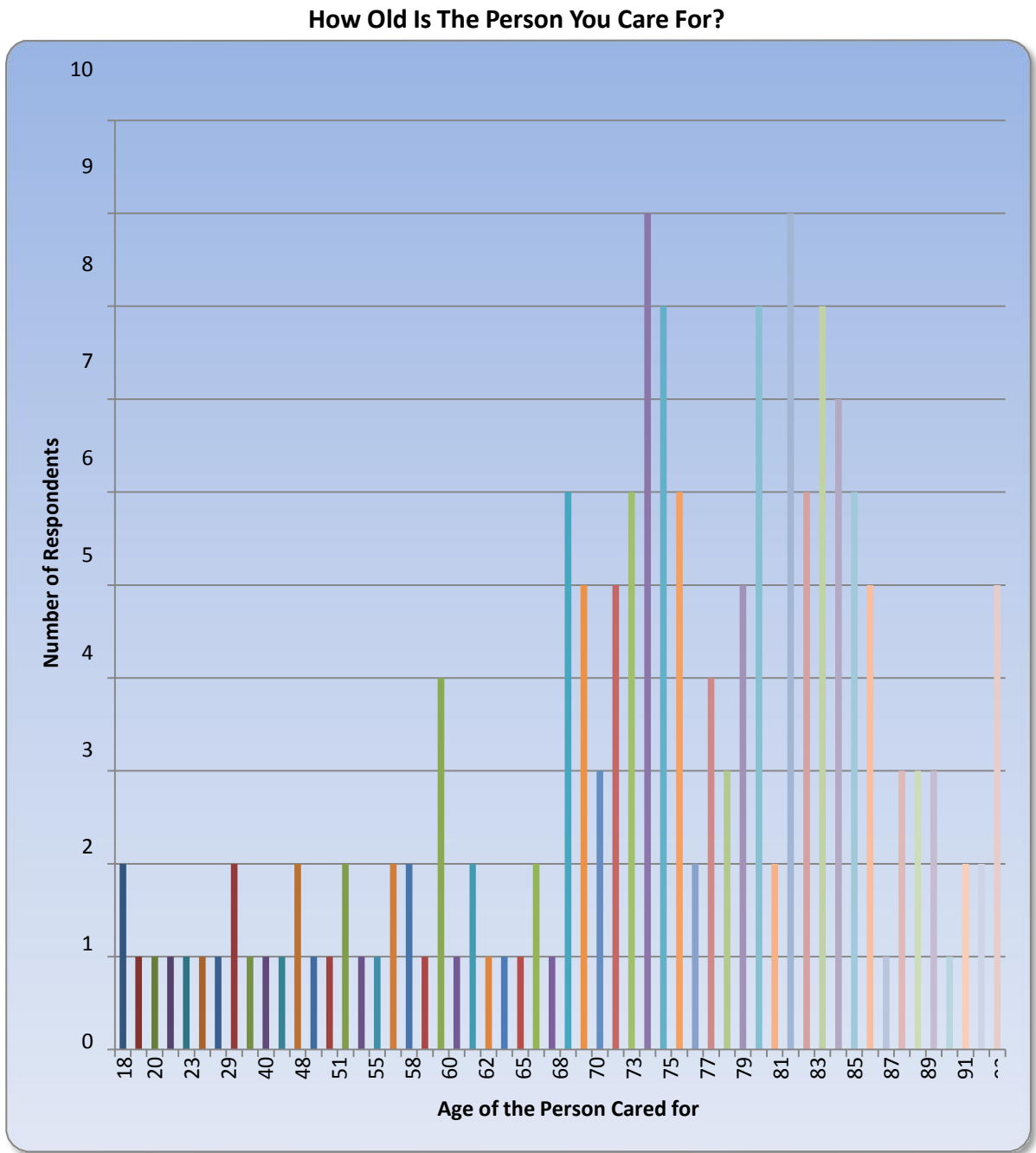
Section Two – Question Analysis

Figure 5: Respondent response



This particular project required a reminder questionnaire to be distributed to those who did not respond the first time. It is vital that both sets of results are looked at collectively, in order to give them equal impact when calculating results and findings. An additional 17% of replies were received at the second time of asking (30) people.

Figure 6: Age of person being cared for



There is a general increase in the number of people cared for as their age rises, in a similar manner to the ages of those who were completing the questionnaire. This may be expected as ailments tend to increase with age. Those who are younger and require care tend to be suffering from long-term conditions, such as a learning disability or difficulty.

The table overleaf shows how these carers are split between the different regions of the borough (from 2015).

Figure 7: Geographic location of person being cared for

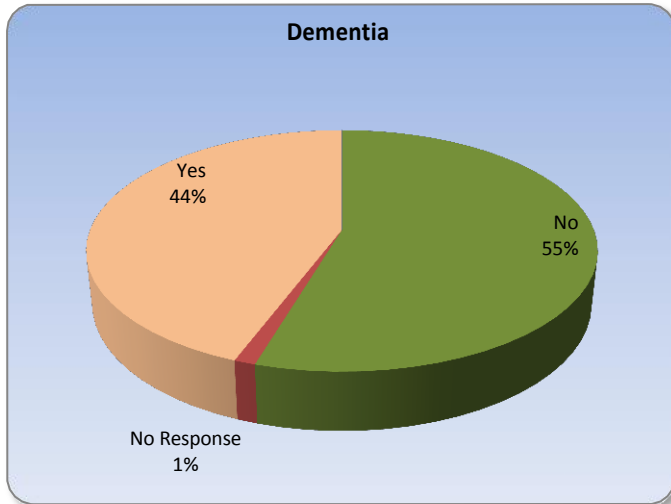
Area (Ward)	Total number of carers
Bebington	134
Bidston and St James	132
Birkenhead and Tranmere	104
Bromborough	143
Clatterbridge	109
Cloughton	117
Eastham	111
Greasby, Frankby and Irby	122
Heswall	103
Hoylake and Meols	110
Leasowe and Moreton East	167
Liscard	123
Moreton West and Saughall Massie	129
New Brighton	115
Oxton	68
Pensby and Thingwall	124
Prenton	111
Rock Ferry	133
Seacombe	148
Upton	157
Wallasey	103
West Kirby and Thurstaston	125
Birkenhead Constituency	665
Wallasey Constituency	785
Wirral South Constituency	600
Wirral West Constituency	638
Wirral Total	2688

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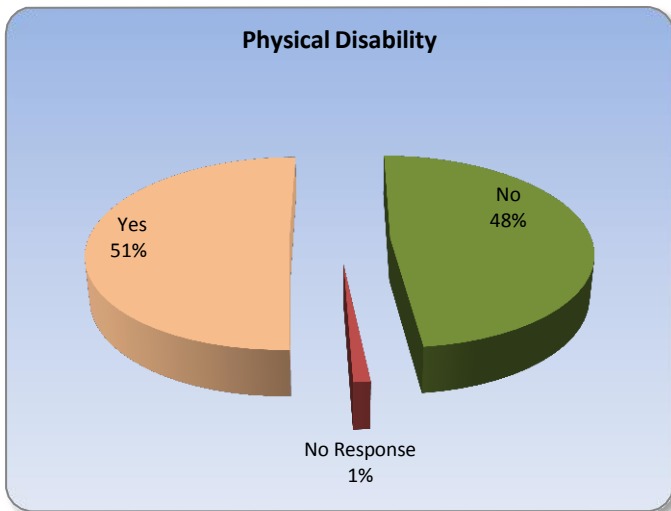
(http://info.wirral.nhs.uk/document_uploads/Stats%20Compendiums/Wirral%20Stats%20Compendium%202015%20VERSION%20THAT%20WE%20TO%20PRINT.pdf, cited on 1st August 2017)

There is limited variability between the areas within the Wirral, especially considering the general population split. It is therefore difficult to identify any significant findings based on where people live.

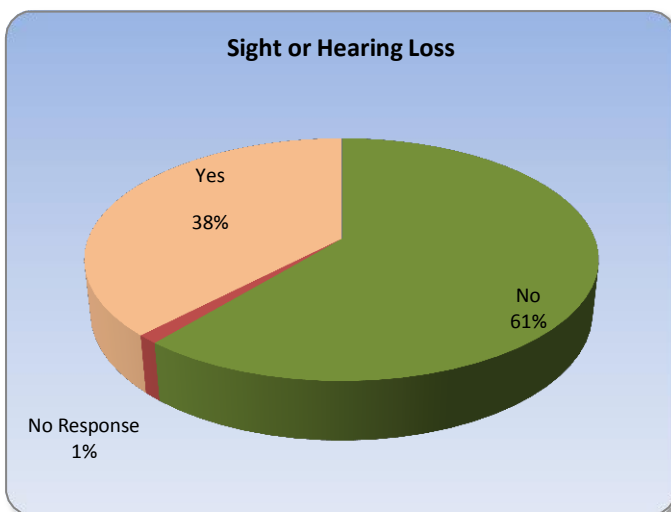
Figure 8: Does the person you care for have...



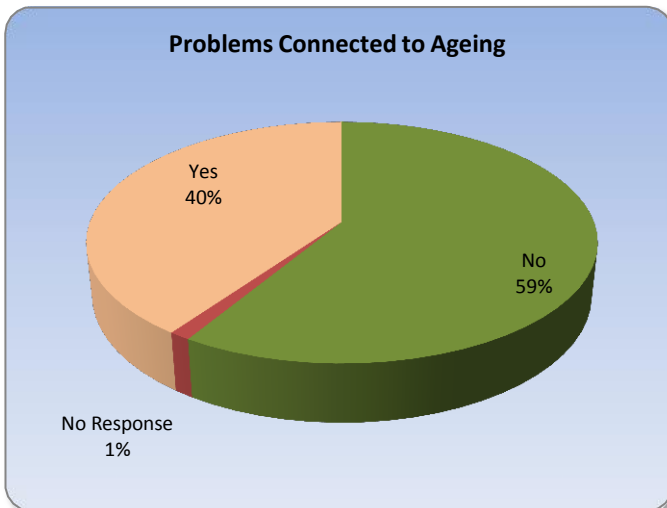
Almost half (44%) of respondents stated that the person they cared for had dementia. There are no further details about the type of dementia, nor whether this is the primary reason for caring being required.



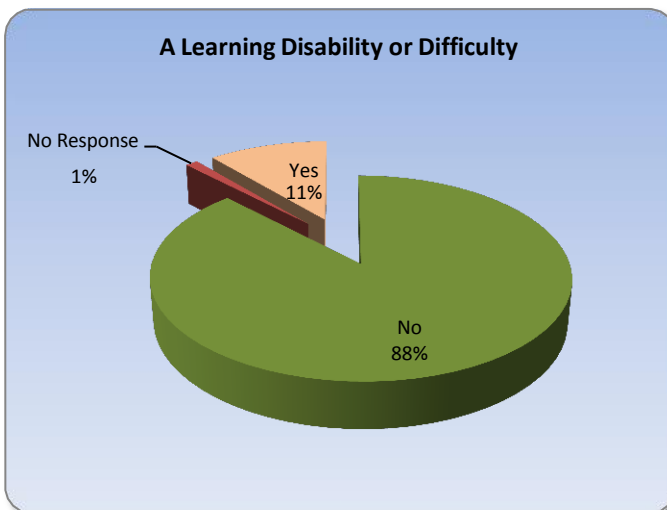
Just over half (51%) of those who responded commented that the person for whom they cared had a physical disability. The severity of this is unclear though, which again makes further analysis difficult.



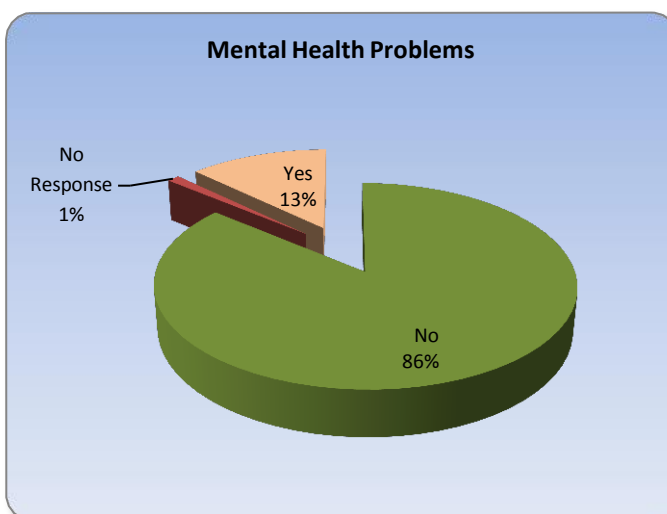
Around two fifths of respondents (38%) stated that they cared for someone with sight or hearing loss. The level of support which the person being cared for receives as a result of this varies between complete loss of function, to requiring glasses or a hearing aid.



This question is ambiguous, as the problems associated with ageing could be debated – however, it can be seen still that 40% stated that the person they cared for had such issues. There are occasions where respondents tick more than one ‘ailment’ box, hence this answer could also be linked to dementia, for example.



Only 11% of those who responded indicated that the person who they cared for had a learning disability or difficulty. This appears to be similar to the proportion of the general population of the region, shown overleaf. The severity of the difficulty is again unknown.



22 out of the 172 (13%) respondents looked after someone who had a mental health problem. The amount of care required will again depend on the diagnosis for the individual, since no definition of ‘mental health’ is provided in the questionnaire.

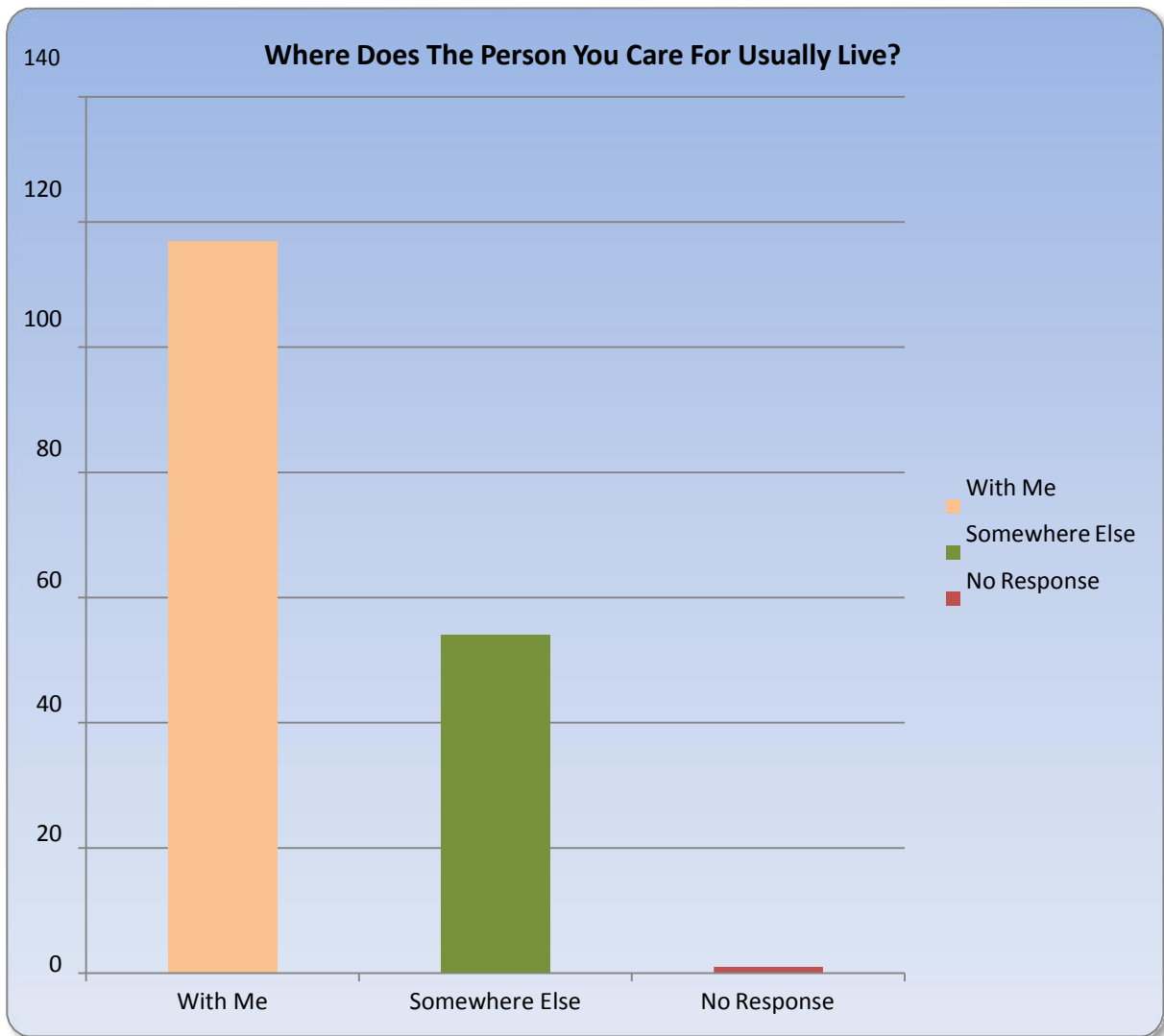
The following table shows the ailments from which people across the borough suffer (taken from NHS data, 2015) – there are a great deal more categories here though, which makes comparison between the two set of results more challenging. There are clearly a large number of different conditions listed, which generally follows the proportions in questionnaire responses, although mental health issues (including depression) seem to be more prevalent in the general population than in those who responded.

Figure 9: Conditions and illnesses as seen in Wirral population compared to North of England and England (2015)

Condition	Wirral		North of England %	England %
	Total Number	%		
Atrial Fibrillation	6,868	2.07	1.70	1.57
Coronary Heart Disease	12,829	3.86	4.00	3.29
Heart Failure	2,542	0.76	0.80	0.71
Hypertension	48,840	14.70	14.40	13.73
Stroke/TIA	7,060	2.13	1.90	1.72
Asthma	21,073	6.34	6.30	5.93
Chronic Obstructive Pulmonary Disease	7,643	2.30	2.30	1.78
Obesity (16+)	28,486	10.45	10.70	9.42
Cancer	7,521	2.26	2.20	2.10
Chronic Kidney Disease (18+)	12,911	4.88	4.30	4.00
Diabetes (17+)	17,450	6.49	6.50	6.21
Hypothyroidism	12,159	3.66	3.40	3.26
Palliative Care	1,822	0.55	0.30	0.27
Dementia	2,315	0.70	0.70	0.62
Depression (18+)	19,880	7.51	7.20	6.52
Epilepsy (18+)	2,522	0.95	0.90	0.78
Learning Disability (18+)	1,548	0.58	0.50	0.48
Mental Health	3,035	0.91	0.90	0.86
Osteoporosis (50+)	490	0.37	0.40	0.40
Rheumatoid Arthritis (16+)	1,888	0.69	0.80	0.73

(http://info.wirral.nhs.uk/document_uploads/Stats%20Compendiums/Wirral%20Stats%20Compendium%202015%20VERSION%20THAT%20WE%20TO%20PRINT.pdf, cited on 1st August 2017)

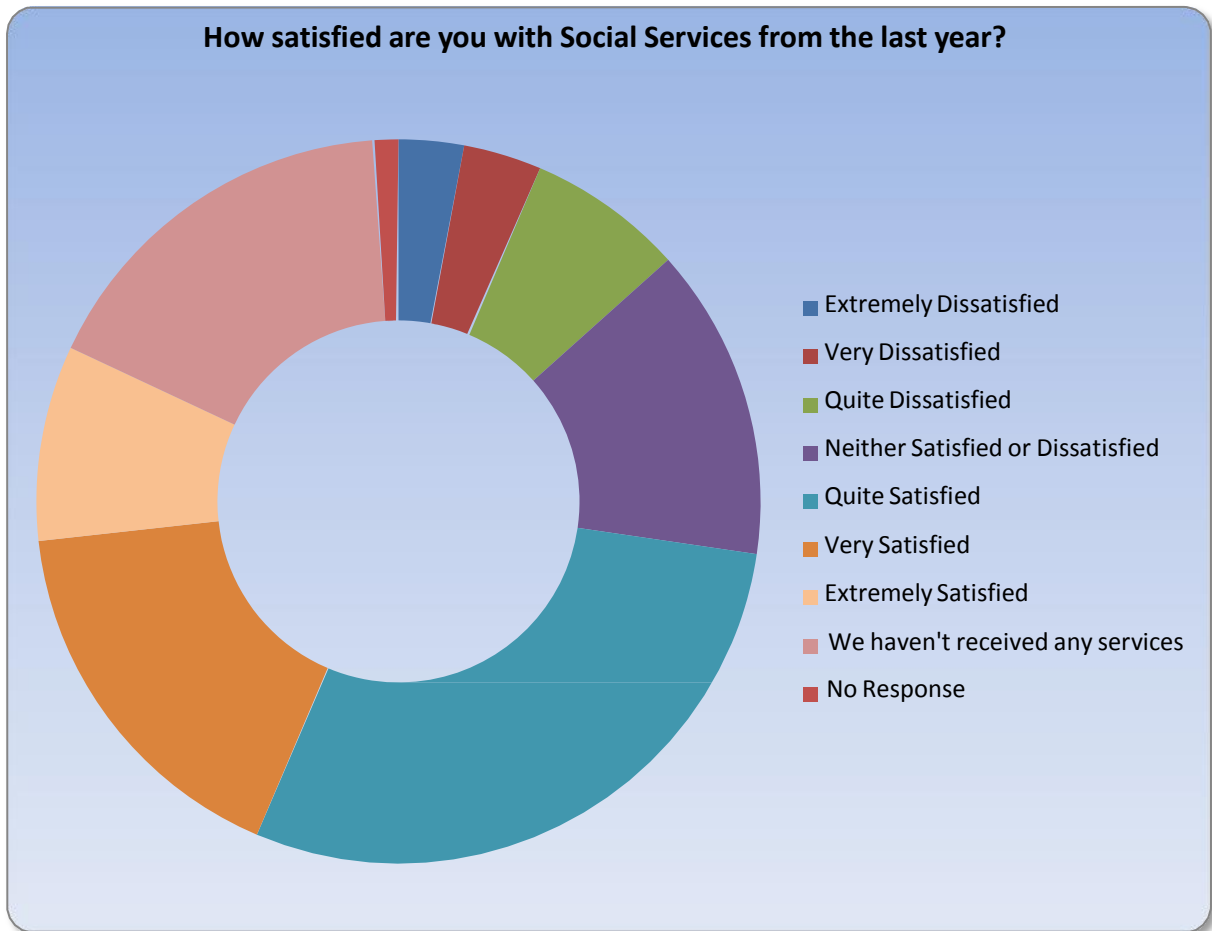
Figure 10: Usual residence of person being cared for



This was the third question on the survey, with 68% (117 out of 172) stating that they lived with the person they cared for, whereas 31% (54 out of 172) lived in separate accommodation. The latter group may have additional needs in terms of transport and time in order to be able to properly care for the individual. The distance between the client and carer will have a large influence on the quality of the care provision.

Across the Wirral generally, 44.0% of people are married, 9.9% cohabit with a member of the opposite sex, 0.7% live with a partner of the same sex, 26.6% are single and have never married or been in a registered same sex partnership, 10.3% are separated or divorced. There are 20,865 widowed people living in Wirral (from the 2011 census).

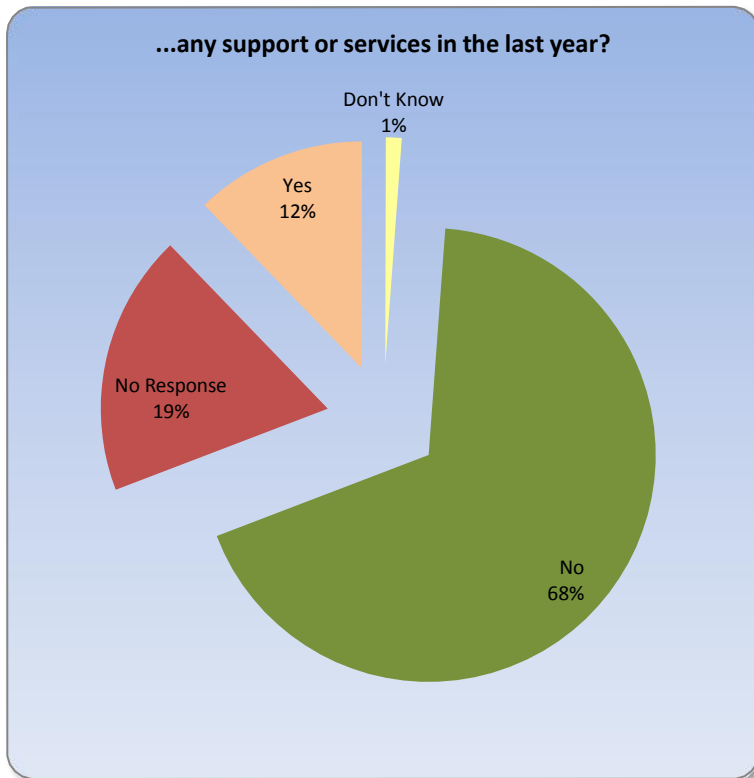
Figure 11: Satisfaction with Social Services



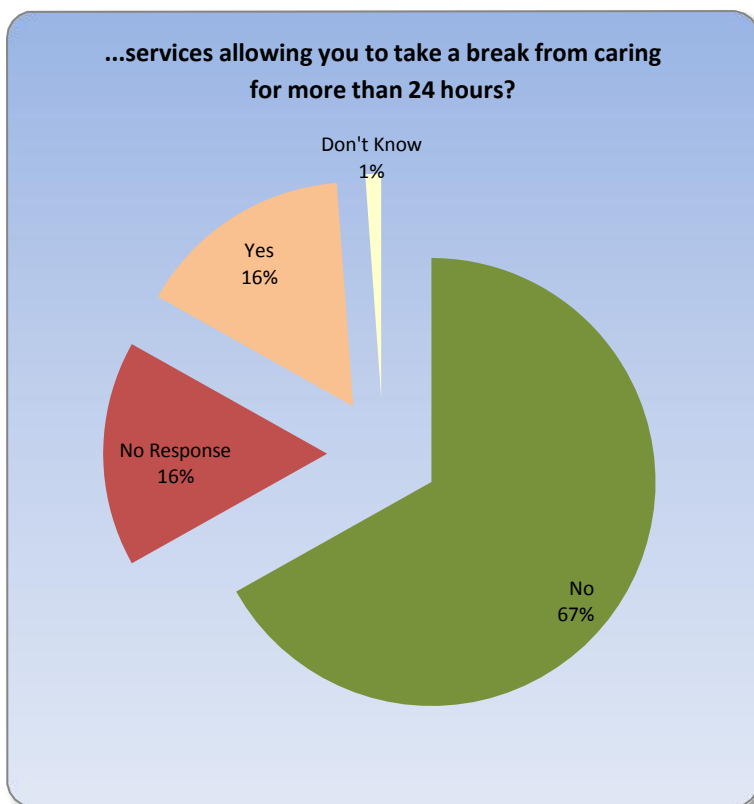
When looking at the general satisfaction levels which respondents expressed, it can be seen that the majority (55%) gave a positive answer, in varying degrees. When you link these into the comments section on the questionnaire, which are reported on elsewhere, it can be seen that some service users have concerns about their safety, which allows the council to break confidentiality and speak to the clients about their worries.

Clearly there is a desire to improve the responses to this question and reduce the problems and dissatisfaction expressed by the local population who have utilised council services. Whilst the problems expressed cannot be addressed directly, due to confidentiality, general changes can be made to the processes, policies and procedures in the local authority. Praise and best practice should also be taken from the set of results in order to improve motivation and keep doing certain tasks well.

Figure 12: Has the person you care for used?

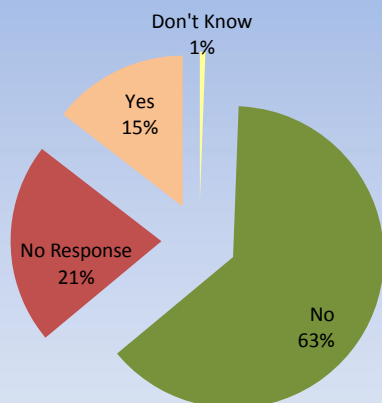


The majority (117 out of 172) of those cared for have not sought any support or services within the last year. This is a disappointing result, given their availability and ability to help service users to potentially stay at home and live a more independent life. All of the local population needs to be aware of the services available to them.



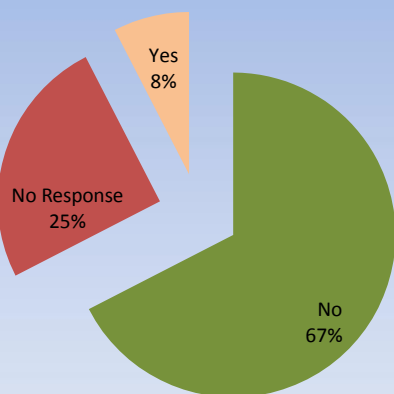
27 out of 172 of respondents had received services which allowed them to take a break from caring for more than 1 day in the last year. This still seems insignificant considering the challenges which fulfilling this role presents. It is vital that we look after these people for their, and those they care for, sakes.

...services to allow you to have rest from caring for between 1 and 24 hours?



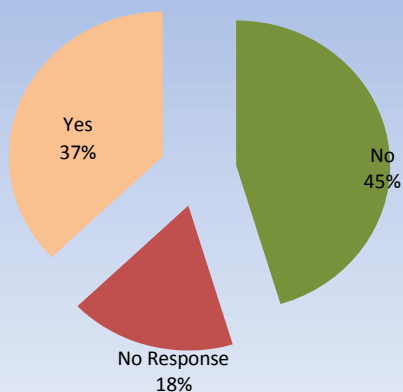
Very few respondents (15%) had received any rest from their caring role, even for less than 24 hours. This is concerning, especially where carers are unable to have their own needs met, or if they are the only support for the person they care for.

...a personal assistant in the last year?



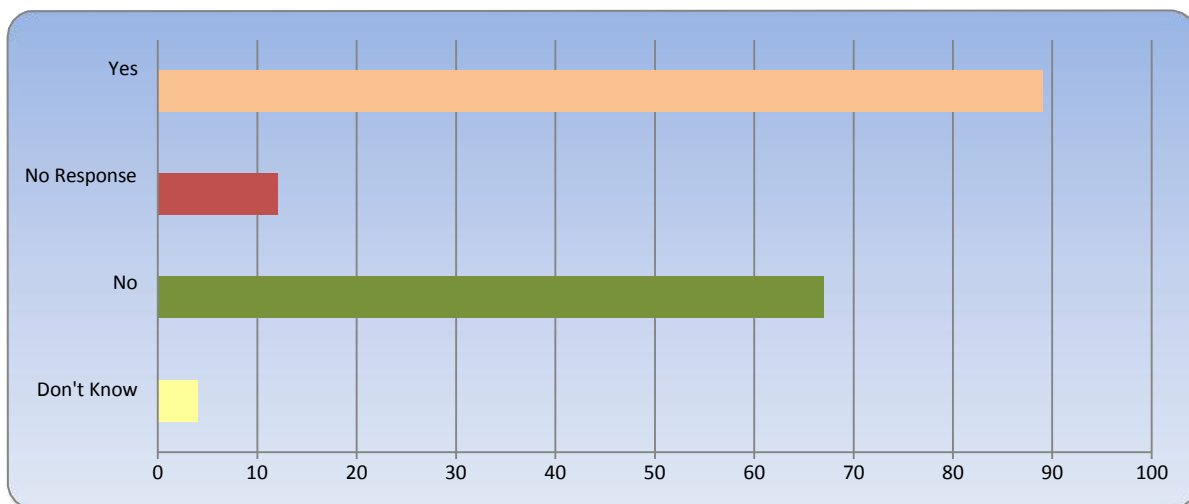
Only 13 out of 172 respondents had received help from a personal assistant in the last year. Support from such an individual would benefit both the service user and carer, but cost / lack of knowledge may be preventing this.

...home care/home help in the last year?



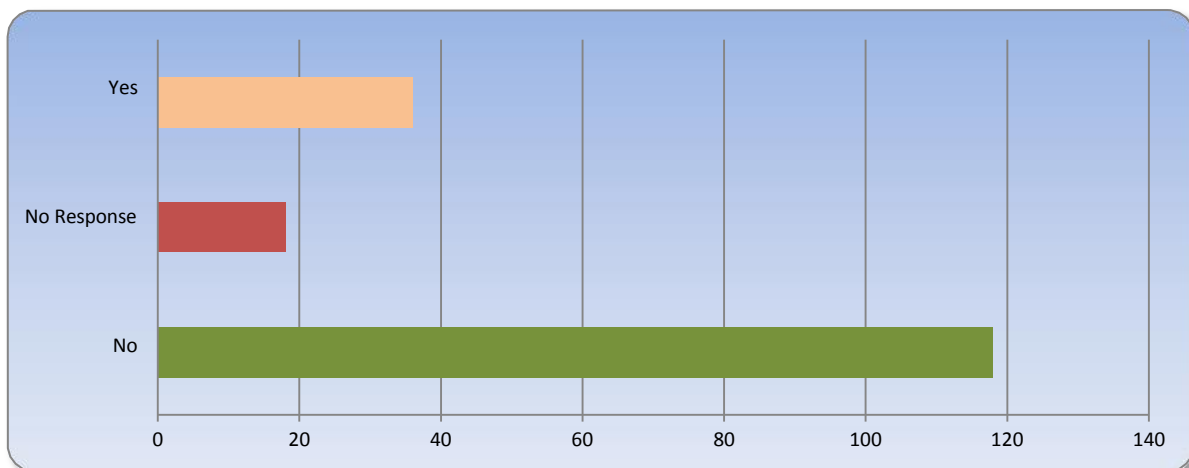
Over one third (37%) of the 172 service users had utilised home care / help in the last 12 months. This is encouraging, since home care can alleviate stress and pressure on the carer and service user.

Figure 13: Have you used any information and advice, to help you as a carer over the last 12 months?



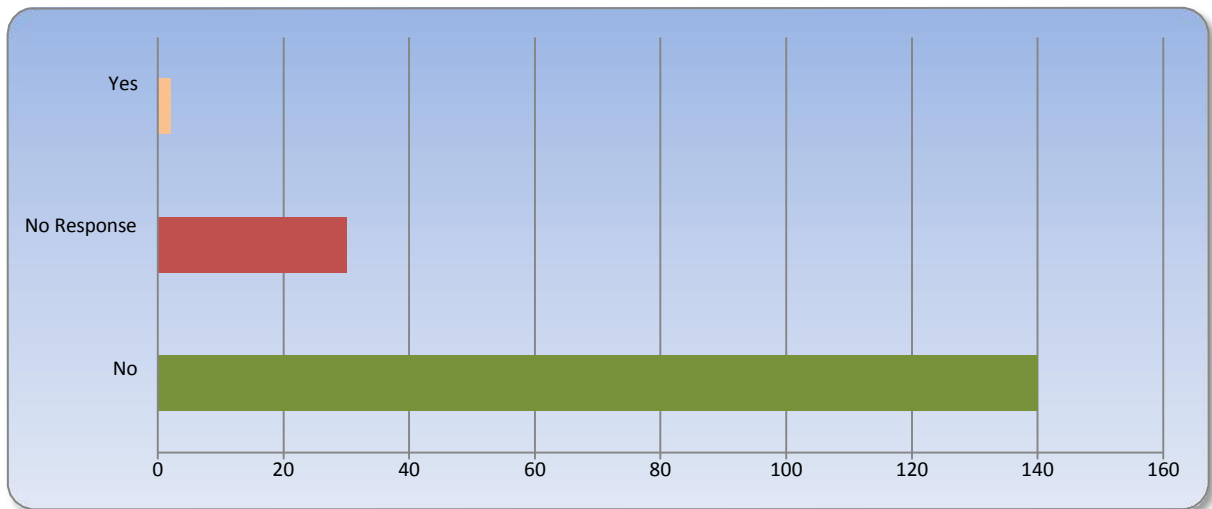
The majority of service users had sought information and advice from the local authority in the last year (89 out of 172 who responded, or 52%). Whilst the usefulness is unclear, it is positive that carers are able to be supported by the local authority, and are aware of the services available to them.

Figure 14: Have you used any support from carers groups or someone to talk to in confidence, to help you as a carer over the last 12 months?



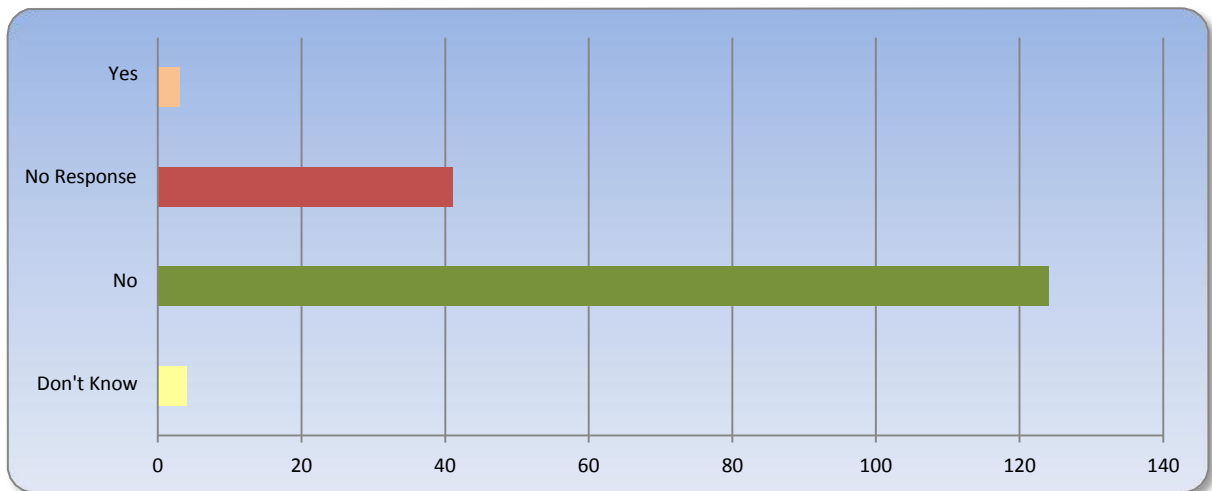
The response to this question appears to indicate that carers are not utilising the services available to them fully (118 out of 172 responders, which is 69%). It would be useful to ascertain what proportion did want to talk about their role as a carer, but were unable to find somewhere suitable, as compared to those who felt they could cope without such support.

Figure 15: Have you used any training for carers, to help you as a carer over the last 12 months?



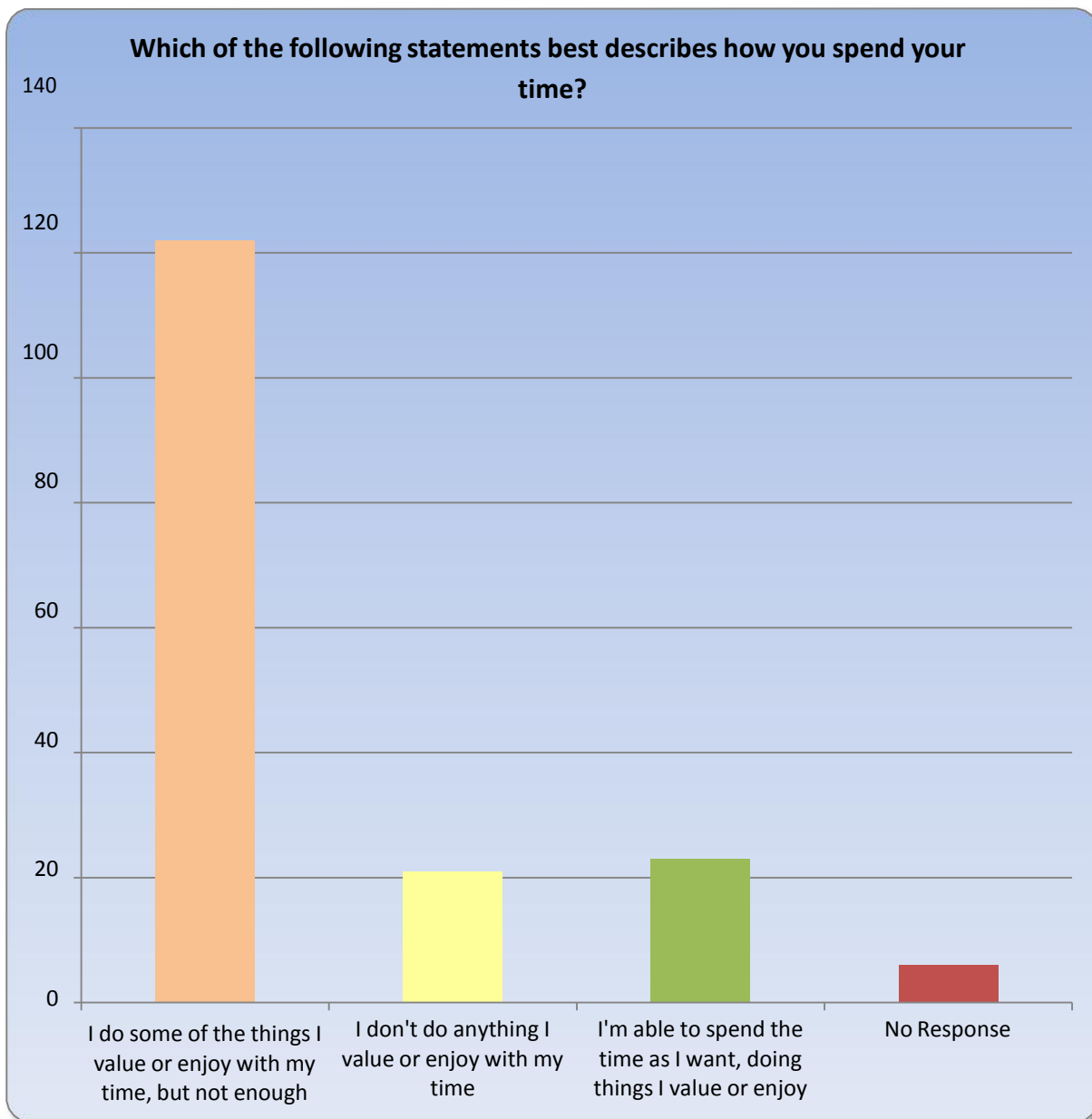
Only 2 service users out of the 172 who returned their questionnaire (1%) had attended training in the last year to help them with their caring role. This may be because of the services which are available in the community which may mean specific training is not required.

Figure 16: Have you used any support to keep you in employment to help you as a carer over the last 12 months?



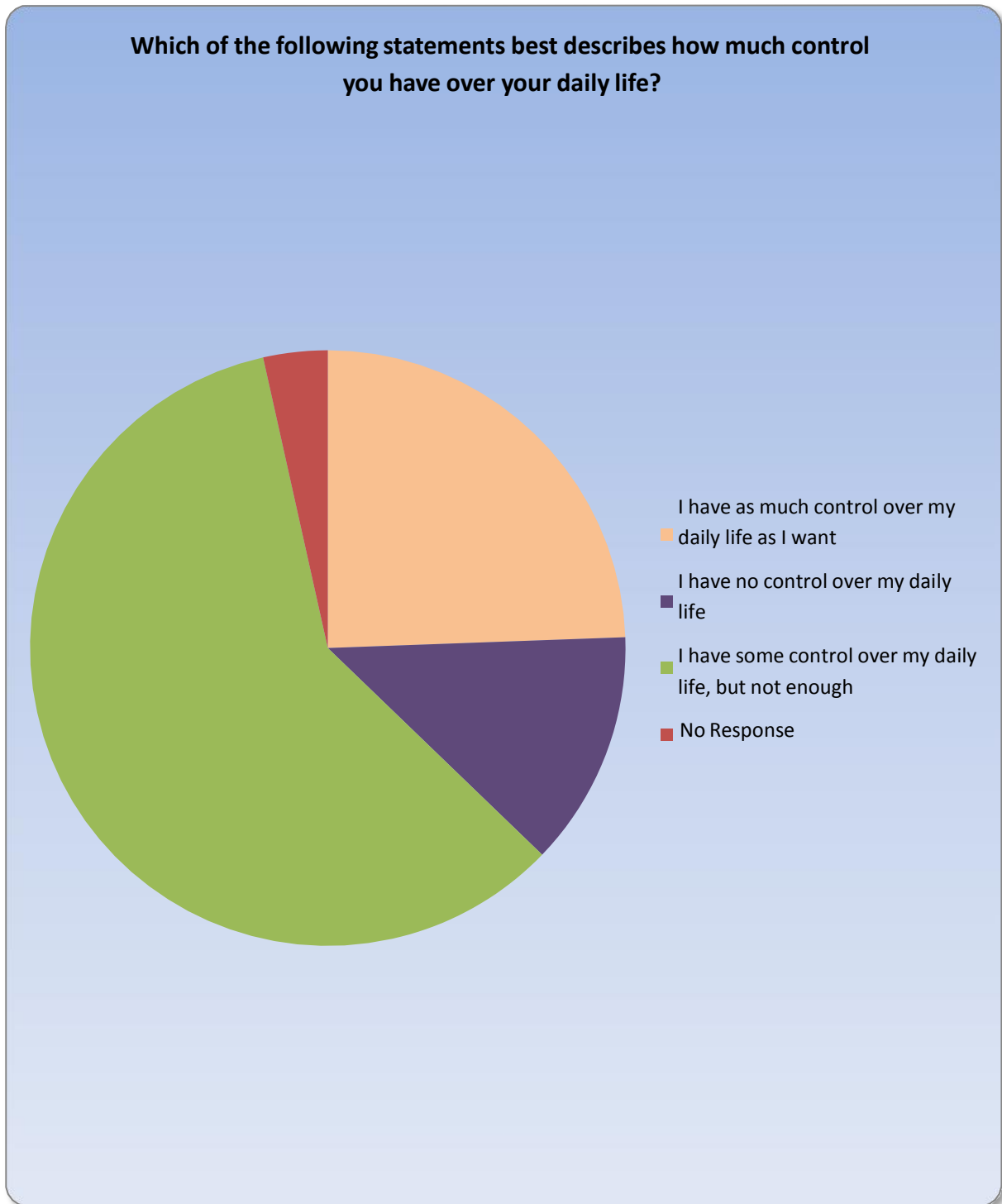
Again, very few service users (4 out of 172, or 2%) have accessed support to keep them in employment over the last year. This may be because the majority of respondents had already retired, or because they were not working anyway, or considered their caring role to be a full-time position.

Figure 17: Which of the following statements best describes how you spend your time?



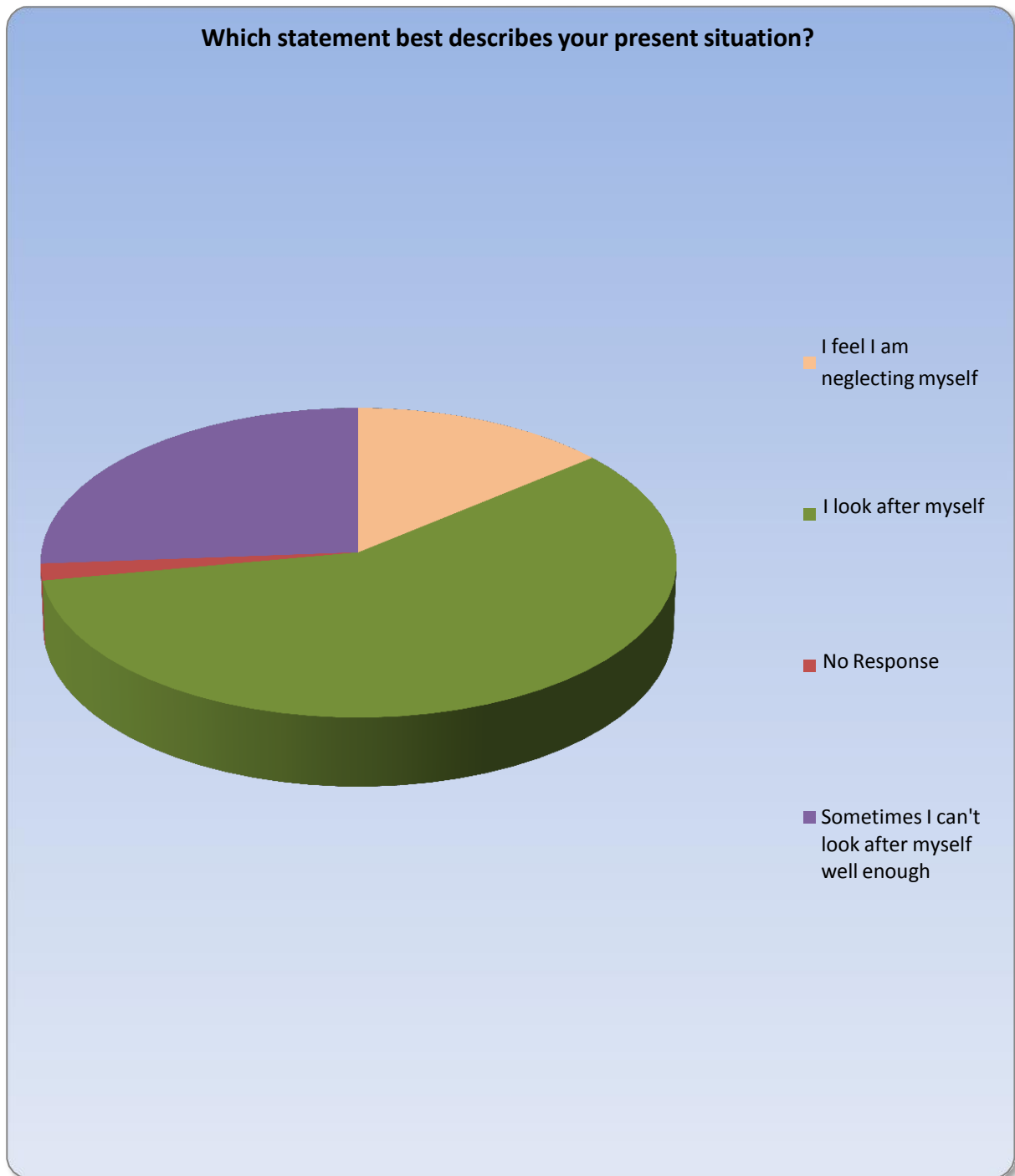
The majority of people identified that they wanted to have more activities to occupy their time (a total of 143 out of 172, or 83%). It would again be beneficial to understand why this is, since there are services which the council offer in order to redress this – be it adaptations to the home, groups which they could attend, or support from social work teams, for example. Not spending their time as they would like can cause social, physical and psychological problems for carers, which could put the caring relationship at risk, and increase the long-term burden on the council.

Figure 18: Which of the following statements best describes how much control you have over your daily life?



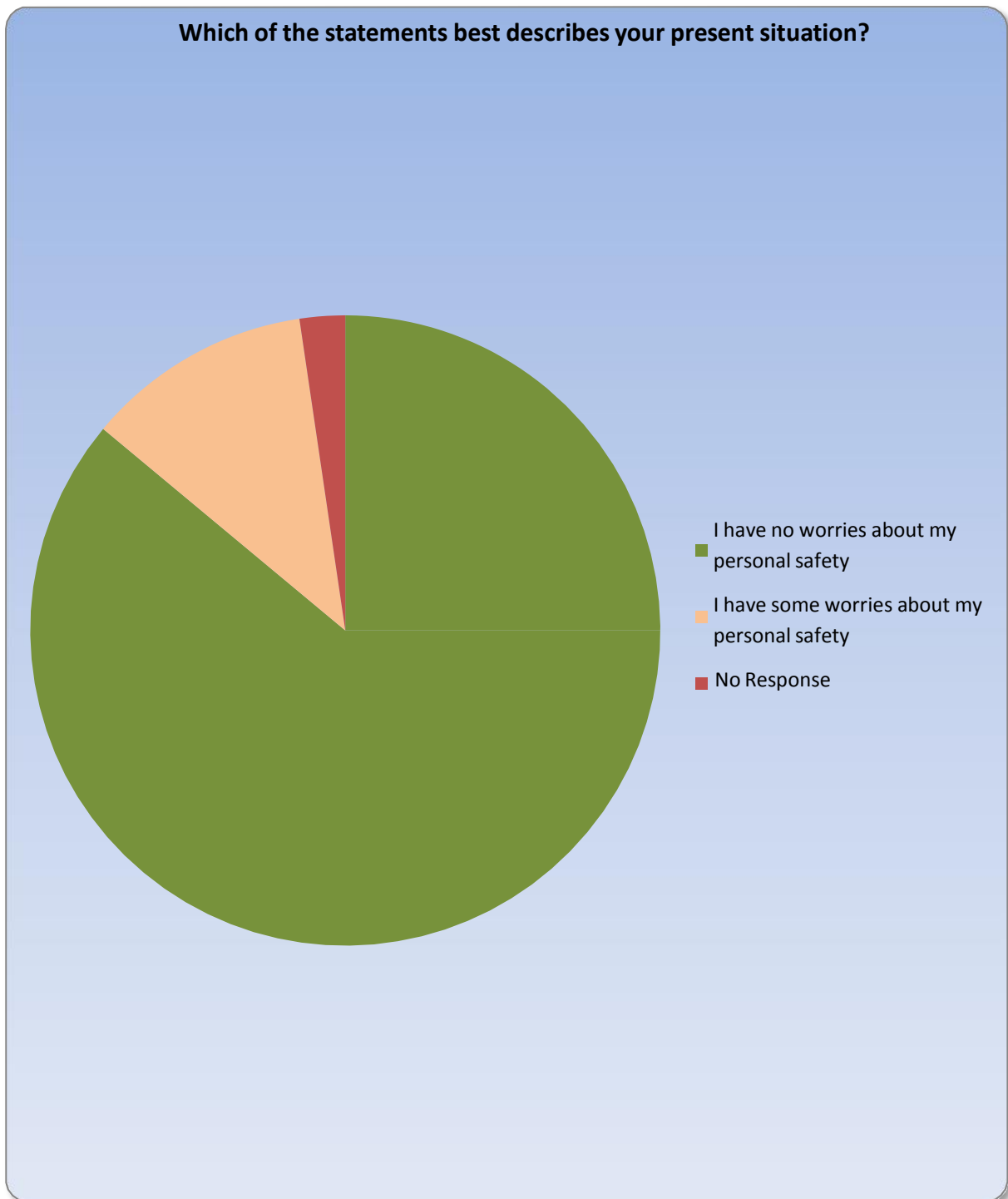
Over $\frac{3}{4}$ (124 responders, out of 172 in total) of service users stated that they required at least a degree more control over their lives. It may be that the carer does not have the time they wish for, or the social interaction they require – links between lack of control and depression are well documented, which again may affect the caring relationship.

Figure 19: Which statement best describes your present situation?



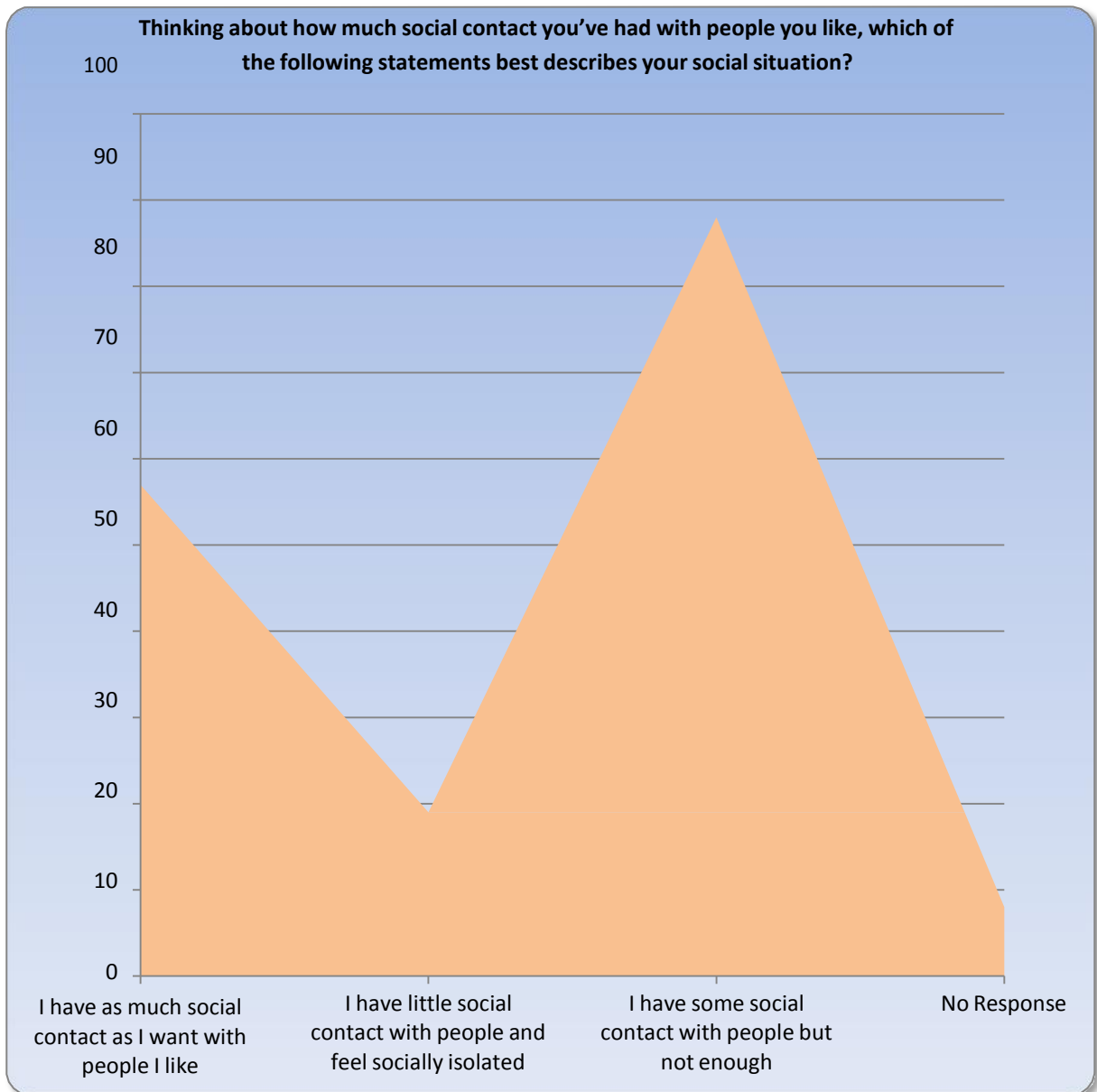
Whilst over half of the people (58%) responded that they look after themselves, it is significant that so many service users felt that they at least partially neglected themselves. The degree to which they do this would determine the required level of service, but it is key to protect both the individual, as well as the person they care for. Neglect of any form can be deemed abusive and local authorities should intervene wherever it is apparent.

Figure 20: Which statement best describes your present situation?



Similarly to the previous question, the vast majority of respondents stated that they felt safe, but there are still 20 (12%) out of 172 people who felt worried about their personal safety. No specifics are entered into and, again, the questionnaires returned are confidential, so no follow up could be carried out on the service users to ascertain the specifics of their worries.

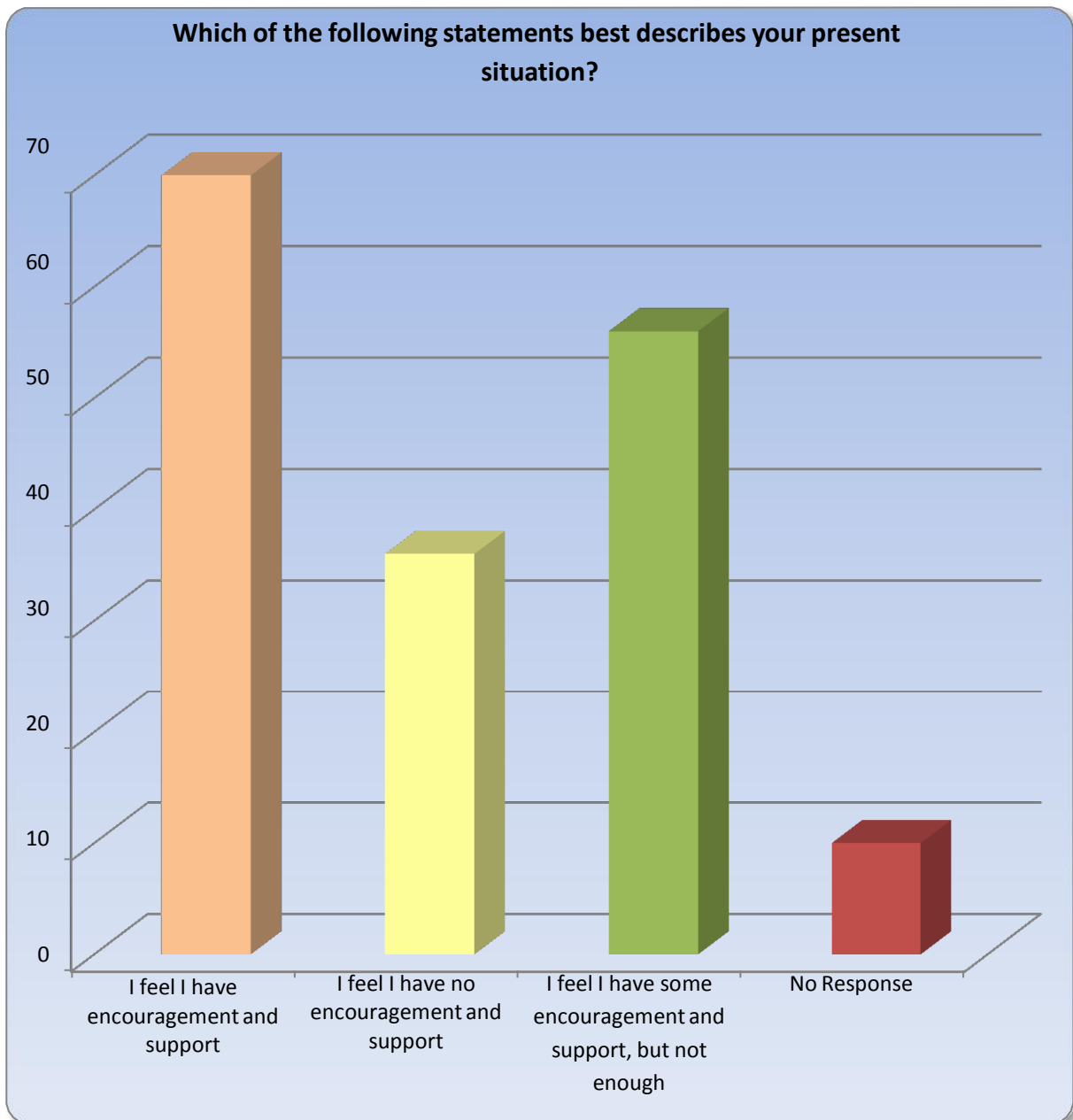
Figure 21: Thinking about how much social contact you’ve had with people you like, which of the following statements best describes your social situation?



107 (62%) out of 172 respondents reported that they would like at least some more social interaction. Social contact is vital for mental wellbeing and reducing stress for an individual to take care of themselves or others,

“A four year study of 392 carers and 427 non-carers aged 66–92 found that carers who were reporting feelings of strain had a 63% higher likelihood of death in that period than non-carers or carers not reporting strain.” (<http://psnc.org.uk/services-commissioning/essential-facts-stats-and-quotes-relating-to-carers-and-providing-carer-support-services/>, cited on 21st August 2017)

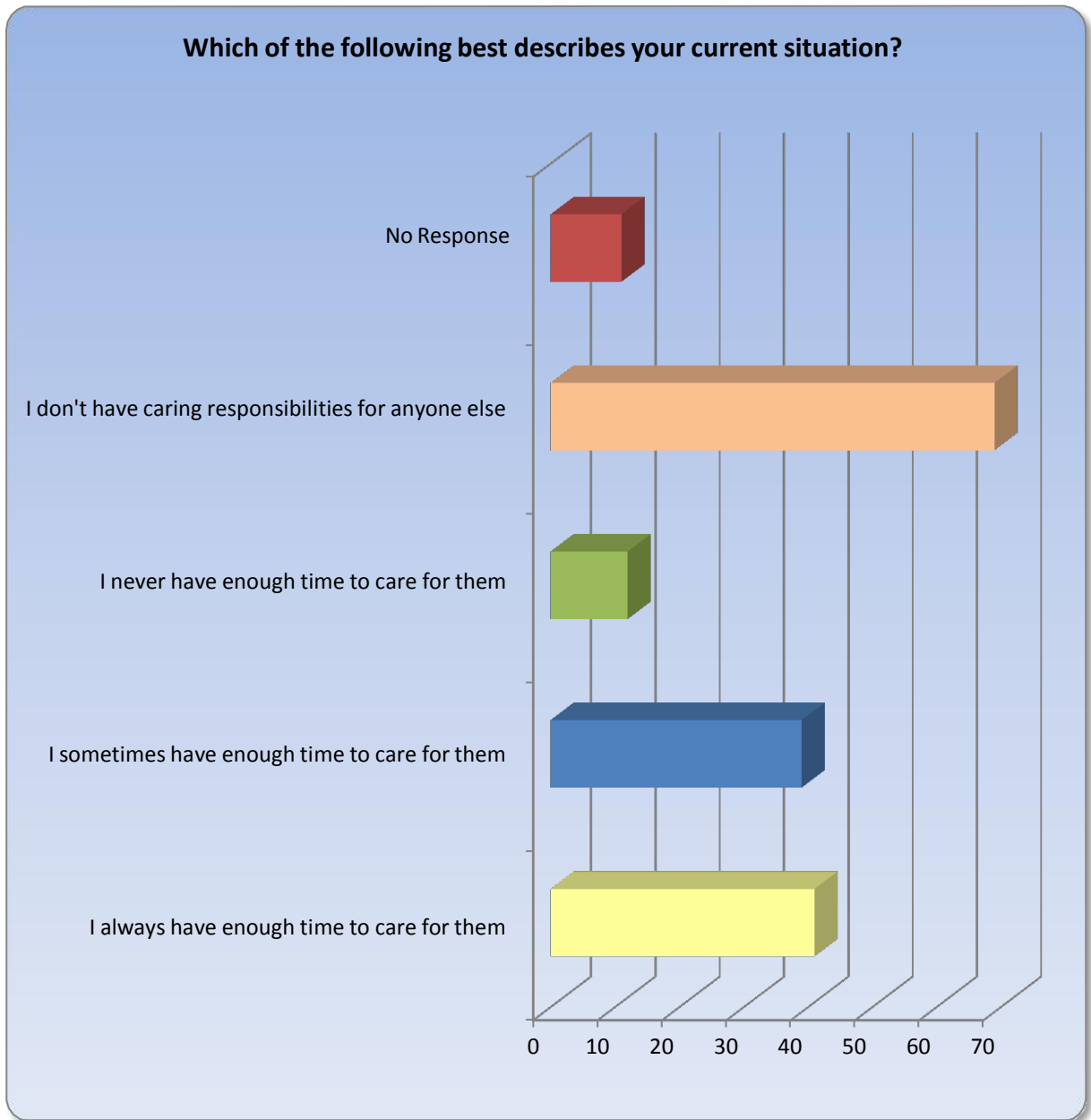
Figure 22: Which of the following statements best describes your present situation?



Of the 172 respondents, 92 (53%) commented that they would like more encouragement and support in their lives, to varying degrees. This question is again open to interpretation, and so it is difficult to put services in place in order to alleviate these problems. It is clear that carers require support, however, “70 percent of carers come into contact with health professionals, yet health professionals only identify one in ten carers with GPs, more specifically, only identifying 7 percent”

(<https://www.england.nhs.uk/commissioning/comm-carers/carers-facts/>, cited on 22/8/17).

Figure 23: Which of the following best describes your current situation?



The responses to this question show that more people feel that they do not have enough time to care for the person they look after than do. The level and number of dependents clearly has an effect on the carers themselves - according to Carer’s UK in 2014, “61% of carers said that they were worried about the impact of caring on their relationships with friends and family” and “half of carers cited problems with accessing suitable care services as a reason they gave up work or reduced working hours”.

Figure 24: In the last year, how have you been affected by your caring role?

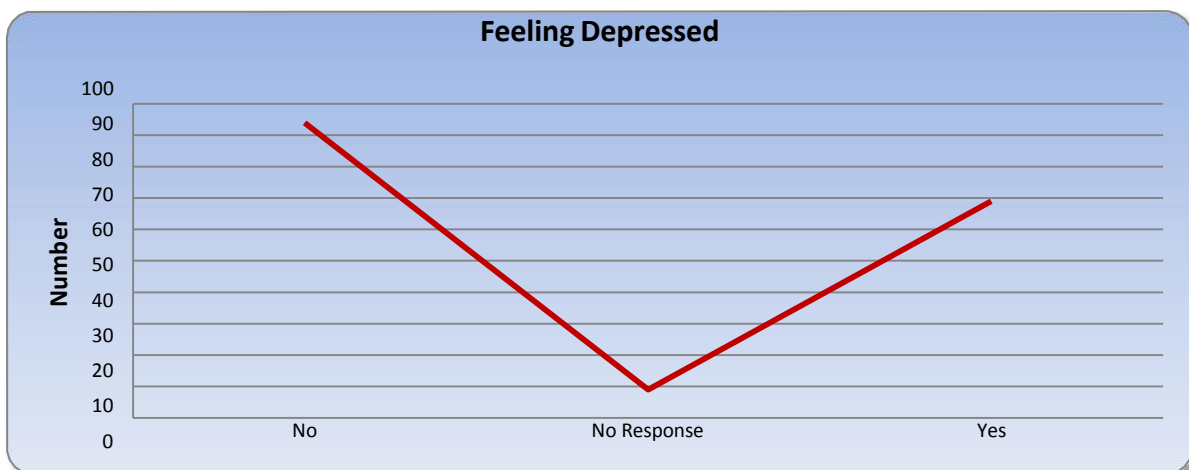


Tiredness appears to be what affects carers most frequently, with 117/172 (68%) stating that this was a side effect of their caring role,

“84 percent of carers surveyed for the 2013 State of Caring Survey said that caring has had a negative impact on their health, up from 74 percent in 2011-12 (The State of Caring 2013), for example this negative impact may be responsible for the increased risk that carers will suffer from conditions, for example, there is a 23 percent increased risk of stroke for spousal carers (Caregiving Strain and Estimated Risk for Stroke and Coronary Heart Disease Among Spouse Caregivers).”

(<https://www.england.nhs.uk/commissioning/comm-carers/carer-facts/>, cited on 22nd August 2017).

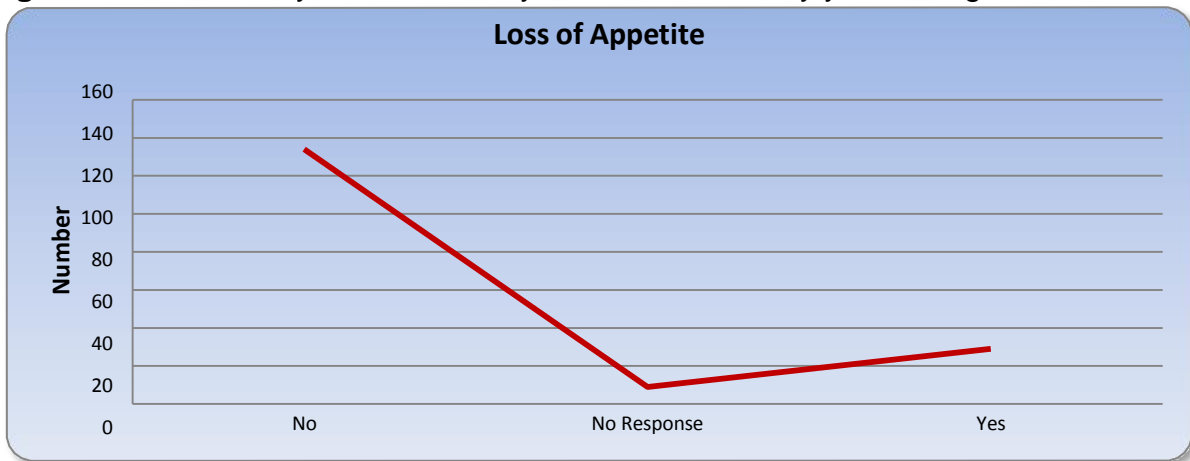
Figure 25: In the last year, how have you been affected by your caring role?



The results from this question indicate the high number of carers who suffer from depression (69/172, or just over 40%) and “Carers attribute their health risk to a lack of support, with 64 percent citing a lack of practical support.

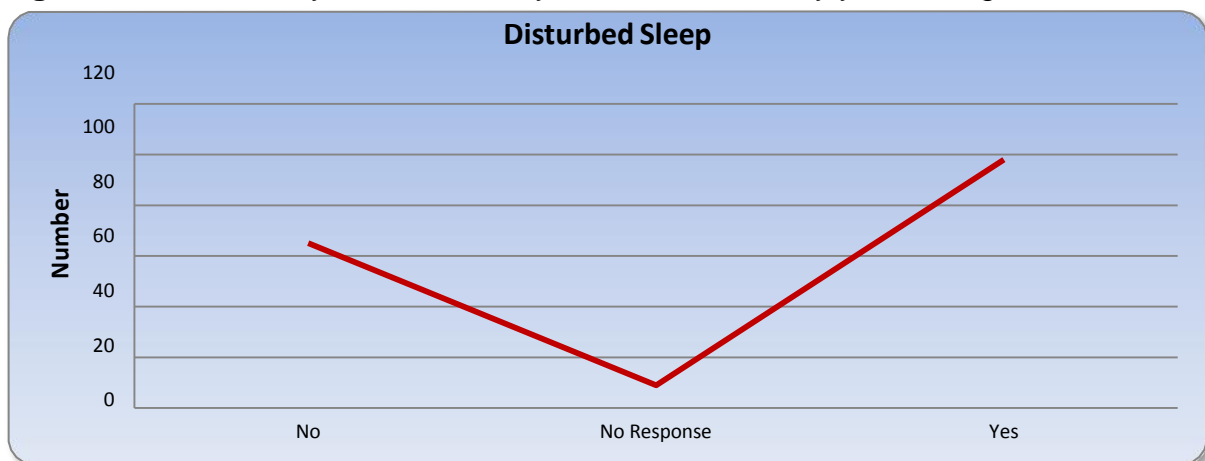
(<https://www.england.nhs.uk/commissioning/comm-carers/carer-facts/>, cited on 22nd August 2017).

Figure 26: In the last year, how have you been affected by your caring role?



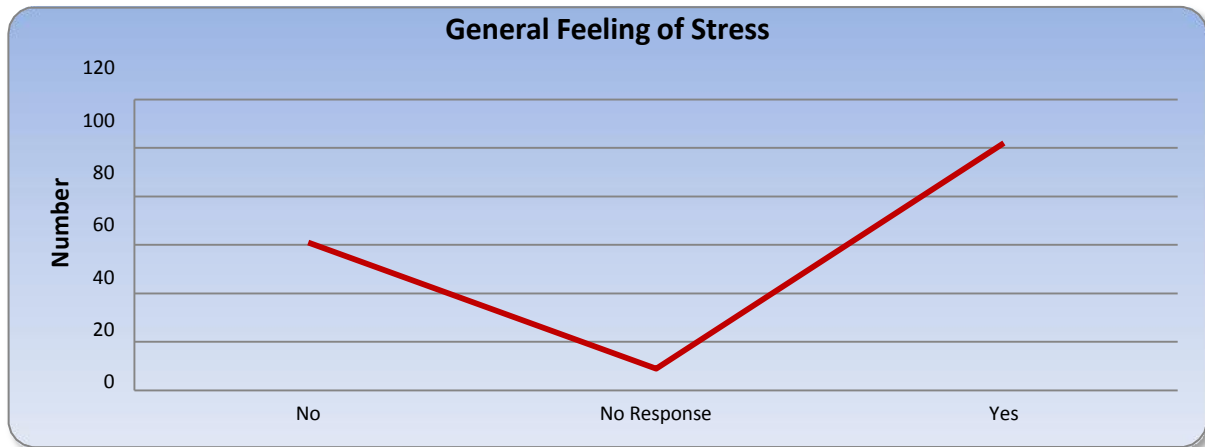
17% of respondents stated that they had suffered a loss of appetite as a result of their caring role. These by-products of being a carer can be catastrophic and could lead to long-term problems where the carer becomes the cared-for. There is a general feeling that carers are also not as highly regarded as they should be, with 74% of the United Kingdom feeling that carers were undervalued (<http://www.carersweek.org/>, cited on 22nd August 2017).

Figure 27: In the last year, how have you been affected by your caring role?



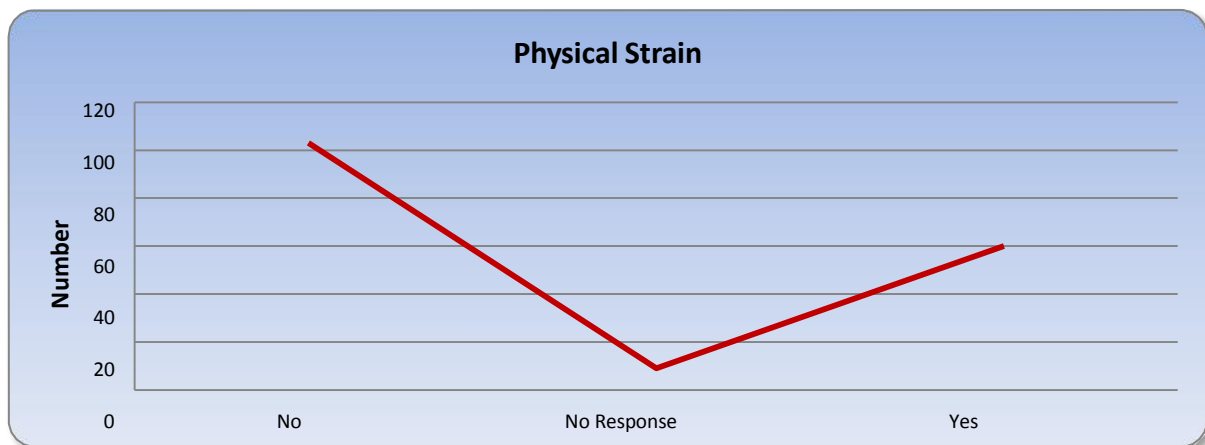
This result mirrors that of the first question regarding tiredness, as you might expect, with 57% of respondents stating that they experienced disturbed sleeping patterns. Sleep can cause general distress and affect overall health, “research also found key times when caring was more likely to make you ill – at the beginning of caring and once caring had ceased. Women were also more likely than men to suffer from mental ill-health if they were a carer. Research published in 1998 by Carers UK found that 52% of respondents providing substantial amounts of care had been had been treated for a stress-related disorder”.

Figure 28: In the last year, how have you been affected by your caring role?



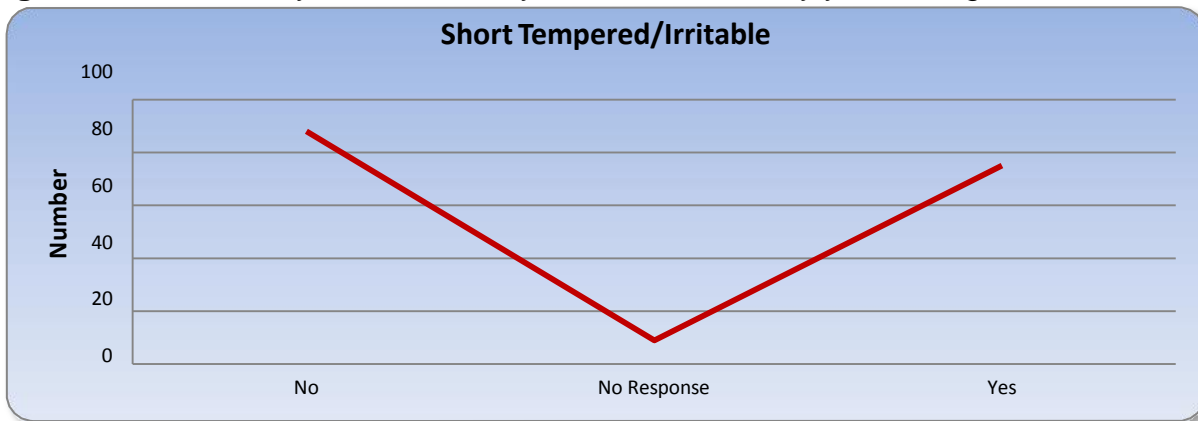
The majority of respondents (59%) commented that they experienced a general feeling of stress because of their position as a carer and “a recent report found that mental health problems were more likely to be associated with caring, than physical ill-health. The representative study, based on analysis of the British Household Panel Survey, also found that carers were more likely to report high levels of psychological distress, including anxiety, depression, loss of confidence and self- esteem, compared to non-carers”.

Figure 29: In the last year, how have you been affected by your caring role?



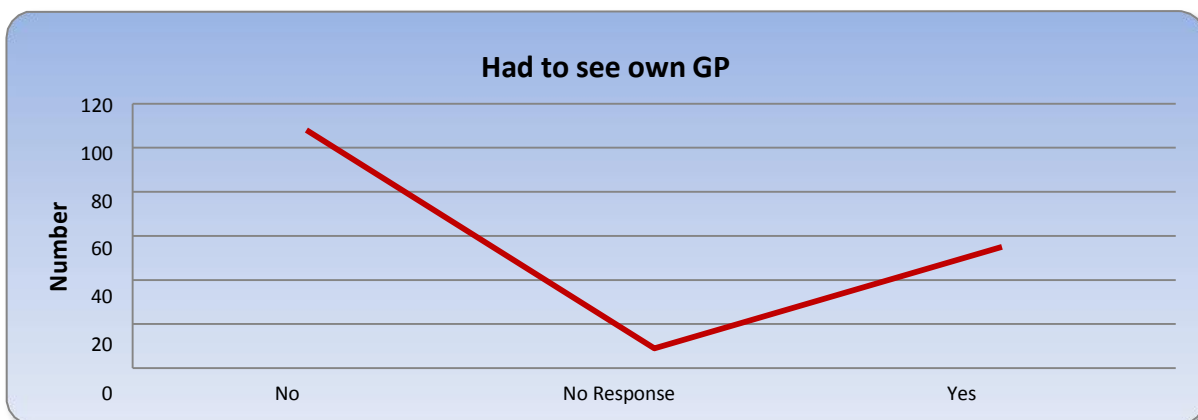
60 out of 172 (35%) carers stated that they felt some form of physical strain as a result of their role, and “the General Household Survey found that 24% of carers caring for 50 hours a week or more reported “physical strain”. Carers UK’s own research found that half of the respondents providing substantial care had suffered a physical injury since they began caring often due to having to lift or handle the disabled person. Carers also report other physical health problems associated with stress such as high blood pressure and heart problems.” (all quotes from <http://static.carers.org/files/in-poor-health-carers-uk-report-1674.pdf>, cited on 22nd August 2017).

Figure 30: In the last year, how have you been affected by your caring role?



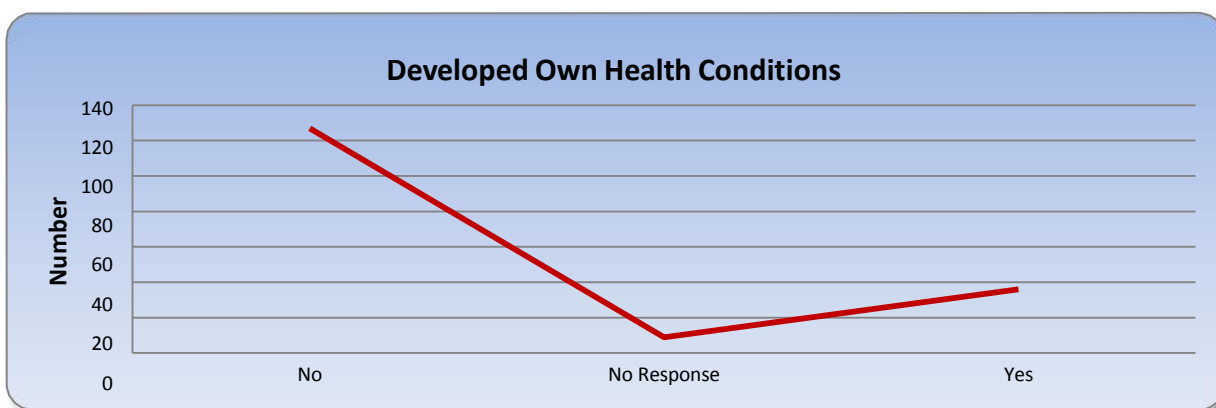
44% of the 172 respondents said that their role as a carer caused them to be irritable or short tempered at times. This matches the pattern for those who identified that their sleep was affected by their role, as you would expect.

Figure 31: In the last year, how have you been affected by your caring role?



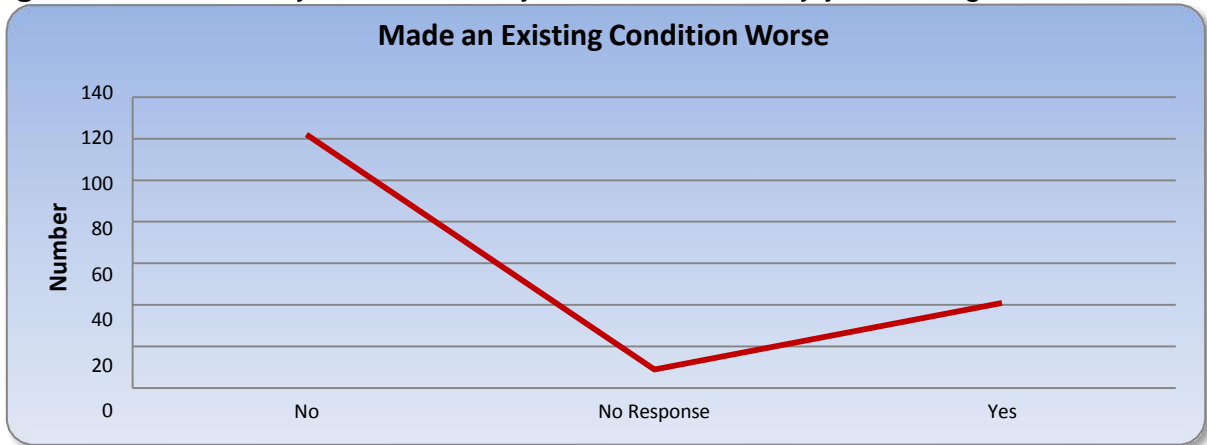
Almost one third (32%) of those who responded stated that they had been to see their GP as a result of their caring position. It is positive that health professionals are aware of the plight of these carers.

Figure 32: In the last year, how have you been affected by your caring role?



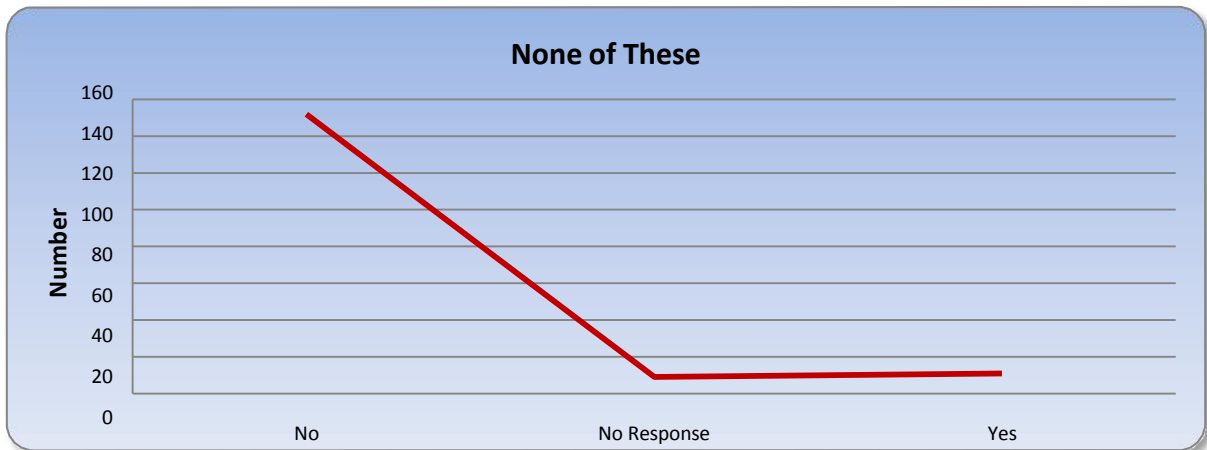
Whilst in the minority, it should be noted that 36 (21%) out of 172 carers had developed their own health condition because they had to care for someone.

Figure 33: In the last year, how have you been affected by your caring role?



If you look at the previous answer in combination with this one, it can be seen that another 41 (24%) people commented that being a carer had also made an existing condition worse.

Figure 34: In the last year, how have you been affected by your caring role?



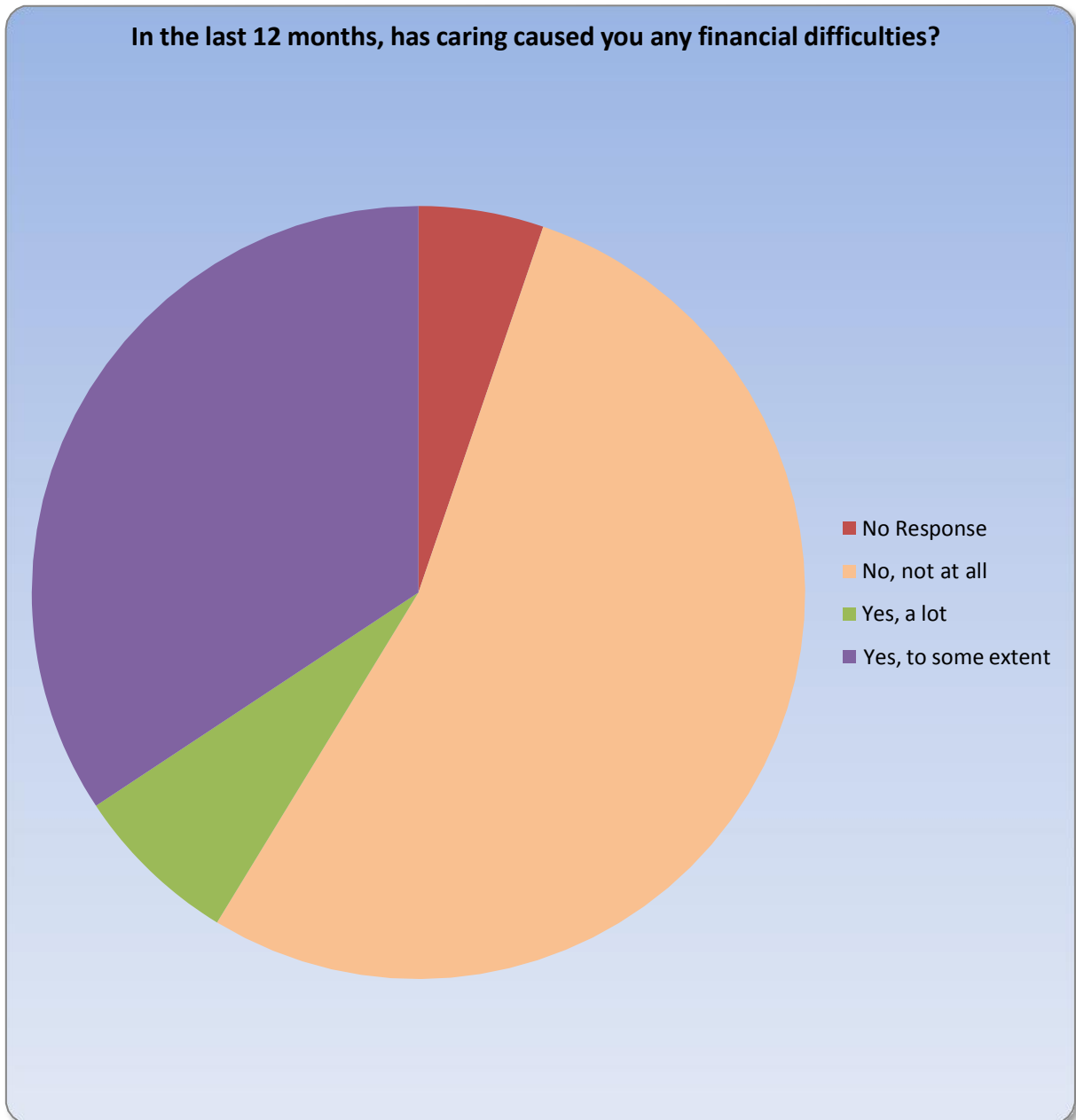
Only 11 (or 6.4%) carers commented that they had not experienced any negative health reactions to their role.

Figure 35: In the last year, how have you been affected by your caring role?



This is an ambiguous question, but 6 (3.5%) people said that they had experienced an additional problem as a result of being a carer.

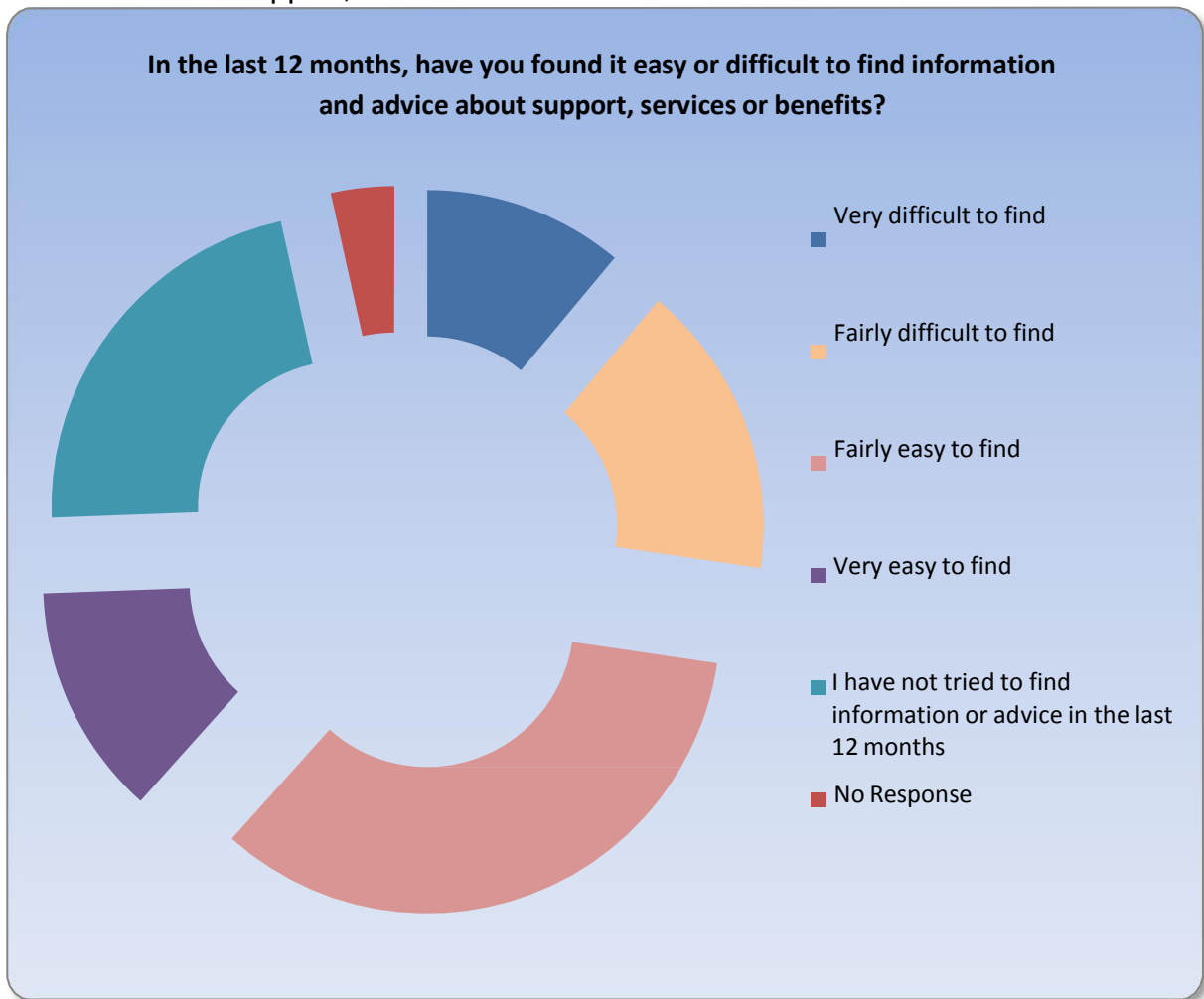
Figure 36: In the last 12 months, has caring caused you any financial difficulties?



71 respondents (41%) stated that their caring role had caused them some sort of financial difficulties. Whilst it may be considered that the degree of this is subjective, it is again worth revisiting those who may be in financial difficulty to ensure they have contingencies in place.

In the Wirral, there are 3,680 people who claim benefits as a result of their role, which is 1.9% of the population. This compares to 1.5% of the population of the whole of the north-west and 1.2% nationally (2011 census).

Figure 37: In the last 12 months, have you found it easy or difficult to find information and advice about support, services or benefits?

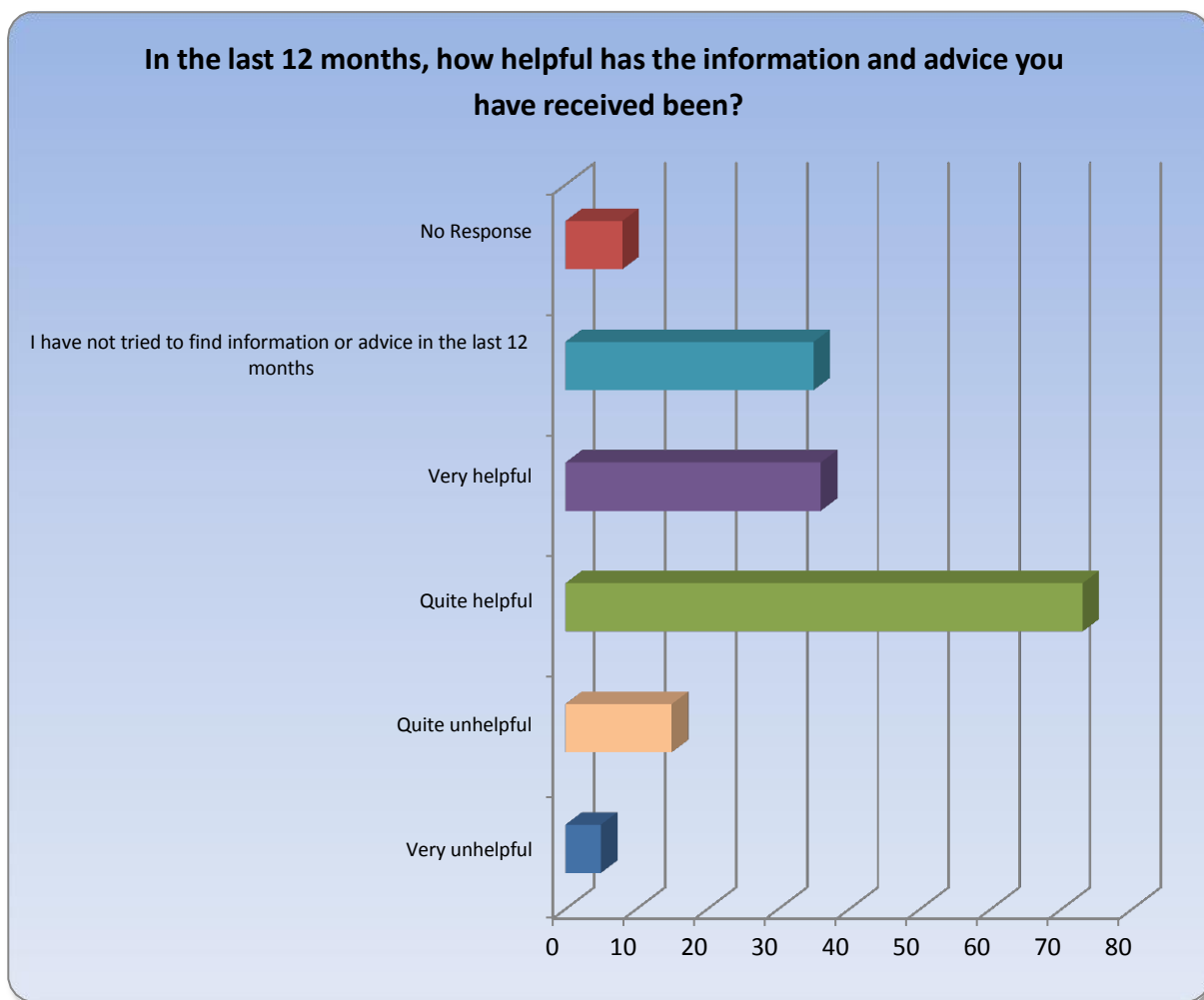


The responses to this question are varied, and should be followed up for those who experienced any difficulties in finding information and advice (over a quarter, at 27%). This can have a profound effect on the quality of life of the carer,

“42% of carers have missed out on financial support as a result of not getting the right information and advice. 53% of carers said their money worries were taking a toll on their health. Almost half of carers had cut back on essentials like food (45%) and heating (44%). Half of working age carers live in a household where no-one is in paid work.”

([file:///s02vs-uenv02.core.wcent.wirral.gov.uk/user\\$/wohlersc/Downloads/facts-about-carers-2014.pdf](file:///s02vs-uenv02.core.wcent.wirral.gov.uk/user$/wohlersc/Downloads/facts-about-carers-2014.pdf), cited on 21st August 2017)

Figure 38: In the last 12 months, how helpful has the information and advice you have received been?



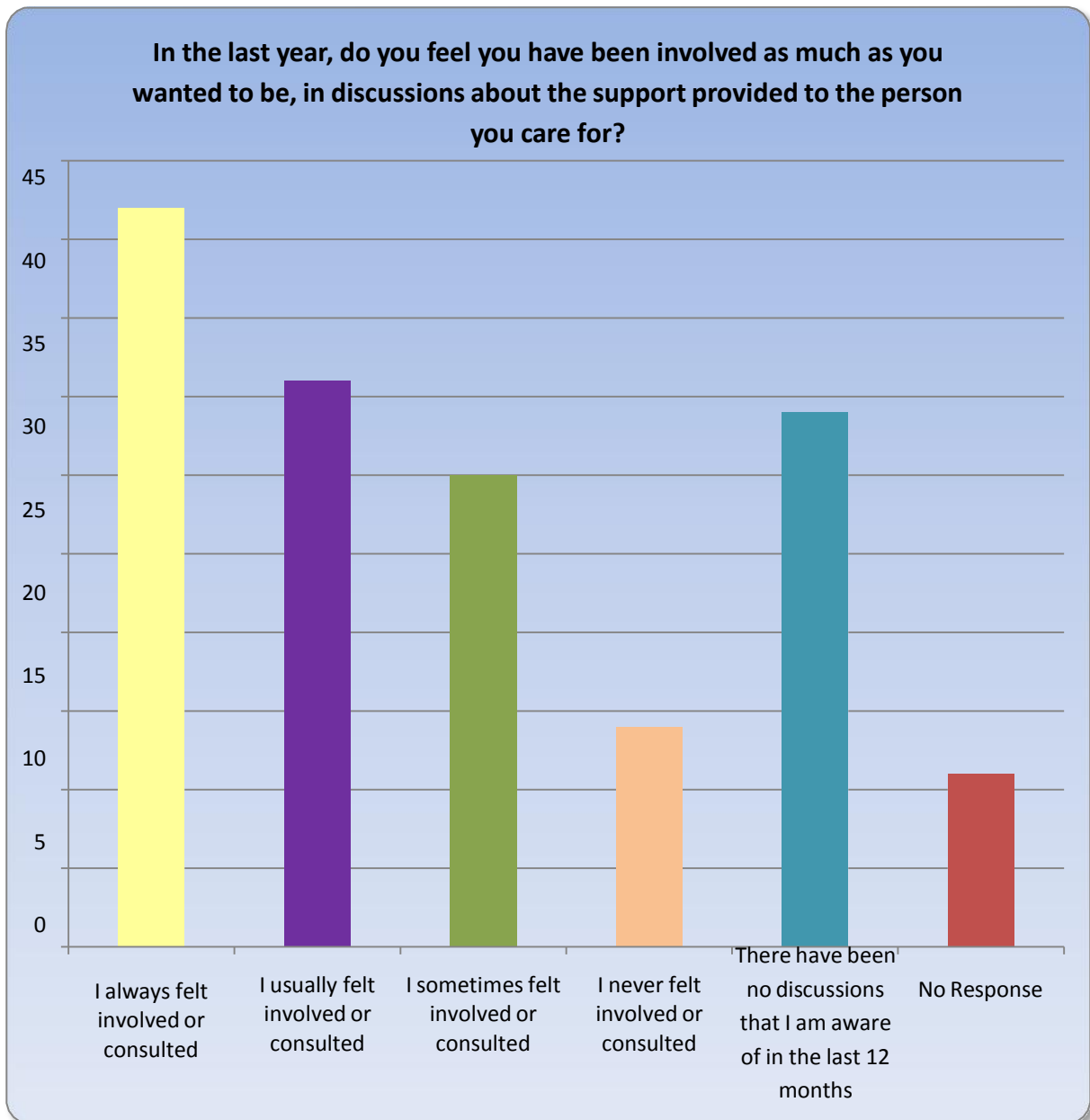
With this type of question again, it would be beneficial to be able to analyse why 20 (12%) carers found the information and advice they received was unhelpful, in a bid to correct any potential issues in the system. It is vital that information and advice is given to carers, since, according to Carer’s UK, “the care provided unpaid, by the nations’ carers is worth an estimated £119bn per year – considerably more than total spending on the NHS in England.”

It can also be seen that,

“66 percent of carers feel that healthcare staff don’t help to signpost them to relevant information or support, and when information is given, it comes from charities and support groups”

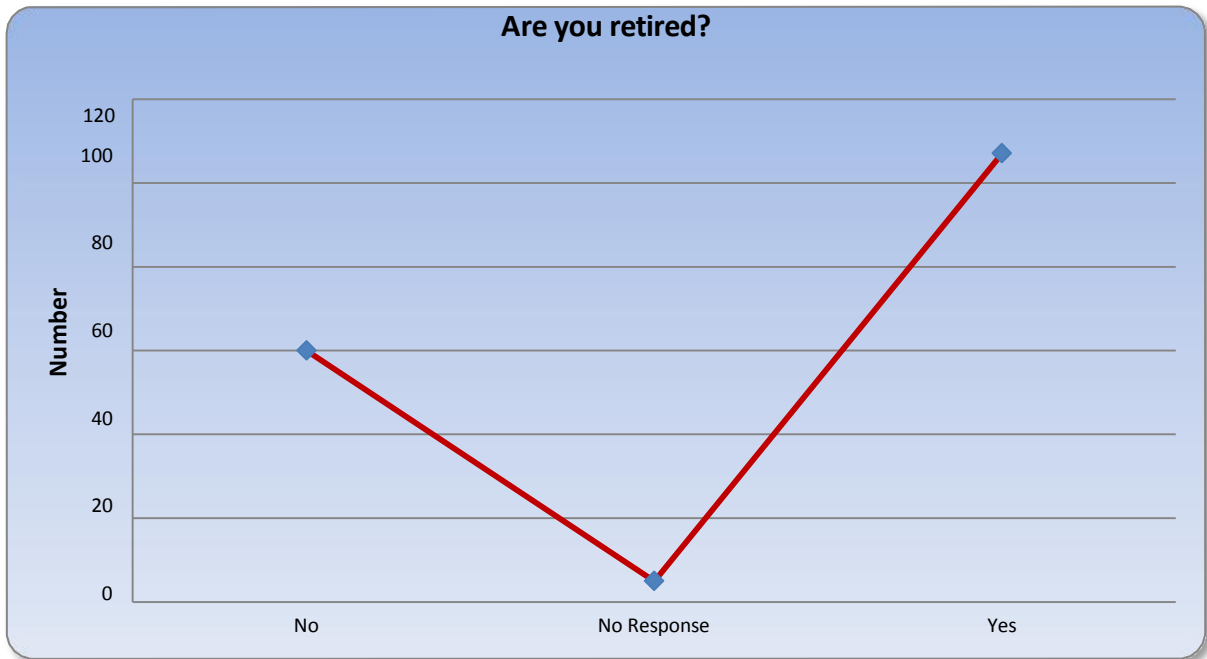
(<https://www.england.nhs.uk/commissioning/comm-carers/carer-facts/>, cited on 22nd August 2017)

Figure 39: In the last year, do you feel you have been involved as much as you wanted to be, in discussions about the support provided to the person you care for?



14 (8%) carers indicated that they did not feel involved in discussion about the support provided to the person they care for. Ascertaining the reasons for this would help to inform policy and procedures in order to ensure this did not occur again. According to Carer’s UK, “In 2014, half of carers (49%) said they feel society does not think about them at all”. Working in a collaborative way is the key to maintaining a successful carer relationship. Sometimes there may not have been any need for specific discussions about the carer, or cared for, but open and available communication will ensure a cooperative and supportive approach.

Figure 40: Are you retired?



The results from this question appear to be in line with the older age demographic, with the majority (107 carers, or 62%) stating that they had retired themselves. Nationally, 53% of carers said their money worries were taking a toll on their health (Carer’s UK, 2014).

Figure 41: Are you employed full-time?



9% of the carers who responded stated that they were in full-time work. Looking at statistics from Carers UK in 2014, “3 million people combine caring for a loved one with paid work”.

Figure 42: Are you employed part-time?



20 out of the 172 carers (or 12%) worked part-time. According to Carers UK, “Over 2 million people have given up work at some point to care for loved ones, whilst 3 million have reduced working hours”.

Figure 43: Are you employed full-time



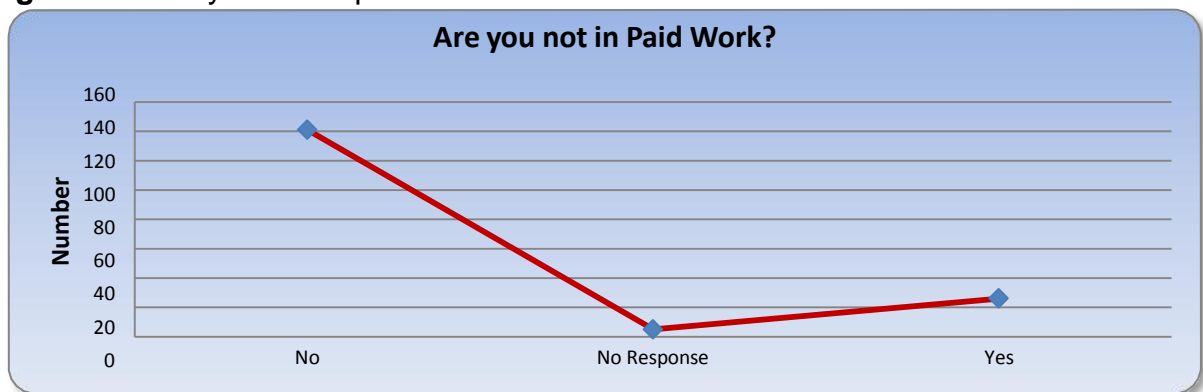
Only 3 people commented that they were self-employed full-time, which is 2% of the total. Being self-employed can be even more challenging for carers, since they may have nothing to fall back on, such as a company sickness policy, in the event of taking time off for their caring duties.

Figure 44: Are you self-employed and/or part-time?



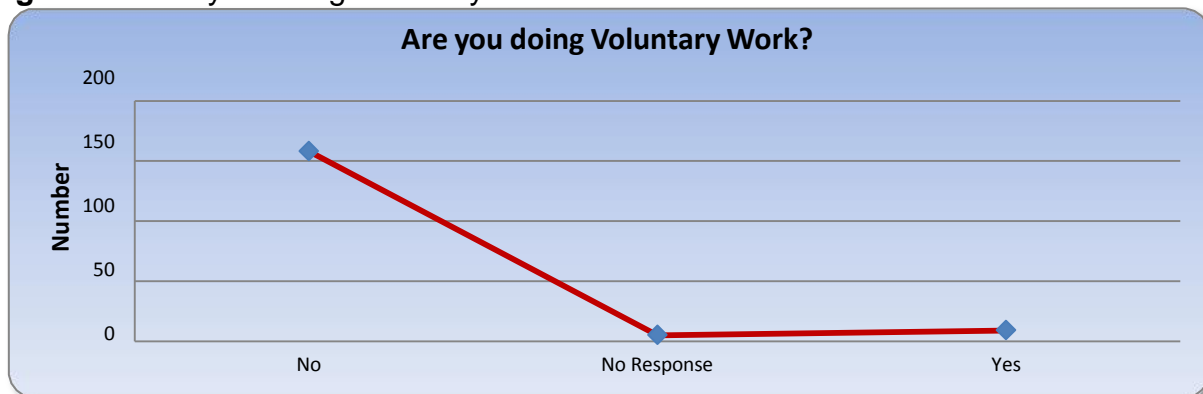
Similarly, 2% of respondents stated that they were self-employed on a part-time basis.

Figure 45: Are you not in paid work?



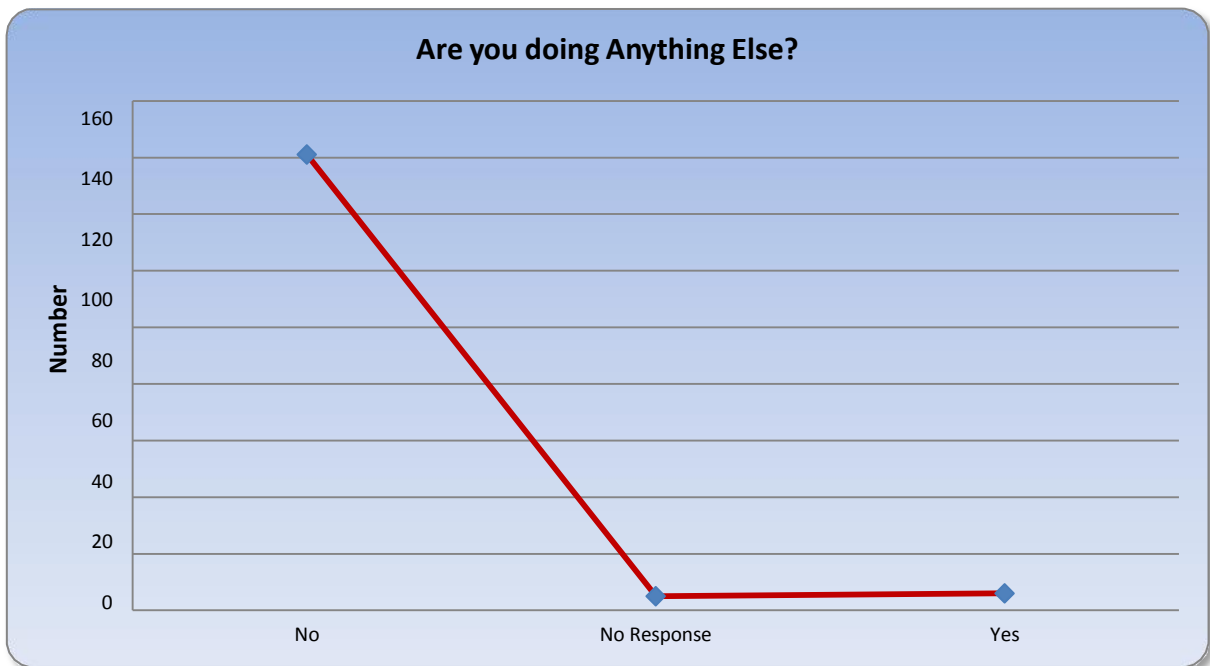
This question is open to interpretation, since it may identify those who are in voluntary work as well as those who do not engage in paid work at all. There is also a double negative in the question itself, which may have confused some respondents – 26 (or 15%) answered 'yes', which does not correspond with previous answers.

Figure 46: Are you doing voluntary work?



5% of respondents were doing voluntary work at the time that they answered the questionnaire.

Figure 47: Are you doing anything else?

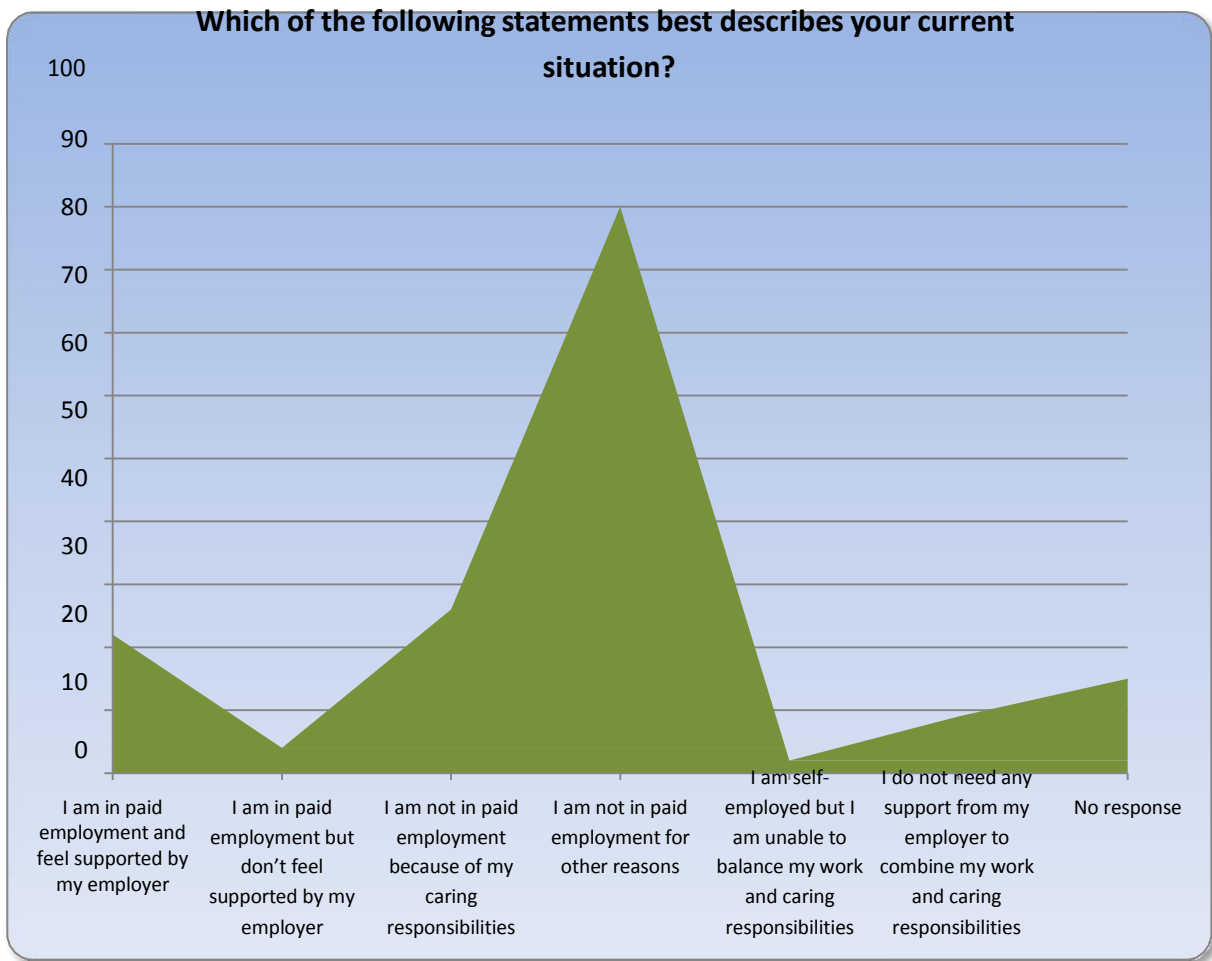


This question relates to the employment sector, with 3% stating that they were doing another form of work, although no specifics were recorded.

Looking at the issue of employment and poverty in general, within the caring population, *“The poverty rate among working-age carers increases with the number of hours they care for, particularly after 20 hours per week.*

- 2.6 million working-age carers provide less than 20 hours and have a lower poverty rate than the average non-carer (of 21%). 1.4 million working-age adults provide at least 20 hours of care and have a poverty rate of 37%.
- Despite the challenges of combining care with employment, 400,000 people are doing a full working week alongside long hours of care (20 hours or more)
- Working-age people who provide care for 20 hours or more each week tend to have lower qualification levels. Overall, 70% of those who cared for 20 hours or more had no or low qualifications compared with around half of low intensity carers (52%) or non- carers (48%).” (cited from <http://www.npi.org.uk/publications/income-and-poverty/informal-care-and-poverty-uk/> on 22nd August 2017)

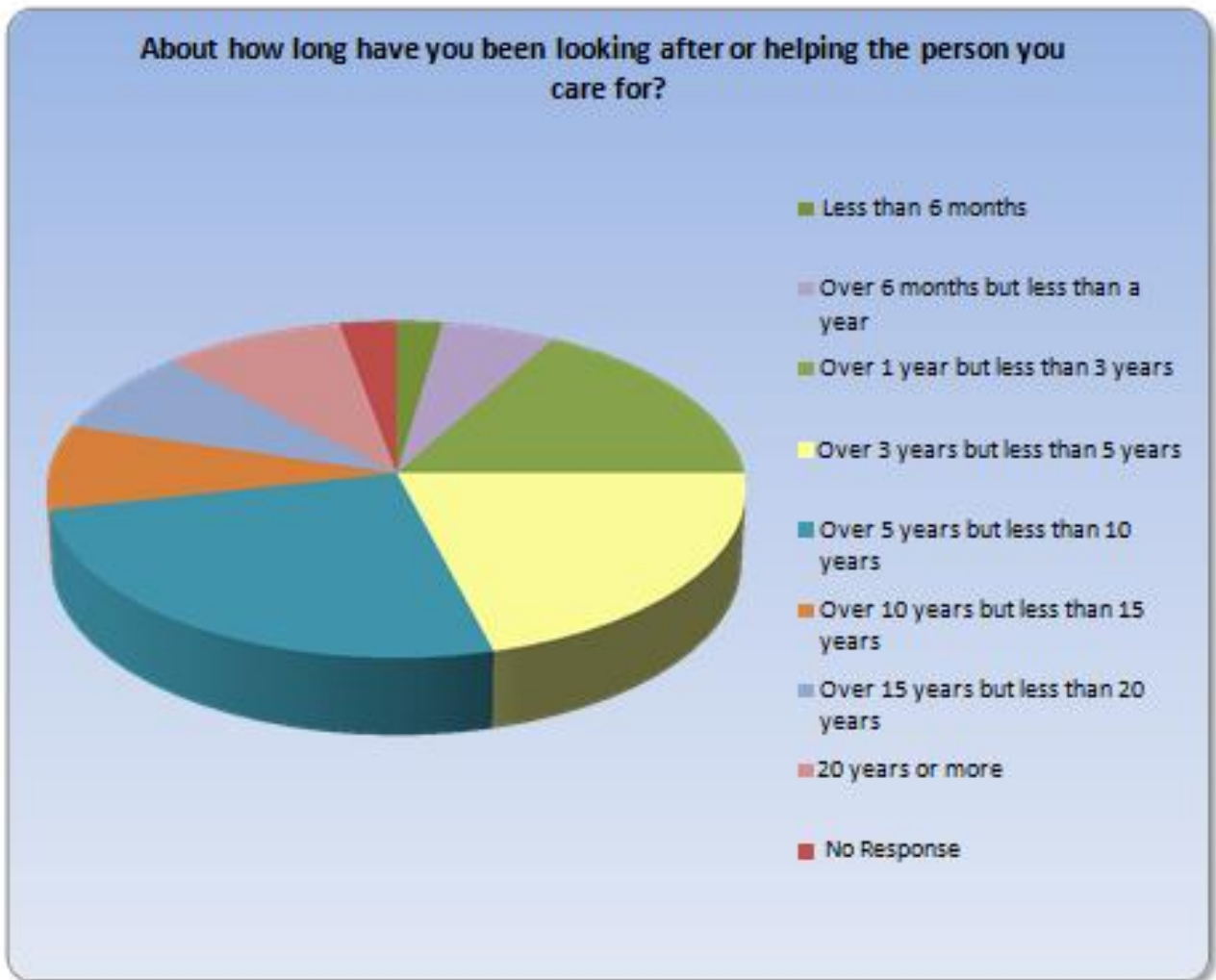
Figure 48: Which of the following statements best describes your current situation



Only 6 (3%) carers who are working stated that their role had an impact on their employment. Support should be provided for these individuals, along with those who no longer work as a result of these responsibilities (26, or 15%). The top occupations listed by people in Wirral are Professional at 17.7%, Administrative and secretarial (12.9%), Associate professional and technical (12.0%), Caring, leisure and other service (10.9%), Skilled trades (10.9%), Elementary (10.1%), Administrative (9.9%), Managers, directors and senior officials (9.3%), Elementary administration and service (8.7%), Sales and customer service (8.6%) (<http://localstats.co.uk/census-demographics/england/north-west/wirral>, cited on 1st August 2017).

Over the whole country, Over 3 million people juggle care with work, however the significant demands of caring mean that 1 in 5 carers are forced to give up work altogether (<https://www.carersuk.org/news-and-campaigns/press-releases/facts-and-figures>, cited on 26th July 2017).

Figure 49: Which of the following statements best describes your current situation

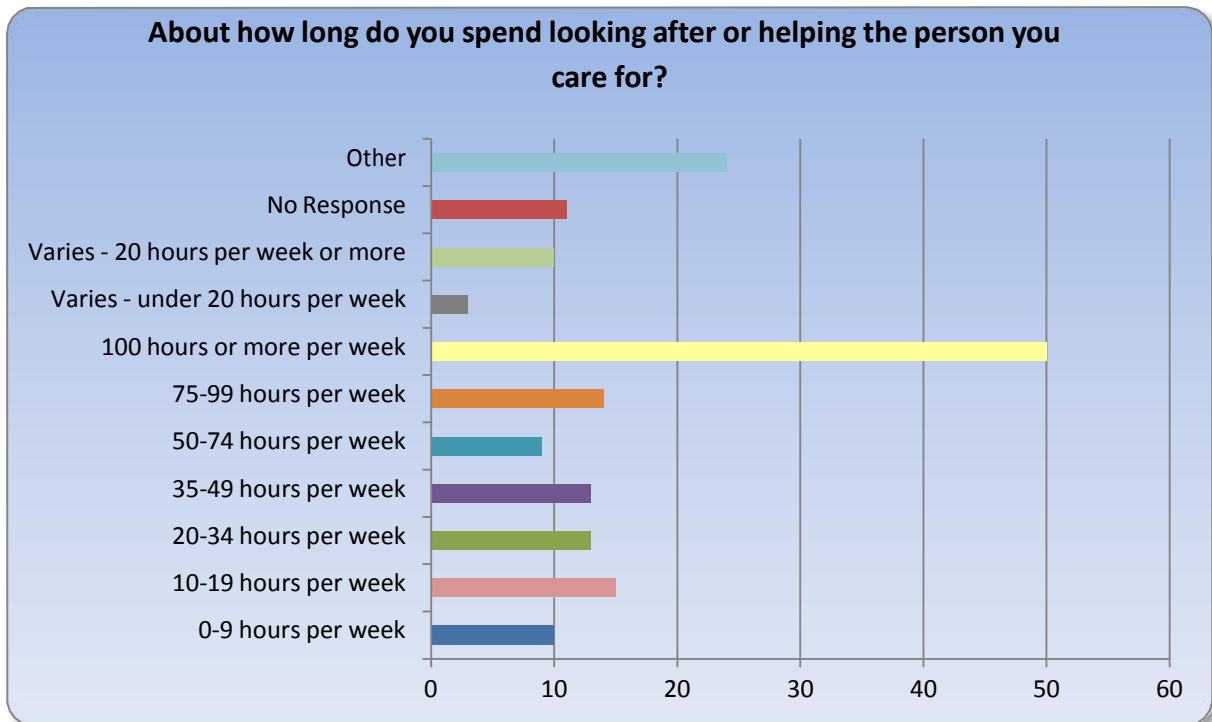


The responses to this question generally follow a normal distribution, with the majority of carers performing the role for 1-10 years. Looking nationally (Carer’s UK statistics from 2014),

“Most carers (40%) care for their parents or parents-in-law

- Over a quarter (26%) cares for their spouse or partner.
- People caring for disabled children under 18 accounts for 8% of carers and 5% of carers are looking after adult children.
- A further 4% care for their grandparents and 7% care for another relative.
- Whilst the majority care for relatives, one in ten carers (9%) care for a friend or neighbour.”

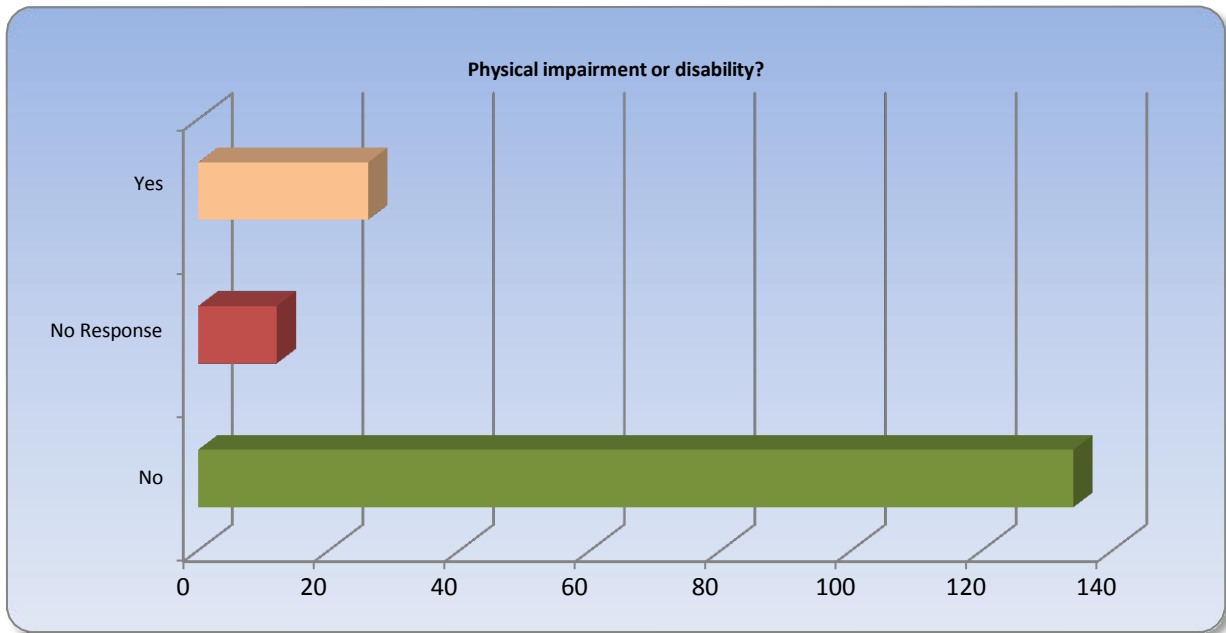
Figure 50: About how long do you spend looking after or helping the person you care for



The clear spike in the graph above shows that 50 (29%) carers look after someone for more than 100 hours per week. The national picture tells a similar story - over 1.3 million people provide over 50 hours of care per week (<https://www.carersuk.org/news-and-campaigns/press-releases/facts-and-figures>, cited on 26th July 2017). The following statistics are also taken from the Carer’s UK website,

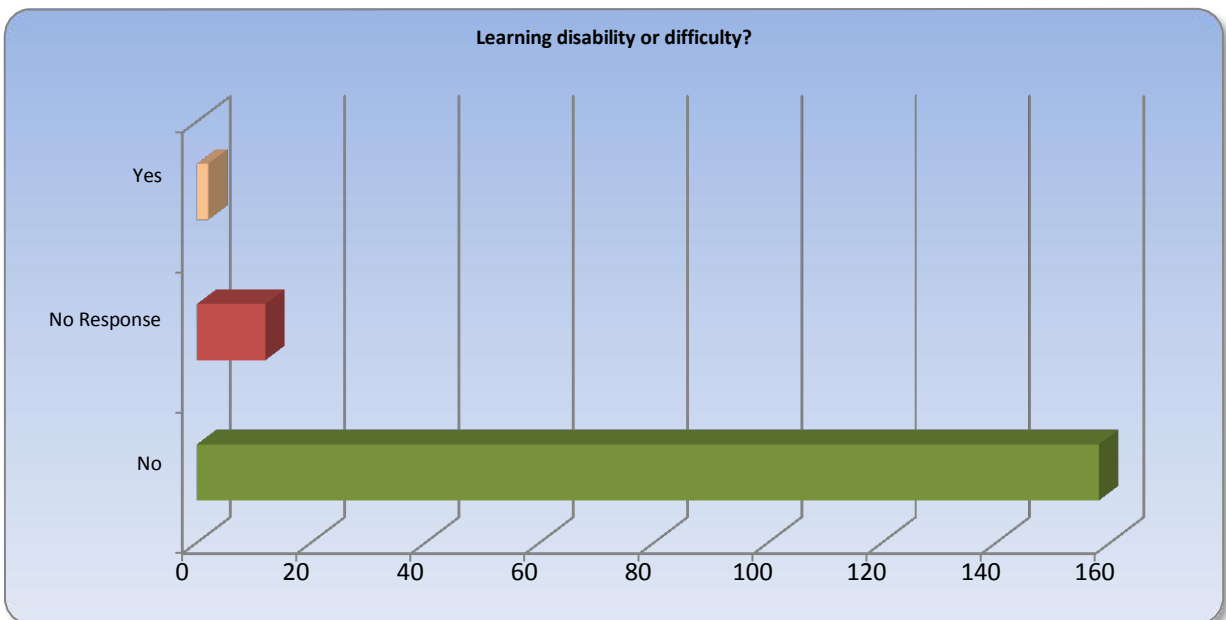
- 93% said they provide practical help such as preparing meals, doing laundry or shopping.
- 87% provide emotional support, motivation or keeping an eye on someone either in person or by phone.
- 85% said they arranged or coordinated care services or medical appointments.
- 83% said they manage paperwork or financial matters for the person they care for.
- 71% of carers provide personal care like help with washing, dressing, eating or using the toilet
- 57% carers were helping the person they care for with their mobility – getting in and out of bed, moving around or getting out of the house.

Figure 51: Do you have any of the following ailments? Physical impairment or disability



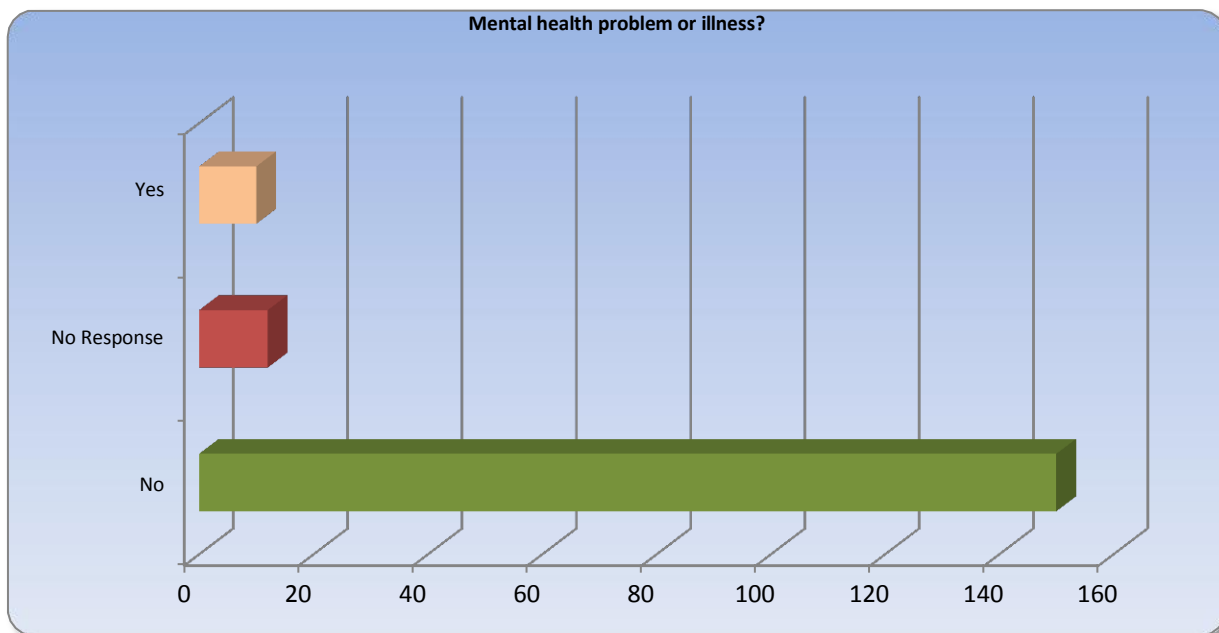
26 (15%) out of the 172 carers responded that they had a physical impairment or disability themselves. This may affect their ability to undertake their carer role, and should be identified as a risk where possible, in order for support and services to be made available where required.

Figure 52: Do you have any of the following ailments? Learning disability or difficulty



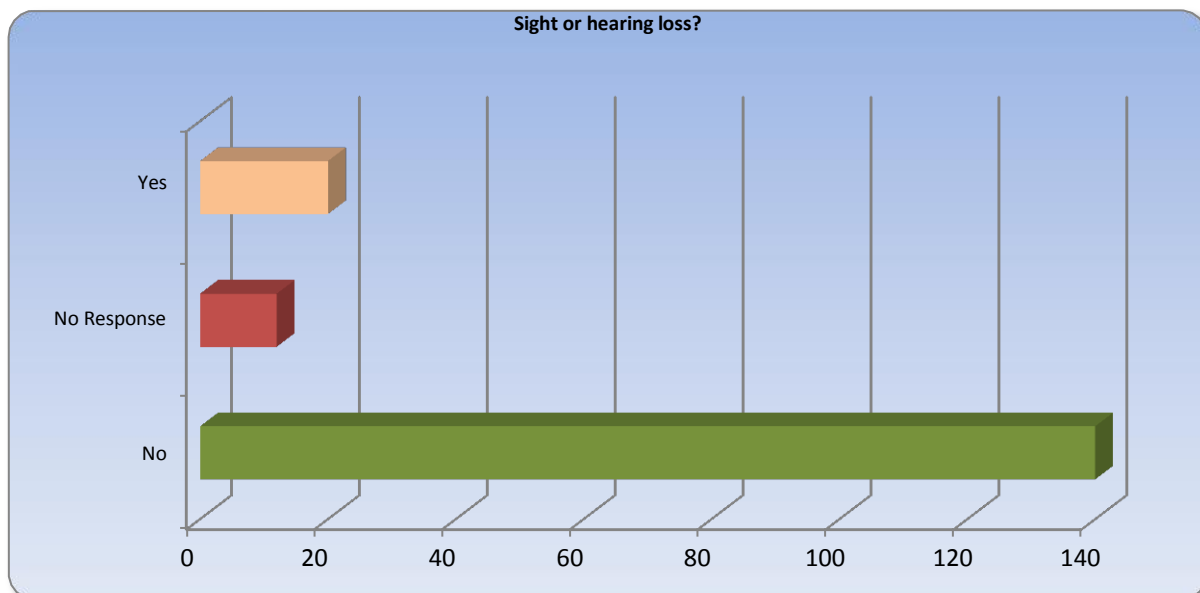
Only 2 people (1%) highlighted that they had a learning disability or difficulty, but the impact of having a caring role on top of that should not be underestimated.

Figure 53: Do you have any of the following ailments? Mental health problem or illness



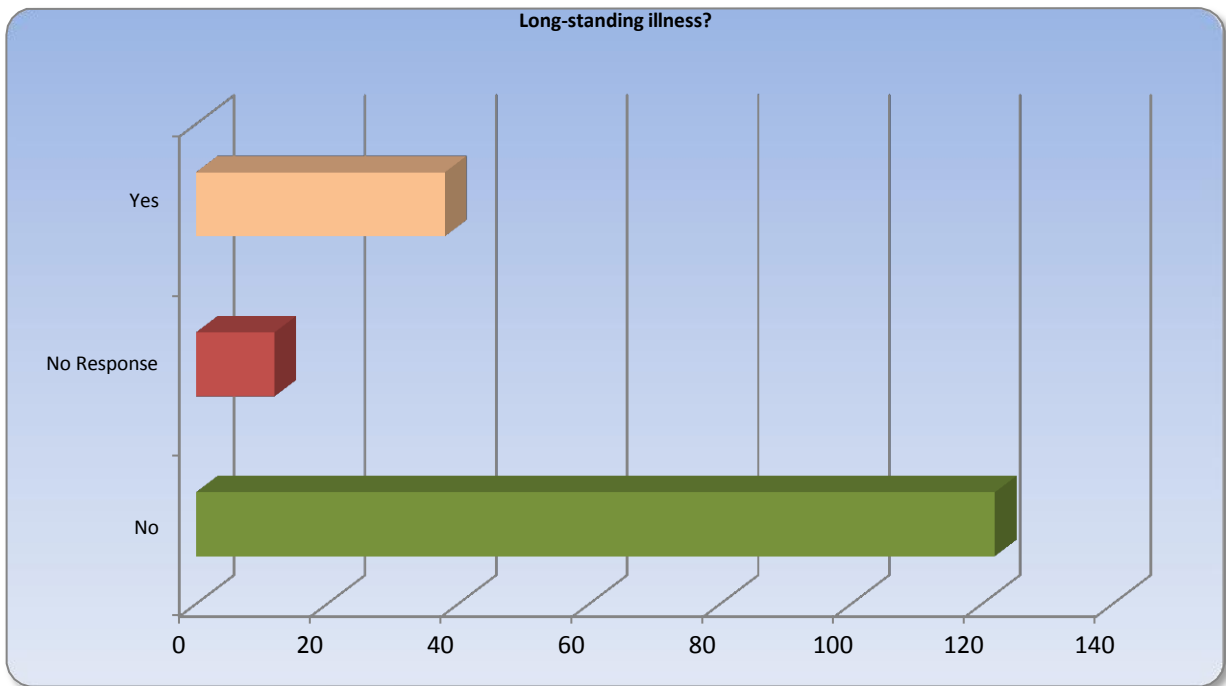
Whilst there is a vast range of mental health conditions from which people can suffer, the severity of the problem should not be underestimated. 10 (6%) out of the 172 respondents stated that they had a mental health issue, but the severity of this is unclear.

Figure 54: Do you have any of the following ailments? Sight or hearing loss



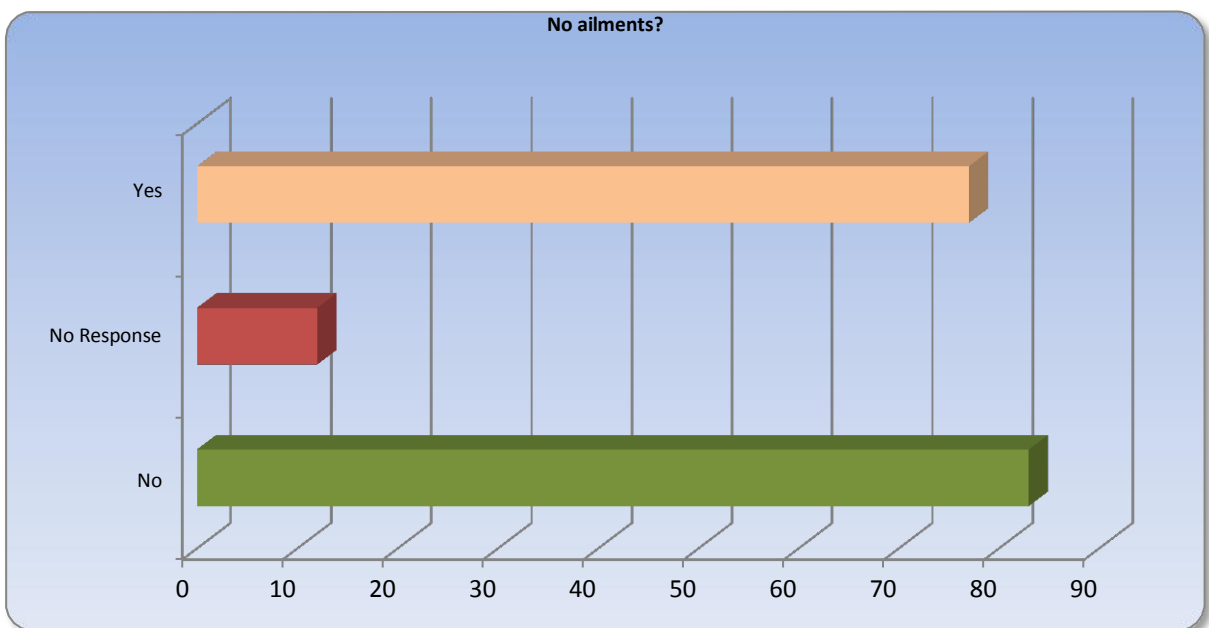
12% of respondents commented that they suffered with a sensory loss – again, the level of this is unknown, nor is the effect that the problem has on their day to day life and caring abilities.

Figure 55: Do you have any of the following ailments? Long-standing illness



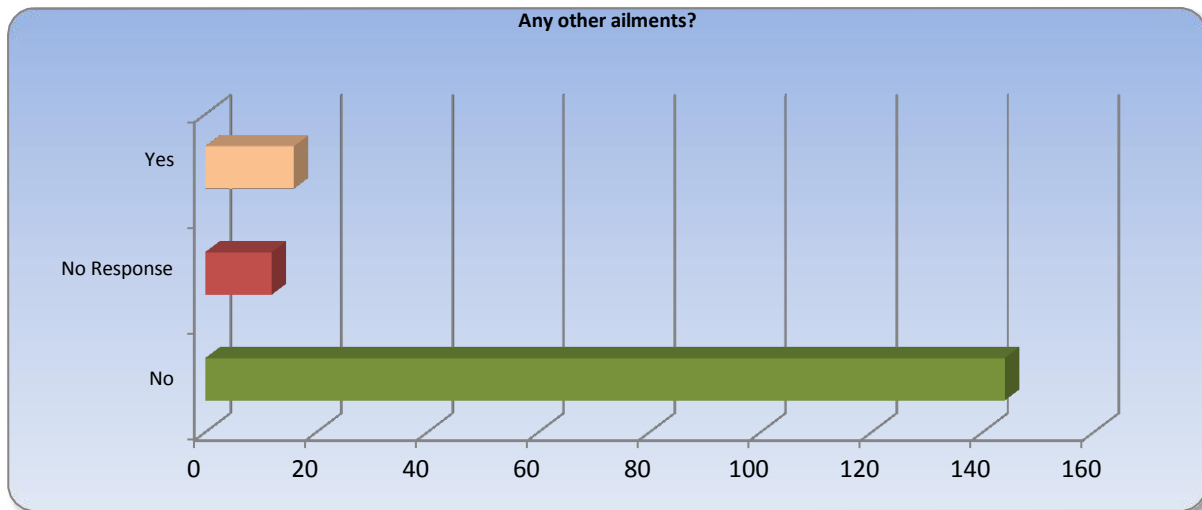
22% of respondents stated that they had a long standing illness themselves. This may be well managed, but it is key that these people are supported well in order to care for themselves and others.

Figure 56: Do you have any of the following ailments? No ailments



83 (48%) of the 172 carers said that they do not have any ailments. However, Carers UK comment, "Carers providing round the clock care are more than twice as likely to be in bad health than non-carers".

Figure 57: Do you have any of the following ailments? Any other ailments



It is unclear as to what 'other' ailment the 9% of respondents had, nor is the impact it has on their lives or ability to care. However, for a great deal of carers, the extra time commitment places additional pressure and stress on them, detracting from their own personal health.

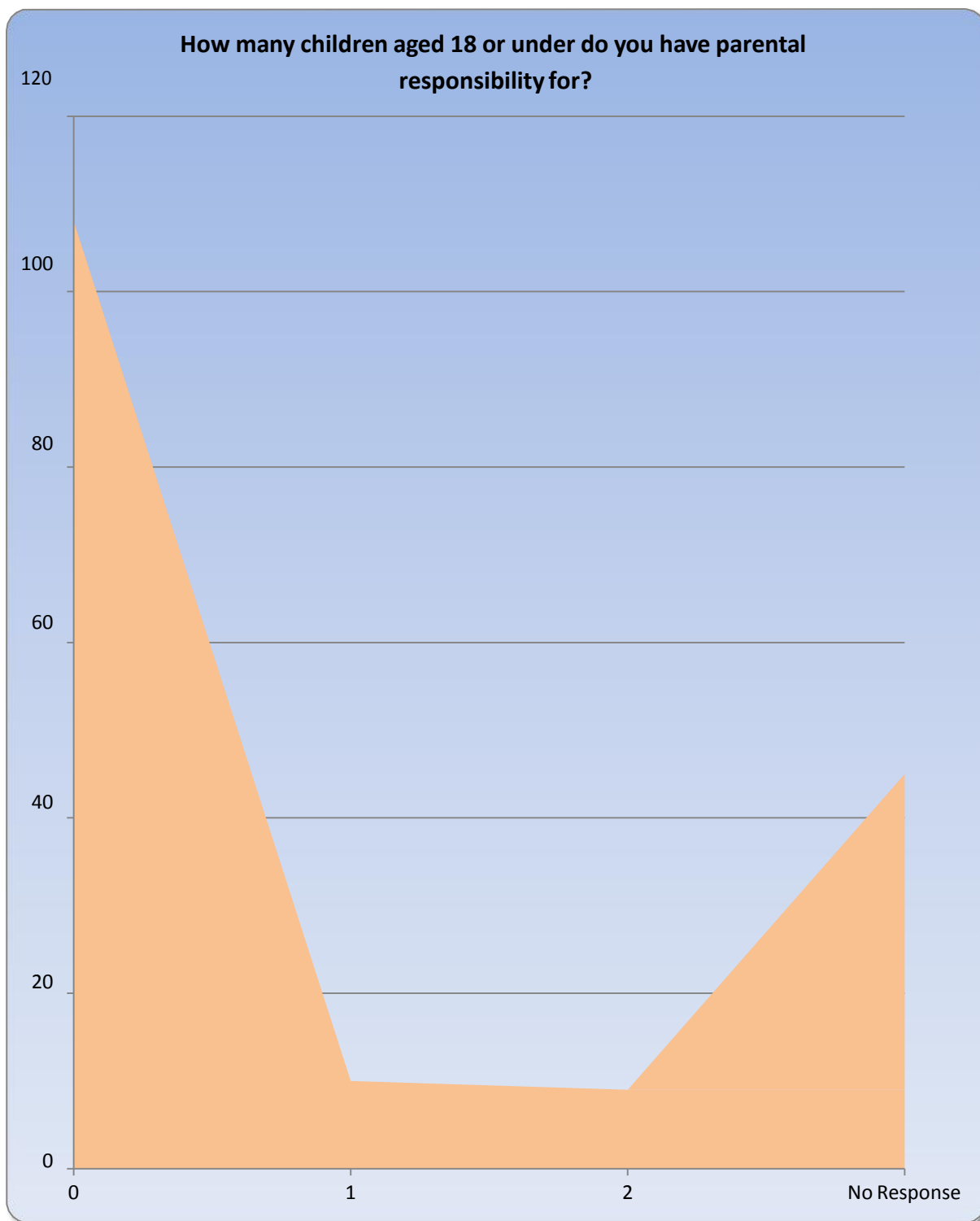
Looking at the picture nationally, it can be seen that 625,000 people suffer mental and physical ill health as a direct consequence of the stress and physical demands of caring ([https://www.carersuk.org/news- and-campaigns/press-releases/facts-and-figures](https://www.carersuk.org/news-and-campaigns/press-releases/facts-and-figures), cited on 26th July 2017).

“Caring can be both physically and mentally demanding. Carers who provide substantial care may be on call 24 hours a day. There may be constant worry about a relative coming to harm and the General Household Survey 2000 found that 24% of carers, one in four, carried out physically demanding tasks such as moving, bathing, lifting, dressing, etc. 11% Carers are twice as likely to suffer from mental ill-health if they do not get a break from caring. With 36% of those who provided substantial care and did not get a break suffered ill-health compared to 17% of those who accessed a break.

The same study found that a third of carers (35%) without good social support suffered ill-health compared to those with good support (15%). Carers also report that care which is not appropriate, either poor quality, not the right kind, or not sufficiently flexible places extra stresses and strains on them. Limited research into direct payments, whether for the disabled person or the carer, shows that carers tend to find that they make an important difference to their lives. This suggests that increased flexibility and appropriateness of services could help to prevent ill-health amongst carers.”

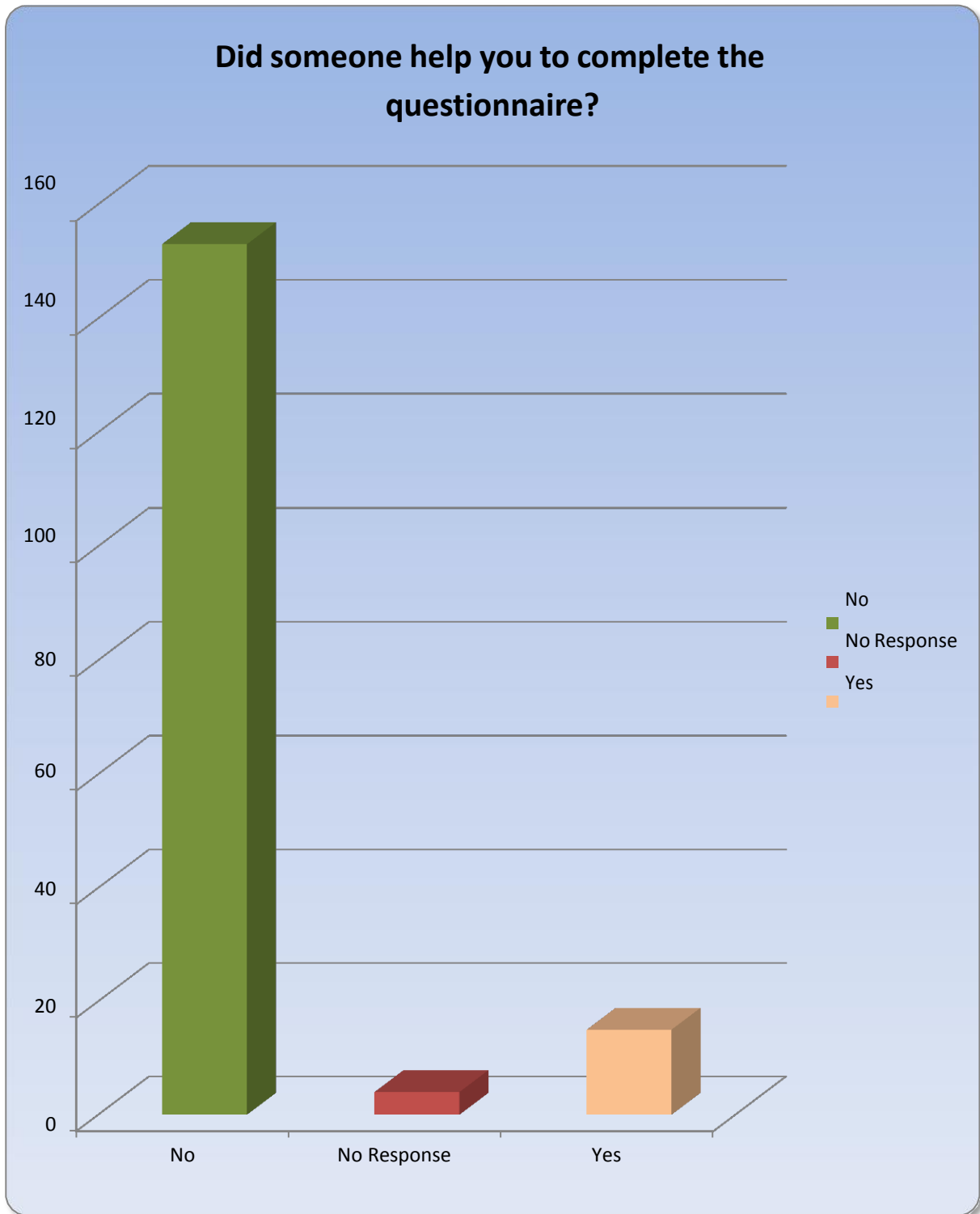
(<http://static.carers.org/files/in-poor-health-carers-uk-report-1674.pdf>, Cited on 22nd August 2017).

Figure 58: How many children aged 18 or under do you have parental responsibility for?



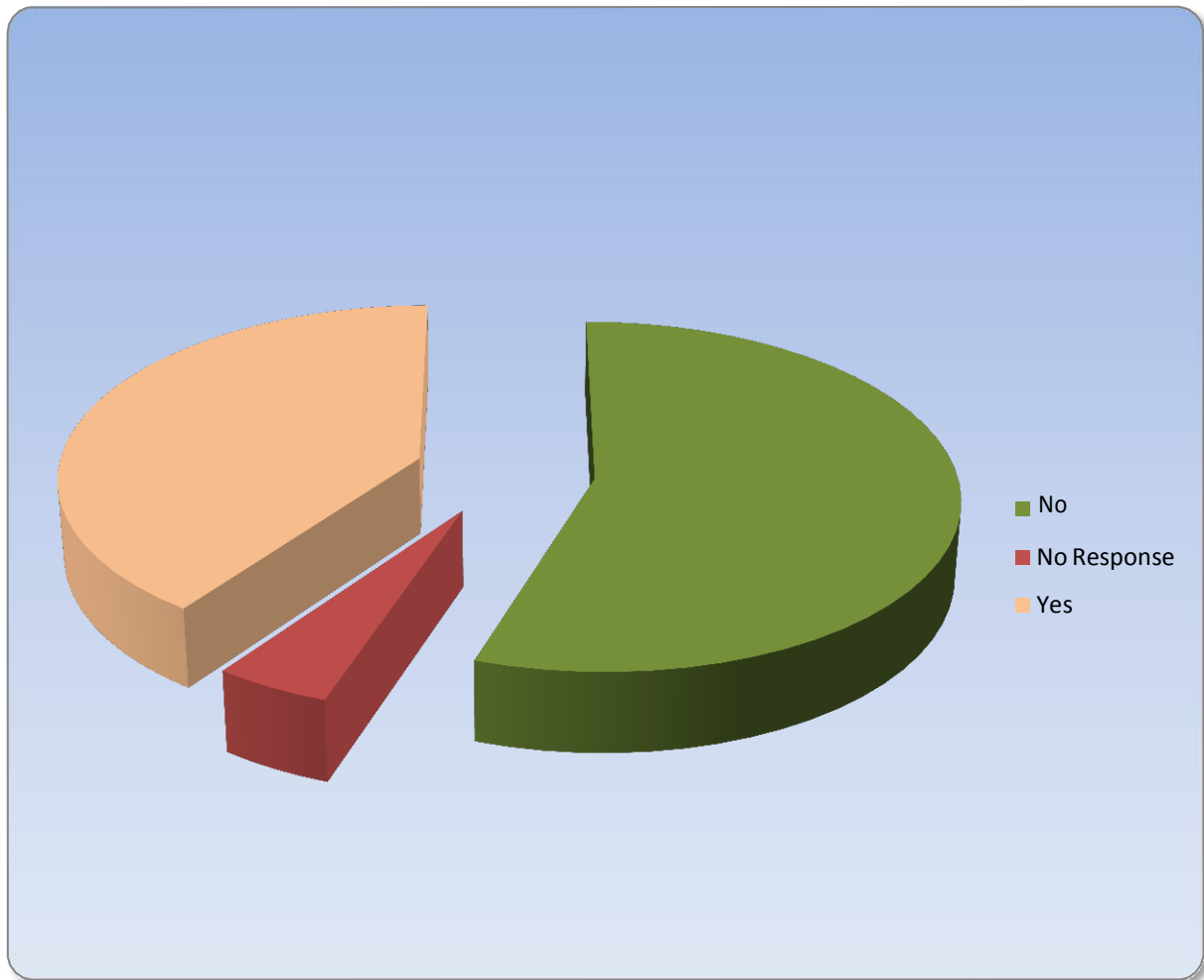
As well as their caring role, 19 (11%) of the respondents said that they also had children under the age of 18 who they had parental responsibility for. This can potentially put increased strain and pressure on the carer, causing them potential health problems and increasing the risk of harm to those cared for.

Figure 59: Did someone help you to complete the questionnaire



153 (89%) carers completed the questionnaire themselves, with a further 15 (9%) requiring assistance. The council offered to provide extra support to those who were unable to complete the questionnaire themselves, in order to gain the maximum number of returns, thus making the results as representative as possible.

Figure 60: Would you be happy to be invited to take part in more research?



This question is designed to look at any potential future work which the council may wish to complete – 40% stated that they would be happy to contribute to that as well. Feedback from the local population will help to inform planning and budget resourcing and allocation. Indeed, this forms a cornerstone to the Wirral Plan,

OLDER PEOPLE LIVE WELL

We will support older people to live independently in their homes and help prevent social isolation. We will seek ways to show we value the experience and knowledge of older people and encourage more volunteering and mentoring opportunities within our communities.

To achieve this, we must talk more regularly to older residents in Wirral. Over the five years of this plan, we will ensure more older people tell us they have a good quality of life and feel valued and respected in their communities. We will identify a benchmark in our 2015 Survey and show continuous improvement over the life of this plan.



The conclusion to each of the questions has been explored, but it is useful to categorise these in order to inform future planning:

Financial Implications

The cost of the Carers Survey has not been calculated but the financial implications include printing, mailing out the initial request and reminder letter and staff time, including data entry and analysis.

Staffing Implications

There were sufficient staff within the department to undertake the required work, including any follow up involving safeguarding.

Equal Opportunities Implications

Carers are amongst the most vulnerable people in the community. Since every carer in the local area were contacted, the questionnaire was fully inclusive, especially as additional support such as braille or large print text, were also offered.

Community Safety Implications

The council can only contact those service users who highlight safeguarding concerns. This was undertaken in a handful of cases, alongside the social work teams.

Anti-Poverty Implications

Whilst there were questions around work and finances, it is difficult to ascertain which individuals are in a position of poverty, and which are not. The local population is generally considered to be on the lower end of the income spectrum compared to national figures, as discussed at the start of this report. However, according to Carer's UK in May 2014, "Almost 1 in 3 (30%) carers had seen a drop of £20,000 or more a year in their household income as a result of caring".

Social Inclusion Implications

Carers without a support network, or lacking knowledge of support services, are more likely to be socially isolated. It is vital that carers are able to work with local organisations, including the council, in order to minimise this risk. Carer's UK again states "75% of carers said it was hard to maintain relationships and social networks because people do not understand the impact that caring has".

Background Papers:

Personal Social Services Survey of Adult Carers in England: Provisional Report

National Strategy for Carers: Recognised, valued and supported 2010

Recommendations:

- Review the level of information and advice available to Carers.
- Work with the Independent Review Team and ensure Carers receive an annual review.
- Promotion of Carers Assessment in social work teams.
- Ensure that Carers are offered a Carers Assessment and that the outcomes of the assessment of the Carer and cared for are clearly recorded and this information shared with the Carer.
- Implement the new Early Intervention and Prevention commissioning of streamlined services for Information and Advice, Advocacy and General Support.

Section Four– Comparison to Previous Years Data and Analysis



It is key to compare the results of this survey with those of previous years, as well as comparable local authorities, to ascertain if progress has been made.

As the data for the United Kingdom is unavailable at the time of publication, this report will be made available at a later point, in order to fully explore the current and past situation on the Wirral and how it compares to the national picture.

Section Five– Appendices

Tables of Results

Method of Collection:

Row Labels	Collection Method
Postal	172
Grand Total	172

Gender:

Row Labels	Gender - Carer
Female	118
Male	48
No Response	6
Grand Total	172

Ethnicity:

Row Labels	Ethnicity-Carer
Eng/Wal/Scot/N Ir/Brit	168
Irish	1
No Response	3
Grand Total	172

Original Questionnaire or Reminder Required?

Row Labels	Original or reminder?
Original	135
Reminder	30
Grand Total	165



Age of Responder:

Age	Age - Carer
26	1
31	1
33	1
35	1
38	1
45	1
47	3
48	2
49	2
50	4
51	1
52	3
53	2
54	1
55	4
56	3
57	3
58	4
59	6
60	6
61	3
62	5
64	7
65	6
67	3
68	6
69	4
70	3
71	2
72	4
73	3
74	7
75	4
76	3
77	8
78	4
79	1
80	5
81	2
82	7
83	4
84	3
85	1
86	1
87	2
88	2
89	3
90	2
91	1
94	2
None	14
Grand Total	172

Age of Cared For:

Row Labels	Age of person you care for?	Row Labels	Age of person you care for?
18	2	73	6
19	1	74	5
20	1	75	3
21	1	76	5
23	1	77	6
27	1	78	9
29	1	79	8
37	2	80	6
40	1	81	2
46	1	82	4
48	1	83	3
50	2	84	5
51	1	85	8
54	1	86	2
55	2	87	9
57	1	88	6
58	1	89	8
59	2	90	7
60	2	91	6
61	1	92	5
62	4	93	1
64	1	94	3
65	2	95	3
67	1	96	3
68	1	97	1
69	1	98	2
70	2	99	2
71	1	No Response	5

Does the Person You Care For Have...

Dementia?

Row Labels	Dementia?
No	94
No Response	2
Yes	76
Grand Total	172

A Physical Disability?

Row Labels	A physical disability?
No	83
No Response	2
Yes	87
Grand Total	172

Sight or Hearing Loss?

Row Labels	Sight or hearing loss?
No	105
No Response	2
Yes	65
Grand Total	172

A Mental Health Problem?

Row Labels	A mental health problem?
No	148
No Response	2
Yes	22
Grand Total	172

Problems Connected to Ageing?

Row Labels	Problems connected to ageing?
No	101
No Response	2
Yes	69
Grand Total	172

A Learning Disability or Difficulty?

Row Labels	A learning disability or difficulty?
No	151
No Response	2
Yes	19
Grand Total	172

A Long-Standing Illness?

Row Labels	A long-standing illness?
No	103
No Response	2
Yes	67
Grand Total	172

A Terminal Illness?

Row Labels	A terminal illness?
No	160
No Response	2
Yes	10
Grand Total	172

An Alcohol or Drug Dependency?

Row Labels	An alcohol or drug dependency?
No	169
No Response	2
Yes	1
Grand Total	172

Where does the person you care for usually live?

Row Labels	Response
With Me	117
Somewhere Else	54
No Response	1
Grand Total	172

How satisfied are you with Social Services from the last year?

Row Labels	Response
Extremely Dissatisfied	5
Very Dissatisfied	6
Quite Dissatisfied	12
Neither Satisfied Or Dissatisfied	24
Quite Satisfied	50
Very Satisfied	29
Extremely Satisfied	15
We haven't received any services	29
No Response	2
Grand Total	172

Has the person you care for used services or support in the last year...?

Row Labels	Response
Don't Know	2
No	117
No Response	32
Yes	21
Grand Total	172

...to allow you to take a break from caring for more than 24 hours?

Row Labels	Response
No	115
No Response	28
Yes	27
Don't Know	2
Grand Total	172

...to allow you to take a break from caring for 1-24 hours?

Row Labels	Response
Don't Know	1
No	109
No Response	37
Yes	25
Grand Total	172

...to allow them to use a personal assistant?

Row Labels	Response
No	116
No Response	43
Yes	13
Grand Total	172

...to allow them to use home care/help?

Row Labels	Response
No	78
No Response	30
Yes	64
Grand Total	172

...to allow them to use a day centre/activities?

Row Labels	Response
No	105
No Response	33
Yes	34
Grand Total	172

...to allow them to use meal services?

Row Labels	Response
No	126
No Response	43
Yes	3
Grand Total	172

...to allow them to use equipment or adaptation in their home?

Row Labels	Response
Don't Know	1
No	39
No Response	26
Yes	106
Grand Total	172

...to allow them to use a lifeline alarm?

Row Labels	Response
Don't Know	2
No	67
No Response	29
Yes	74
Grand Total	172

...to allow them to move permanently into a residential care home?

Row Labels	Response
Don't Know	1
No	108
No Response	34
Yes	29
Grand Total	172

In the last year, to help you as a carer, have you used...

...information and advice?

Row Labels	Response
Don't Know	4
No	67
No Response	12
Yes	89
Grand Total	172

...anyone to talk in confidence?

Row Labels	Response
No	118
No Response	18
Yes	36
Grand Total	172

...any training?

Row Labels	Response
No	140
No Response	30
Yes	2
Grand Total	172

..support to keep you in employment?

Row Labels	Response
Don't Know	4
No	124
No Response	41
Yes	3
Grand Total	172

Which of the following statements best describes how you spend your time?

Row Labels	Response
I do some of the things I value or enjoy with my time, but not enough	122
I don't do anything I value or enjoy with my time	21
I'm able to spend the time as I want, doing things I value or enjoy	23
No Response	6
Grand Total	172

Which of the following statements best describes how much control you have over your daily life?

Row Labels	Response
I have as much control over my daily life as I want	42
I have no control over my daily life	22
No Response	6
I have some control over my daily life, but not enough	102
Grand Total	172

Which statement best describes your present situation?

Row Labels	Response
I feel I am neglecting myself	24
I look after myself	100
No Response	3
Sometimes I can't look after myself well enough	45
Grand Total	172

Which of the statements best describes your present situation?

Row Labels	Response
I have no worries about my personal safety	148
I have some worries about my personal safety	20
No Response	4
Grand Total	172

Thinking about how much social contact you've had with people you like, which of the following statements best describes your social situation?

Row Labels	Response
I have as much social contact as I want with people I like	57
I have little social contact with people and feel socially isolated	19
I have some social contact with people but not enough	88
No Response	8
Grand Total	172

Which of the following statements best describes your present situation?

Row Labels	Response
I feel I have encouragement and support	70
I feel I have no encouragement and support	36
I feel I have some encouragement and support, but not enough	56
No Response	10
Grand Total	172

Which of the following best describes your current situation?

Row Labels	Response
I always have enough time to care for them	41
I sometimes have enough time to care for them	39
I never have enough time to care for them	12
I don't have caring responsibilities for anyone else	69
No Response	11
Grand Total	172

In the last year, how have you been affected by your caring role?

Feeling tired?

Row Labels	Feeling tired?
No	46
No Response	9
Yes	117
Grand Total	172

Feeling depressed?

Row Labels	Feeling depressed?
No	94
No Response	9
Yes	69
Grand Total	172

Loss of appetite?

Row Labels	Loss of appetite?
No	134
No Response	9
Yes	29
Grand Total	172

Disturbed sleep?

Row Labels	Disturbed sleep?
No	65
No Response	9
Yes	98
Grand Total	172

General feelings of stress?

Row Labels	General feeling of stress?
No	61
No Response	9
Yes	102
Grand Total	172

Physical strain?

Row Labels	Physical strain?
No	103
No Response	9
Yes	60
Grand Total	172

Short tempered/irritable?

Row Labels	Short tempered/ irritable?
No	88
No Response	9
Yes	75
Grand Total	172

Had to see own GP?

Row Labels	Had to see own GP?
No	108
No Response	9
Yes	55
Grand Total	172

Developed your own health conditions?

Row Labels	Developed my own health conditions?
No	127
No Response	9
Yes	36
Grand Total	172

Made an existing condition worse for you?

Row Labels	Made an existing condition worse?
No	122
No Response	9
Yes	41
Grand Total	172

Other issues?

Row Labels	Other?
No	157
No Response	9
Yes	6
Grand Total	172

No issues?

Row Labels	None of these?
No	152
No Response	9
Yes	11
Grand Total	172

In the last 12 months, has caring caused you any financial difficulties?

Row Labels	Response
No Response	9
No, not at all	92
Yes, a lot	12
Yes, to some extent	59
Grand Total	172

In the last 12 months, have you found it easy or difficult to find information and advice about support, services or benefits?

Row Labels	Response
Very difficult to find	19
Fairly difficult to find	28
Fairly easy to find	59
Very easy to find	22
I have not tried to find information or advice in the last 12 months	38
No Response	6
Grand Total	172

In the last 12 months, how helpful has the information and advice you have received been?

Row Labels	Response
Very unhelpful	5
Quite unhelpful	15
Quite helpful	73
Very helpful	36
I have not tried to find information or advice in the last 12 months	35
No Response	8
Grand Total	172

In the last year, do you feel you have been involved as much as you wanted to be, in discussions about the support provided to the person you care for?

Row Labels	Response
I always felt involved or consulted	47
I usually felt involved or consulted	36
I sometimes felt involved or consulted	30
I never felt involved or consulted	14
There have been no discussions that I am aware of in the last 12 months	34
No Response	11
Grand Total	172

In addition to your caring role, are you...
...Retired?

Row Labels	Retired?
No	60
No Response	5
Yes	107
Grand Total	172

...Employed full-time?

Row Labels	Employed full-time?
No	151
No Response	5
Yes	16
Grand Total	172

...Employed part-time?

Row Labels	Employed part-time (working<30 hours)?
No	147
No Response	5
Yes	20
Grand Total	172

...Self-employed full-time?

Row Labels	Self-employed full-time?
No	164
No Response	5
Yes	3
Grand Total	172

...Self-employed part-time?

Row Labels	Self-employed part-time?
No	164
No Response	5
Yes	3
Grand Total	172

...Not in paid work?

Row Labels	Not in paid work?
No	141
No Response	5
Yes	26
Grand Total	172

...Doing voluntary work?

Row Labels	Doing voluntary work?
No	158
No Response	5
Yes	9
Grand Total	172

...Doing anything else?

Row Labels	Doing anything else?
No	161
No Response	5
Yes	6
Grand Total	172

Which of the following statements best describes your current situation?

Row Labels	Response
I am in paid employment and feel supported by my employer	22
I am in paid employment but don't feel supported by my employer	4
I am not in paid employment because of my caring responsibilities	26
I am not in paid employment for other reasons	90
I am self-employed but I am unable to balance my work and caring responsibilities	2
I am self-employed and I am able to balance my work and caring responsibilities	4
I do not need any support from my employer to combine my work and caring responsibilities	9
No response	15
Grand Total	172

About how long have you been looking after or helping the person you care for?

Row Labels	Response
Less than 6 months	4
Over 6 months but less than a year	10
Over 1 year but less than 3 years	29
Over 3 years but less than 5 years	36
Over 5 years but less than 10 years	44
Over 10 years but less than 15 years	14
Over 15 years but less than 20 years	14
20 years or more	16
No Response	5
Grand Total	172

About how long do you spend looking after or helping the person you care for?

Row Labels	Response
0-9 hours per week	10
10-19 hours per week	15
20-34 hours per week	13
35-49 hours per week	13
50-74 hours per week	9
75-99 hours per week	14
100 hours or more per week	50
Varies - under 20 hours per week	3
Varies - 20 hours per week or more	10
No Response	11
Other	24
Grand Total	172

Over the last year, what have you provided for the person you care for?

...Personal care?

Row Labels	Personal care?
No	39
No Response	8
Yes	125
Grand Total	172

...Physical help?

Row Labels	Physical help?
No	56
No Response	8
Yes	108
Grand Total	172

...Helping with care services / benefits?

Row Labels	Helping with care services/benefits?
No	23
No Response	8
Yes	141
Grand Total	172

...Helping with paperwork/financial matters?

Row Labels	Helping with paperwork/financial matters?
No	16
No Response	8
Yes	148
Grand Total	172

...Other practical help?

Row Labels	Other practical help?
No	7
No Response	8
Yes	157
Grand Total	172

...Keeping him/her company?

Row Labels	Keeping him/her company?
No	16
No Response	8
Yes	148
Grand Total	172

...Taking him/her out?

Row Labels	Taking him/her out?
No	40
No Response	8
Yes	124
Grand Total	172

...Giving medicines?

Row Labels	Giving medicines?
No	28
No Response	8
Yes	136
Grand Total	172

...Keeping an eye on him/her to see if he/she is alright?

Row Labels	Keeping an eye on him/her to see he/she is alright?
No	16
No Response	8
Yes	148
Grand Total	172

...Giving emotional support?

Row Labels	Giving emotional support?
No	26
No Response	8
Yes	138
Grand Total	172

...Giving other help?

Row Labels	Other help?
No	144
No Response	8
Yes	20
Grand Total	172

Do you have any of the following ailments?

...Physical impairment or disability?

Row Labels	Physical impairment or disability?
No	134
No Response	12
Yes	26
Grand Total	172

...Sight or hearing loss?

Row Labels	Sight or hearing loss?
No	140
No Response	12
Yes	20
Grand Total	172

...Mental health problems or illness?

Row Labels	Mental health problem or illness?
No	150
No Response	12
Yes	10
Grand Total	172

...Learning disability or difficulty?

Row Labels	Learning disability or difficulty?
No	158
No Response	12
Yes	2
Grand Total	172

...Long standing illness?

Row Labels	Long-standing illness?
No	122
No Response	12
Yes	38
Grand Total	172

...Any other ailments?

Row Labels	Any other ailments?
No	144
No Response	12
Yes	16
Grand Total	172

...No ailments?

Row Labels	No ailments?
No	83
No Response	12
Yes	77
Grand Total	172

How many children aged 18 or under do you have parental responsibility for?

Row Labels	Response
0	108
1	10
2	9
No Response	45
Grand Total	172

Did someone help you to complete the questionnaire?

Row Labels	Response
No	153
No Response	4
Yes	15
Grand Total	172

Would you be happy to take part in more research?

Row Labels	Response
No	95
No Response	8
Yes	69
Grand Total	172



Contact details

For further details please contact:

- Name – Role – Organisation – Email
- John Highton, JSNA Programme Lead at johnhighton@wirral.gov.uk

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