



# Unpaid carers: COVID-19

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# About Carers UK

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- The UK's only national membership charity for carers
- A supportive community and a movement for change
- For the past 50 years we've been driven by carers raising their voices together to call for change and seek recognition and support
- We want a society that recognises, supports and values all unpaid carers



# Our research in the past 12 months

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## Caring behind closed doors

Forgotten families in the coronavirus outbreak

April 2020

## Caring behind closed doors: six months on

The continued impact of the coronavirus (COVID-19) pandemic on unpaid carers

October 2020

## Carers Week 2020 Research Report

The rise in the number of unpaid carers during the coronavirus (COVID-19) outbreak

## Unseen and undervalued

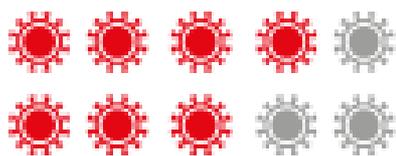
The value of unpaid care provided to date during the COVID-19 pandemic

November 2020

# Impact of COVID-19 on unpaid carers

## Caring Behind Closed Doors - Key findings (April 2020):

70%



of unpaid carers are providing more care due to the coronavirus outbreak

10hrs



Unpaid carers are on average providing 10 additional hours of care a week

35%



Over a third of unpaid carers are providing more care as a result of local services reducing or closing

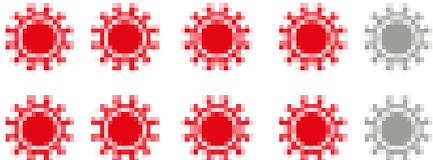
55%



of unpaid carers feel overwhelmed and are worried that they are going to burnout in the coming weeks

# Impact of COVID-19 on unpaid carers

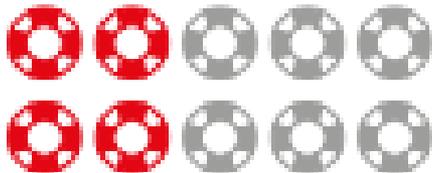
## Key findings - six months on (October 2020):

81% 

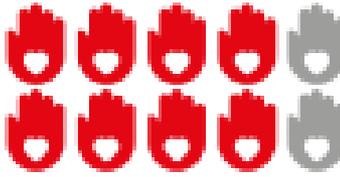
of carers are providing more care since the COVID-19 pandemic

38% 

of carers are providing more care because of local services reducing or closing

40% 

of carers are providing more care because the needs of the person they care for have increased

78% 

8 out of 10 carers said the needs of the person they care for have increased since the COVID-19 pandemic

# Emerging themes

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**The following themes give a clearer picture of how the pandemic has affected carers lives...**

1. The changing nature of care
2. Access to breaks and services
3. Health, wellbeing and emotional impact
4. Financial pressures
5. Impact on working carers

# Caring for those with dementia

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**Alzheimer's Society conducted specific research looking at impact on those caring for people with dementia:**

- A lack of dementia-appropriate services available
- A minority received a Carer's Assessment
- Wishes around work/personal life not considered
- Loss of identity
- Carers wanted more guidance on support available

# Support for unpaid carers

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- Included in priority list for testing
- Early guidance for unpaid carers
- Extending furlough to carers
- Lockdown exemptions
- Infection Control Fund to support return of services
- Additional Carer's Allowance supplement in Scotland
- Providing PPE to unpaid carers in Nations
- Priority access to a COVID-19 vaccine once available

# But needed to do more

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- Lack of PPE - carers withdrew from services
- No specific financial support (Eng, Wales, NI)
- Closure of care services and respite support
- Lack of understanding of carers by the NHS
- Hospital discharge guidance
- A lack of visiting in care homes

# Priorities for carers now

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- Roll out of vaccine to carers (priority 6)
- Breaks / respite support for carers
- Financial support – supplement to Carer's Allowance
- Measures to help people juggle work and unpaid care
- Duty on NHS to recognise / support carers
- Carers at heart of social care reform
- A 'New Deal' for carers as we emerge from pandemic

# Thank you!

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If you want to get in touch, please feel free to contact me at:

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