

Carers in the Region A profile of London

Carers at the Heart of 21st-century Families and Communities (the National Carers Strategy 2008) offered an ambitious new vision for carers, to be achieved by 2018. In doing so, it set a challenging agenda for health and local authorities and for other local and regional agencies across the public, private and voluntary sectors.

To succeed in rising to these challenges, all agencies with a role to play in delivering support for carers need good information – about who carers are, what the particular needs of carers living in their own region or locality may be, and about the different kinds of support and services for carers which are already in existence. The **Carers in the Region** profiles aim to meet this need for better information about carers at the regional level, and have been commissioned by the *Department of Health* from a team at the *University of Leeds* for each of the nine English regions.

The Government White Paper, **Our health, our care, our say (2006)** announced a New Deal for Carers which included a range of new measures to support carers, including:

- **The establishment of a national helpline for carers**
- **Specific funding for the creation of an expert carers programme**
- **Specific funding for short-term home-based respite care for carers in crisis or emergency situations**
- **An update to the Prime Minister's 1999 Strategy for carers**

The subsequent new **National Carers' Strategy** (2008) sets out the Government's agenda and vision for supporting carers. Underpinned by £255 million initially, plus medium and longer-term plans, it committed:

- **£150 million towards planned short breaks for carers**
- **Up to £38 million towards supporting carers to enter or re-enter the job market; and**
- **£6 million towards improving support for young carers**

Other commitments in the strategy include: pilots to explore annual health checks for carers, the ways in which the NHS can better support carers and ways to provide more innovative breaks for carers; training for GPs; a more integrated and personalised support service for carers; accessible information and targeted training for key professionals.

EXISTING STATUTORY RIGHTS FOR CARERS

Carers (Recognition and Services) Act 1995 introduced the concept of a Carers Assessment

Employment Relations Act 1999 gave employees the right to 'reasonable time off' to deal with emergencies

Carers and Disabled Children Act (2000) gave carers the right to an Assessment (carers of adults and carers of disabled children). Allowed carers to receive services in their own right and introduced Direct Payments to purchase them. Direct Payments also offered to parents of disabled children to manage on their child's behalf.

Employment Act 2002 established the right to request flexible working arrangements for employed parents of disabled children under the age of 18.

Carers (Equal Opportunities) Act 2004 Local authorities have a statutory duty to inform carers of their rights and to consider their wishes re education, training and employment when conducting Carers Assessments.

Work and Families Act 2006 extended the right to request flexible working arrangements to all carers in employment.

Childcare Act 2006 placed a duty on local authorities to provide sufficient childcare for working parents 'which includes provision suitable for disabled children'.

Pensions Act (2007) reduced the number of qualifying years carers need for a full basic state pension; introduced a new Carers Credit for those caring 20+ hours a week for someone who is severely disabled.

1. Carers in London: Summary

Carers are people who provide regular unpaid care to a relative, friend or neighbour who needs their help and support because of illness, disability or frailty in old age. They include parents of seriously ill or disabled children, as well as people supporting someone with physical or mental ill health/disabilities, and those looking after someone who is terminally ill. In 2001, the Census of Population revealed that in the UK about 6 million people were providing unpaid care of this type¹.

Carers in the London region

In 2001 there were 606,861 carers in the London region (9% of the region's population compared with 10% across England as a whole). However:

- 15% of men and 20% of women aged 50-64 were carers
- Two fifths of carers aged 75 or over provided 50 or more hours care per week

Carers who provided 20 or more hours of care per week (31% of all carers in the region) were considerably more likely to:

- Live in social housing
- Live in a household with no working adult
- Live in a household with a person with a limiting long-term illness (LLTI)

Demand for care in the region is growing

Between 2008 and 2030 it is expected that in the region:

- The number of people aged 85+ will increase by 63% to 201,200, increasing from 1.6% of the population to 2.3% (compared with an increase from 2.2% to 3.9% in England as a whole)
- The number of people with a limiting long-term illness (LLTI) will increase by one quarter, from 1.1 million to over 1.4 million
- 68% more people aged 65 or over will have dementia: over 82,000 people
- The number of carers will increase by over 140,000 or 22%, compared with 15% in England as a whole

Personalisation and local services in the region

In 2007/8:

- 40,640 carers received a Carers Assessment
- 36,745 carers received carers' services or information
- Over two fifths of those assessed and receiving services/information were aged 65 or older

Carers' health and wellbeing

The 2001 Census showed:

- 70,345 carers were themselves in poor health (12% of all carers, compared with 12% of carers in England)
- 25,248 carers in poor health provided 50 hours or more of care per week (33%)
- Up to 50 years of age, people in poor health were more likely to be carers than people whose health is good or fairly good
- Carers in poor health were more likely to provide 50 or more hours of care per week than other carers

¹ 2001 Census Standard Tables, Crown Copyright 2003.

Support for carers in London

- Most local authorities in the region have developed Carers Strategy Steering Groups which include representatives of relevant local organisations, as well as carers themselves.
- All local authorities in the region are concentrating on delivering carers' breaks. All have also developed strategies for supporting young carers.
- Across the region, 56,900 people of working age have an entitlement to Carer's Allowance (CA), and among them 52,900 receive this benefit².

Carers' access to work

The 2001 Census showed:

- 496,913 carers were aged 16-64, which accounted for 82% of all carers in the region (80% of carers in England are aged 16-64).
- 42,585 carers were aged 16-24 (9% of carers aged 16-64 compared with 6% in England as a whole)
- In the region working age carers were much less likely than healthy non-carers (or than carers in England as a whole) to be in employment or to have any formal educational qualifications.

Carers and employment

In 2001:

- There were 307,320 carers of working age (65%) in employment. In England as a whole 65% of working age carers are in paid employment.
- 28,900 carers in employment also provided 50 or more hours of unpaid care per week
- 130,440 male carers and 96,980 female carers were people in full-time employment
- 17,680 male carers and 61,820 female carers were people in part-time employment

Young carers

- The region had 30,574 young carers under age 20
- Young carers were more likely than other young people to: live in workless households; be in lone parent families; have a limiting long-term illness
- Young adult carers (aged 16-19) were much less likely to have any qualifications or to be in employment or education than other people of this age

Older carers

- There were 96,132 carers aged 65 or over
- 32,615 older carers provided 50 or more hours of care per week
- 4,915 carers were over 85 years old

Care and support in the region: future challenges

The region is the most densely populated of all the English regions and covers some very deprived areas as well as some of the country's most affluent areas. Future challenges in supporting carers in the region include:

- The high cost of housing and limited availability of affordable housing
- Severe deprivation in some areas, where there are high levels of illness and disability, poverty, worklessness and social exclusion, putting particular pressure on carers
- Delivering appropriate help and support for carers in black and minority ethnic communities, where rates of illness and disability are often high and the population is also ageing

² DWP Information Directorate: Work and Pensions Longitudinal Study, February 2009. The difference between the number of carers entitled to CA and those who receive it may be due to carers being not paid CA because they receive an overlapping benefit equal to or greater than the weekly rate of CA.

Characteristics of carers in the London region

In 2001 there were 606,861 carers in the London region³. Carers thus formed 9% of the region's population. When compared with other people in the region, carers who provide 20 or more hours of care per week were considerably more likely to: live in social housing; live in a household with no working adult; and live in a household with a person with a limiting long-term illness (LLTI). However, they were less likely to have access to a car.

Table 1.1 Population by sex and weekly hours of care provided: London region

		<i>numbers</i>						
	Male non-carers	Males caring for:			Female non-carers	Females caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
All	2,927,596	182,191	29,645	44,192	3,066,671	233,590	42,659	74,584
Age								
5-15	487,957	5,304	549	543	466,864	6,133	651	636
16-24	389,765	15,284	2,465	1,442	401,687	17,104	3,158	3,132
25-49	1,315,228	82,229	13,752	14,944	1,336,529	111,120	20,513	32,719
50-64	414,505	54,643	7,778	11,961	416,917	71,042	12,843	20,784
65-84	187,972	17,243	3,165	8,040	212,624	19,674	3,756	10,585
85+	132,169	7,488	1,936	7,262	232,050	8,517	1,738	6,728
Ethnicity*								
White British	1,928,044	120,747	15,618	29,888	1,966,206	157,784	23,133	46,441
Indian	194,031	15,438	3,299	3,044	195,928	15,473	4,486	5,294
Pakistani	67,214	4,224	990	1,122	61,623	3,916	1,343	2,317
Bangladeshi	70,341	4,178	1,091	1,142	68,762	3,971	1,444	2,964
Black Caribbean	142,551	6,804	1,310	1,420	174,962	11,350	2,268	2,902
Black African	170,073	5,694	1,662	1,267	187,913	7,047	2,598	2,679
Other ethnic groups	638,963	26,230	5,917	6,491	695,590	35,078	7,600	12,224

Source: 2001 Census, Standard Tables, Crown Copyright 2003. * 2001 Census Commissioned Tables, Crown Copyright 2003 (all people including those aged 0-4).

Note: Totals may differ as the 2001 Census Standard Table 25 is for people in households, whilst the commissioned table covers all people.

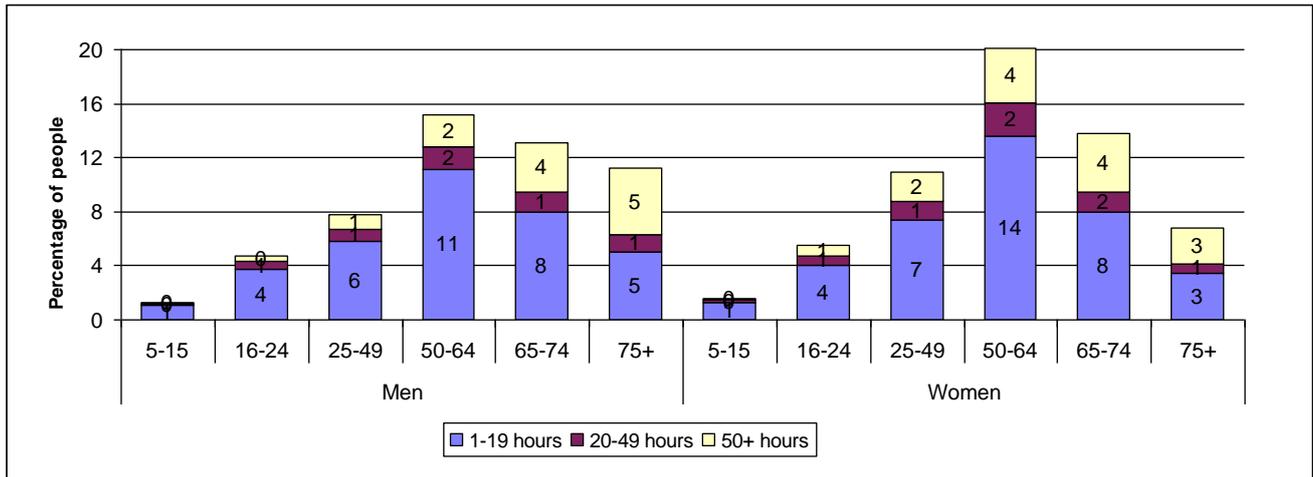
Table 1.2 Characteristics of carers: London region

		<i>(% of people)</i>						
	Male non-carers	Males caring for:			Female non-carers	Females caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
London								
People in workless households	22	21	34	52	27	25	35	54
Co-resident with a person with LLTI	17	35	62	84	16	29	61	84
Living in social housing	24	19	31	35	26	22	33	40
No access to car	26	18	26	31	32	22	28	36
ENGLAND								
People in workless households	22	22	39	60	28	24	37	56
Co-resident with a person with LLTI	18	35	74	91	17	28	62	91
Social housing	17	11	24	28	19	13	23	29
No access to car	16	9	19	23	23	12	20	28

Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

³ 2001 Census Standard Tables, Crown Copyright 2003

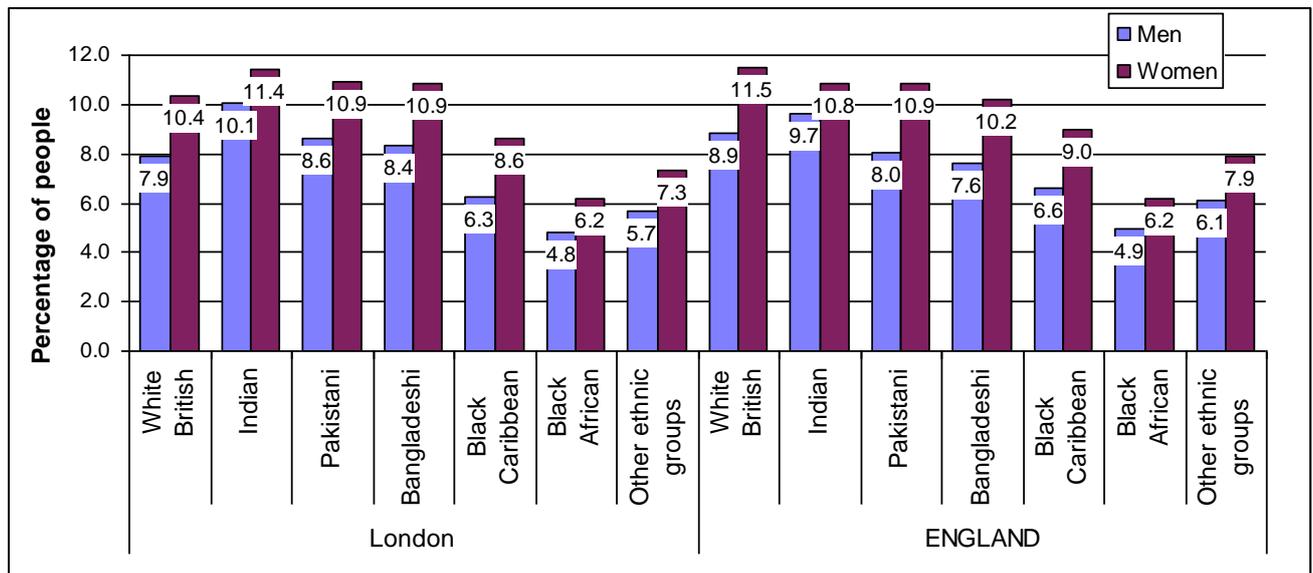
Figure 1.1 Population by age, sex and weekly hours of care provided: London region



2001 Census Commissioned Tables, Crown Copyright 2003.

The likelihood of being a carer peaks in the 50-64 age group for both sexes. In this age group 15% of men and 20% of women in the region were providing care. The incidence of caring was lower among people aged 65 and over, but carers in older age groups were more likely than younger carers to provide 50 or more hours of care per week. In the region, two fifths of all carers aged 75 or over provided 50 or more hours of care per week (44% of men and 40% of women, compared with 45% of men and 43% of women in England as a whole). By contrast just 16% of men and 20% of women aged 50-64 (17% of men and 20% of women in England as a whole) provided 50 or more hours of care per week.

Figure 1.2 People who are carers by ethnicity and gender (%)



2001 Census Commissioned Tables, Crown Copyright 2003.

The proportion of people who are carers varies by both ethnicity and sex (Figure 1.2). The variation seen arises partly as a consequence of the different age structures; some black and minority ethnic groups having a much younger age profile than others. It is also associated with higher rates of illness and disability in some ethnic groups⁴. 216,277 carers in the region were from one of the region's ethnic minority groups.

⁴ Ethnicity and Health. Postnote No. 276, January 2007. The Parliamentary Office of Science and Technology. www.parliament.uk/documents/upload/postpn276.pdf

2. Demand for care in London

Between 2008 and 2030 a significant increase in the demand for personal care and support in London is predicted, mainly as a result of the anticipated increase in life expectancy and rising numbers of people living with poor health or disability (Table 2.1). In particular:

- The number of people aged 85+ is set to increase by three fifths (63% compared with 106% in England as a whole)
- The number of people with a LLTI will increase by a quarter (26%), from 1.1 million to over 1.4 million (32% for England) (Figure 2.2)
- 68% more people aged 65 or over will have dementia
- The number of carers is predicted to increase by over 140,000 or 22% (compared with 15% across England as a whole) (see Figure 2.3)

Table 2.1 Projected demand for care: London

(numbers)

	2008	2010	2015	2020	2025	2030
People aged 85+* numbers	123,100	127,700	139,500	155,700	179,300	201,200
% of population 85+ (England)	1.6 (2.2)	1.6 (2.3)	1.7 (2.5)	1.9 (2.8)	2.1 (3.3)	2.3 (3.9)
People with a LLTI** ALL	1,153,098	1,173,039	1,231,946	1,303,136	1,381,045	1,458,077
% of population with LLTI (England)	15 (18)	15 (18)	15 (19)	16 (19)	16 (20)	17 (20)
Age of men with a LLTI Men (ALL)	540,010	552,551	587,114	626,194	667,310	706,805
0-14	33,304	34,039	36,652	38,934	39,303	39,188
15-49	187,025	190,400	194,150	193,961	196,401	201,130
50-64	137,822	142,327	153,504	174,959	189,637	193,935
65-74	85,465	85,864	92,138	97,771	104,157	121,395
75-84	68,748	69,775	73,941	76,271	84,760	91,061
85+	27,645	30,146	36,728	44,298	53,052	60,095
Age of women with a LLTI Women (ALL)	613,089	620,487	644,832	676,942	713,735	751,272
0-14	23,839	24,443	26,245	27,868	28,124	28,045
15-49	183,589	186,304	188,354	190,035	194,691	199,452
50-64	152,859	157,410	167,438	183,172	191,893	192,391
65-74	95,868	96,842	105,754	112,737	116,385	132,556
75-84	98,500	96,479	96,736	99,510	111,529	119,718
85+	58,432	59,009	60,306	63,620	71,113	79,111
People in poor health**	590,214	604,751	643,034	684,534	726,399	765,779
% of population (England)	7.8 (8.7)	7.9 (8.7)	8.0 (9.0)	8.2 (9.3)	8.5 (9.5)	8.7 (9.8)
People with a LLTI who are also in poor health**	476,013	488,145	521,210	557,883	595,233	630,337
% of population (England)	6.3 (7.3)	6.4 (7.4)	6.5 (7.6)	6.7 (7.9)	6.9 (8.2)	7.2 (8.4)
People aged 65+ predicted to have a longstanding health condition caused by:						
A stroke***	28,269	28,782	30,461	33,573	36,190	40,713
% of population 65+ (England)	3.7 (3.7)	3.7 (3.7)	3.6 (3.6)	3.7 (3.8)	3.6 (3.7)	3.6 (3.7)
Dementia (people aged 65+)[#]	49,096	51,274	57,477	64,706	72,953	82,420
% of population 65+ (England)	6.4 (6.2)	6.6 (6.2)	6.8 (6.3)	7.2 (6.8)	7.3 (7.3)	7.3 (7.7)
Heart disease	68,963	69,983	74,414	81,140	87,320	99,086
% of population 65+ (England)	9.0(9.0)	9.0 (9.0)	8.8 (8.9)	9.0 (9.1)	8.8 (8.8)	8.8 (8.8)

Source: Data have been taken from POPPI/PANSI, DH Crown Copyright

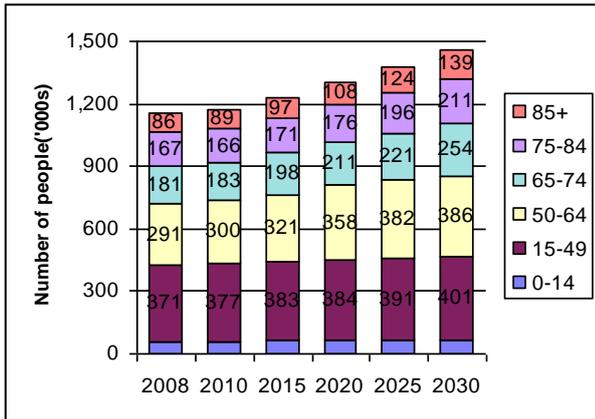
*2006-based sub-national population projections (Crown Copyright).

**Rates from 2001 Census Standard Tables (Crown Copyright 2003) applied to ONS, 2006-based sub-national population projections (Crown Copyright).

***Prevalence rates are based on the 2004/05 General Household Survey, National Statistics. The prevalence rates have been applied to ONS population projections.

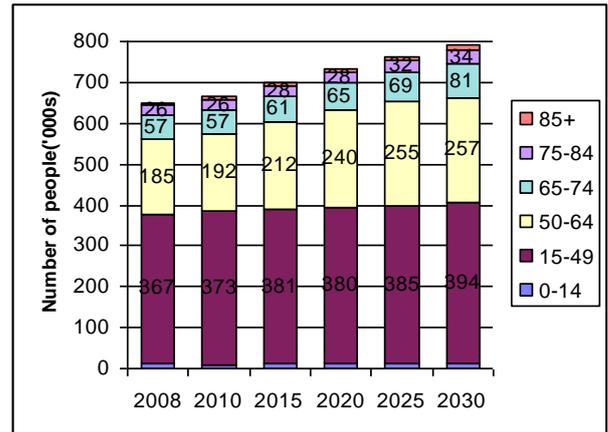
[#]Prevalence rates are taken from a report into the prevalence and cost of dementia prepared by the Personal Social Services Research Unit (PSSRU) at the London School of Economics and the Institute of Psychiatry at King's College London, for the Alzheimer's Society, 2007. The rates have been applied to ONS population projections.

Figure 2.2 Projected numbers of people with a LLTI by age: London ('000s)



Source: ONS, 2006-based sub-national population projections, Crown Copyright; 2001 Census Standard Tables, Crown Copyright 2003.

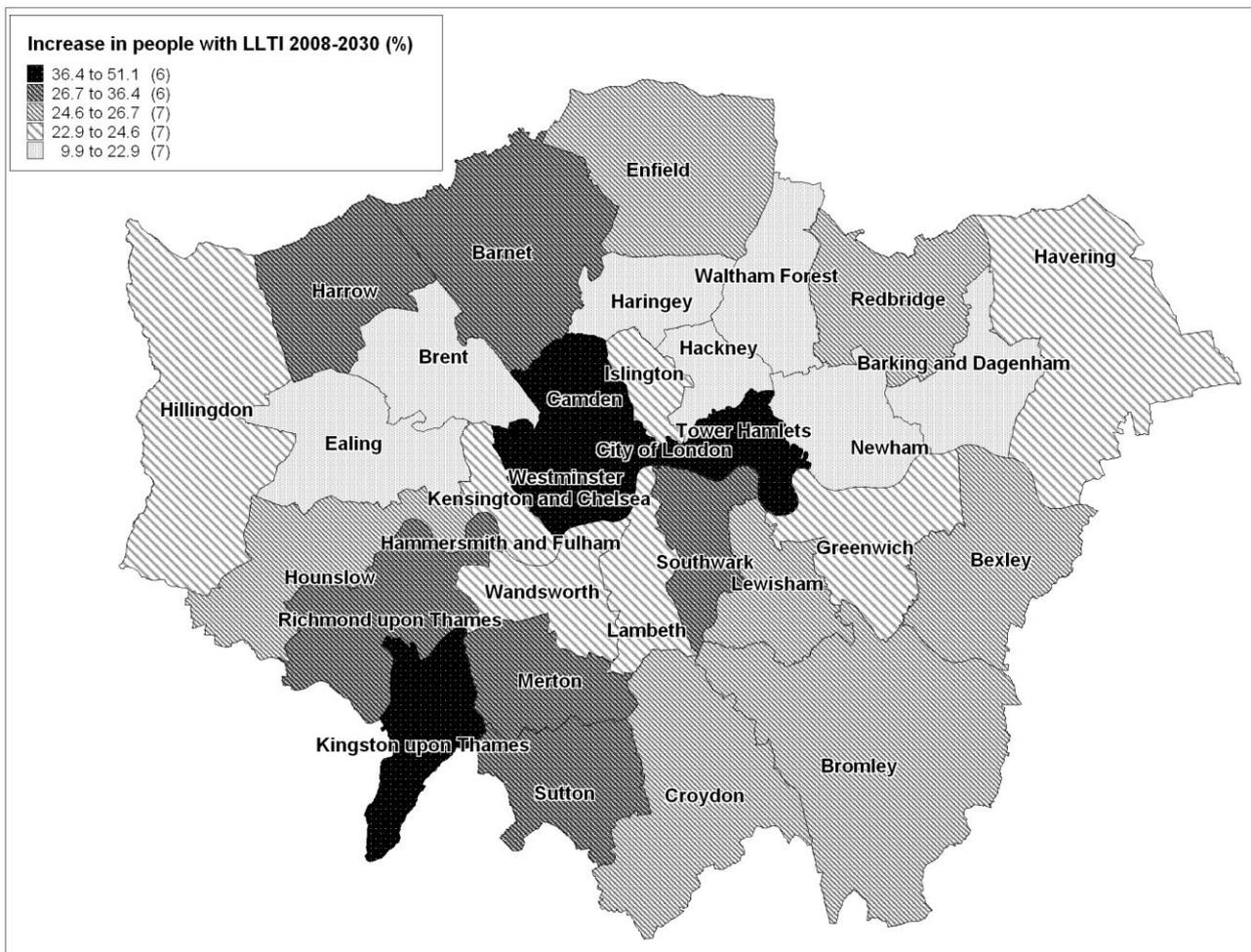
Figure 2.3 Projected numbers of carers by age: London ('000s)



Source: ONS, 2006-based sub-national population projections, Crown Copyright; 2001 Census Standard Tables, Crown Copyright 2003.

Across the region there is significant variation in the percentage increase in the projected number of people with a LLTI between 2008 and 2030, from just 10% in Barking and Dagenham (up 3,107) to 51% in Kensington and Chelsea (up 12,846) (Figure 2.4). The greatest increase in numbers of people with a LLTI is expected in Camden, where a rise of 17,988 (51%) is forecast, and in Barnet (16,494 or 34%).

Figure 2.4 Regional variation in the expected increase in the number of people with a LLTI, 2008-2030



Source: 2006-based sub-national population projections, 2001 Census Standard Tables. This work is based on data provided through EDINA UKBORDERS with the support of the ESRC and JISC and uses boundary material which is Copyright of the Crown.

3. Personalisation and local services in London

There are 33 CSSRs (councils with social care responsibility) in the region, and all have a statutory duty to provide support and services to carers and the sick and disabled people they care for. Latest figures show that in the region 40,640 carers received a Carers Assessment (Table 3.1) in 2007/8, representing about 7% of all carers, while 36,745 carers received carers' services or information (Table 3.2). Of these carers 17,220 (42%) of all carers assessed were aged 65 or over and 15,560 (43%) of all carers receiving services were aged 65 or over. Carers aged under 18 who received a service were more likely to get a carer's break or specific carer's service (87%) than carers aged 16-64 (68%), or carers aged 65 and over (69%) who were more likely to be offered information only.

Table 3.1 Carers Assessments, reviews and services: London region (numbers)

	Carers assessed or reviewed			Declining assessment or review
	ALL	Separately	Jointly	
All	40,640	17,225	23,415	2,900
By age				
<i>Under 18</i>	405	245	160	25
<i>18-64</i>	22,525	10,045	12,480	1,480
<i>65-74</i>	7,550	3,220	4,335	465
<i>75 and over</i>	9,670	3,335	6,335	910
<i>Age not known</i>	500	390	115	15
By condition of cared for person				
<i>Physical disability, frailty and sensory impairment</i>	25,960	9,190	16,770	2,310
<i>Mental Health</i>	7,890	4,565	3,325	360
<i>Learning Disability</i>	4,360	2,150	2,210	115
<i>Substance Misuse</i>	140	100	40	10
<i>Vulnerable People</i>	1,935	855	1,080	105

Source for Tables 3.1 and 3.2: Community Care Statistics 2007 - 08: Referrals, Assessments and Packages of Care for Adults, England, National report and CASSRs, NHS Information Centre. Note that figures may not add up because of rounding. The sum of the primary client types may not equal the number of carers offered an assessment or review. This is due to a number of carers where the primary client type of the person being cared for was unknown.

Table 3.2 Carers receiving services: London region (numbers)

	ALL	Breaks for the carer and /or other carers' specific service		Information and advice only
All	36,745		25,275	11,465
By age				
<i>Under 18</i>	375		325	50
<i>18-64</i>	20,305		13,770	6,535
<i>65-74</i>	6,905		4,625	2,275
<i>75 and over</i>	8,655		6,070	2,585
<i>Age not known</i>	505		480	20
By condition of cared for person				
<i>Physical disability, frailty and sensory impairment</i>	22,935		14,385	8,550
<i>Mental Health</i>	7,365		5,620	1,745
<i>Learning Disability</i>	4,095		3,340	755
<i>Substance Misuse</i>	115		85	30
<i>Vulnerable People</i>	1,855		1,475	380

In 2007-2008, 90% of carers in the region who were assessed received services or information, compared with 89% in England as a whole. Of the carers receiving services (either carers specific services or information and advice), there was wide variation in the percentage of carers receiving a carer specific service following assessment or review, which according to published data ranged from just 22% in Harrow to 100% in Redbridge and Wandsworth (Table 3.3). Differences in reporting practises may partially explain this variation.

Use of Carers' Grant allocations

Carers' Grant is an annual sum of money made available to local authorities to dedicate to carers in their locality, with a particular focus on carers' breaks, young carers, promoting carers' well-being, and developing innovative services for carers. In 2009 the Department of Health allocated £34.6 million⁵ for this purpose to local authorities in London. A review of Carers' Grant expenditure by English local authorities in 2004-6 (conducted by the University of Leeds) (Fry et al. 2009) showed

⁵ Carers' Grant allocation for 2006/2007 taken from 'Carers' Grant details and Guidance' from www.dh.gov.uk/en/SocialCare/Carers/DH_079454 (accessed on 8th September 2009).

that, using these funds, local authorities had dedicated funds to: promoting carer services region-wide, with a particular focus on hard-to-reach carers (e.g. among ethnic minority groups); promoting carer involvement in decision-making about carer services, via carers' forums and steering groups; attempting to increase the number of Carer's Assessments conducted annually by the local authority; increasing carers' breaks provision; developing young carers' support groups; setting up innovative services for carers (such as one-off payments for goods which would ease their caring role); supporting carers wanting to return to employment or education; and developing new or existing partnerships with voluntary sector and health-based organisations.

Table 3.3 Carers assessed and receiving services: Councils in the London region

	Numbers of carers			Carers receiving services (%)	
	Assessed or reviewed (A)	Receiving carers specific services (B)	Receiving Information only (C)	Following assessment or review (B+C)/A	Receiving carers specific services B/(B+C)
ENGLAND	377,635	208,730	128,265	89	62
LONDON	40,640	25,275	11,465	90	69
Camden	1,075	625	55	63	92
Greenwich	1,045	915	40	91	96
Hackney	920	525	400	101	57
Hammersmith & Fulham	1,055	740	300	99	71
Islington	695	405	210	88	66
Kensington & Chelsea	1,250	920	165	87	85
Lambeth	1,735	835	665	86	56
Lewisham	2,660	645	645	48	50
Southwark	2,000	1,000	925	96	52
Tower Hamlets	1,510	1,005	500	100	67
Wandsworth	655	655	0	100	100
Westminster	1,495	995	190	79	84
City of London	35	25	10	100	71
Barking & Dagenham	1,740	980	535	87	65
Barnet	1,775	1,405	370	100	79
Bexley	1,840	935	900	100	51
Brent	950	810	140	100	85
Bromley	1,515	970	545	100	64
Croydon	1,035	885	145	100	86
Ealing	1,675	1,380	160	92	90
Enfield	1,395	1,165	230	100	84
Haringey	750	545	115	88	83
Harrow	2,310	500	1,810	100	22
Havering	1,165	595	565	100	51
Hillingdon	665	490	170	99	74
Hounslow	1,360	910	225	83	80
Kingston-upon-Thames	1,060	410	650	100	39
Merton	690	360	195	80	65
Newham	850	820	30	100	96
Redbridge	1,190	1,195	0	100	100
Richmond upon Thames	1,155	520	340	74	60
Sutton	770	750	20	100	97
Waltham Forest	620	360	215	93	63

Source: Community Care Statistics 2007 - 08: Referrals, Assessments and Packages of Care for Adults, England, National report and CASSRs, NHS Information Centre.

4. Carers' health and wellbeing in London

The 2001 Census showed that in London 70,345 carers were themselves in poor health (12% of carers were in poor health compared with 12% of carers across England as a whole) (Table 4.1). Of these carers in poor health:

- 23,248 provided 50 hours or more of care per week. At all ages, carers in poor health were much more likely to care for 50 or more hours a week (33%) than carers with good/fairly good health (18%) (38% and 19% respectively in England as a whole)
- 1,532 were aged 85 or older

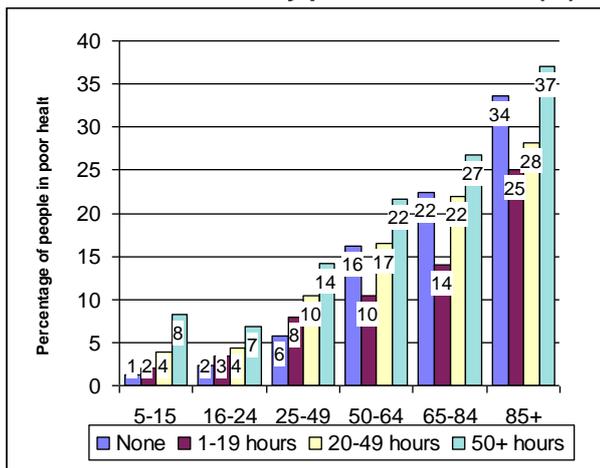
Table 4.1 People in poor health by age, sex and the amount of care they provide: London

	Male non-carers	Males caring for:			Female non-carers	Females caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
All (numbers)	221,719	16,074	4,079	9,672	276,473	21,359	5,585	13,576
5-15	6,028	108	24	44	5,198	119	23	54
16-24	8,010	456	97	97	10,339	654	152	219
25-49	70,275	6,129	1,430	2,286	82,557	9,185	2,165	4,490
50-64	65,429	5,776	1,385	2,974	68,899	7,367	2,020	4,131
65-84	63,487	3,386	1,058	3,802	86,768	3,764	1,143	4,275
85+	8,490	219	85	469	22,712	270	82	407
All (% people)	8	9	14	22	9	9	13	18
5-15	1	2	4	8	1	2	4	8
16-24	2	3	4	7	3	4	5	7
25-49	5	7	10	15	6	8	11	14
50-64	16	11	18	25	17	10	16	20
65-84	22	14	22	27	23	14	22	26
85+	32	24	27	35	34	26	30	40

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

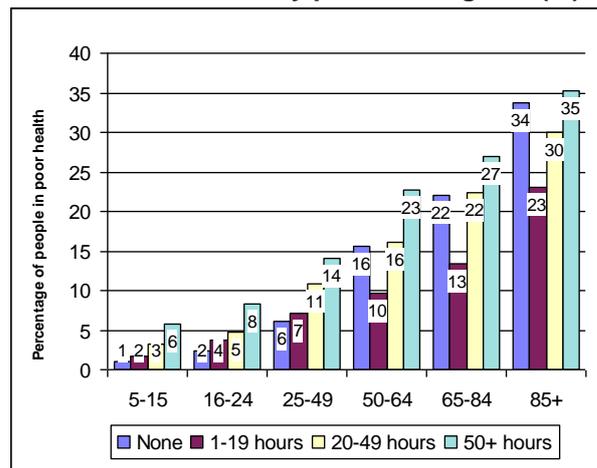
At all ages, with the exception of the oldest age group (people aged 85+), people regularly providing 50 or more hours of care each week were more likely to be in poor health than other people of the same age (Figures 4.2a and 4.2b).

Figure 4.2a People with poor health by age and the amount of care they provide: London (%)



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

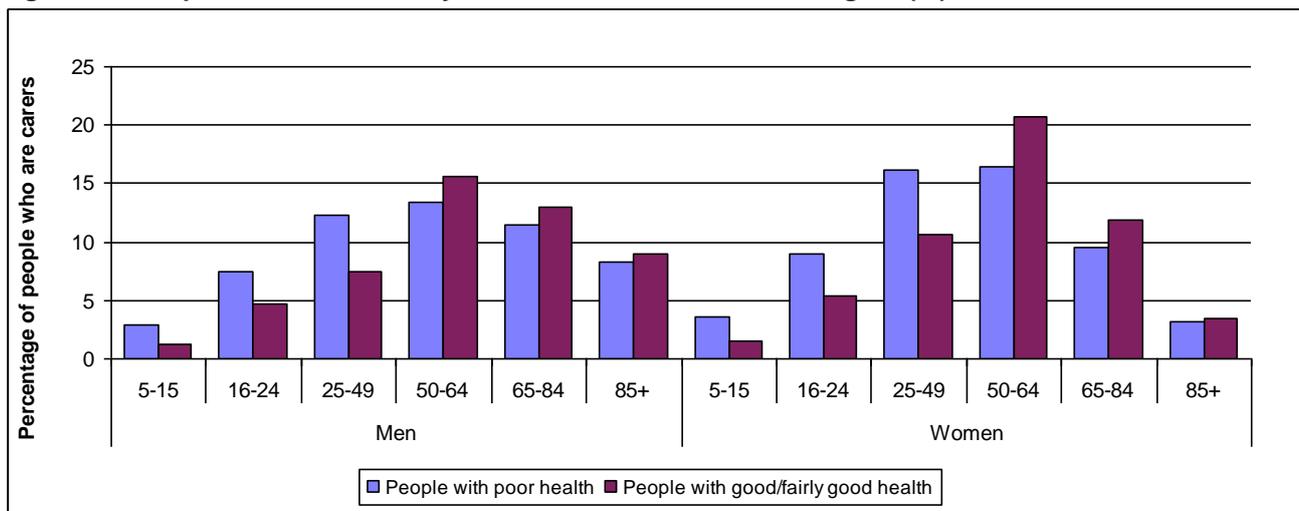
Figure 4.2b People with poor health by age and the amount of care they provide: England (%)



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Below 50 years of age, men and women in poor health were more likely to be providing unpaid care than those in good or fairly good health (Figure 4.3).

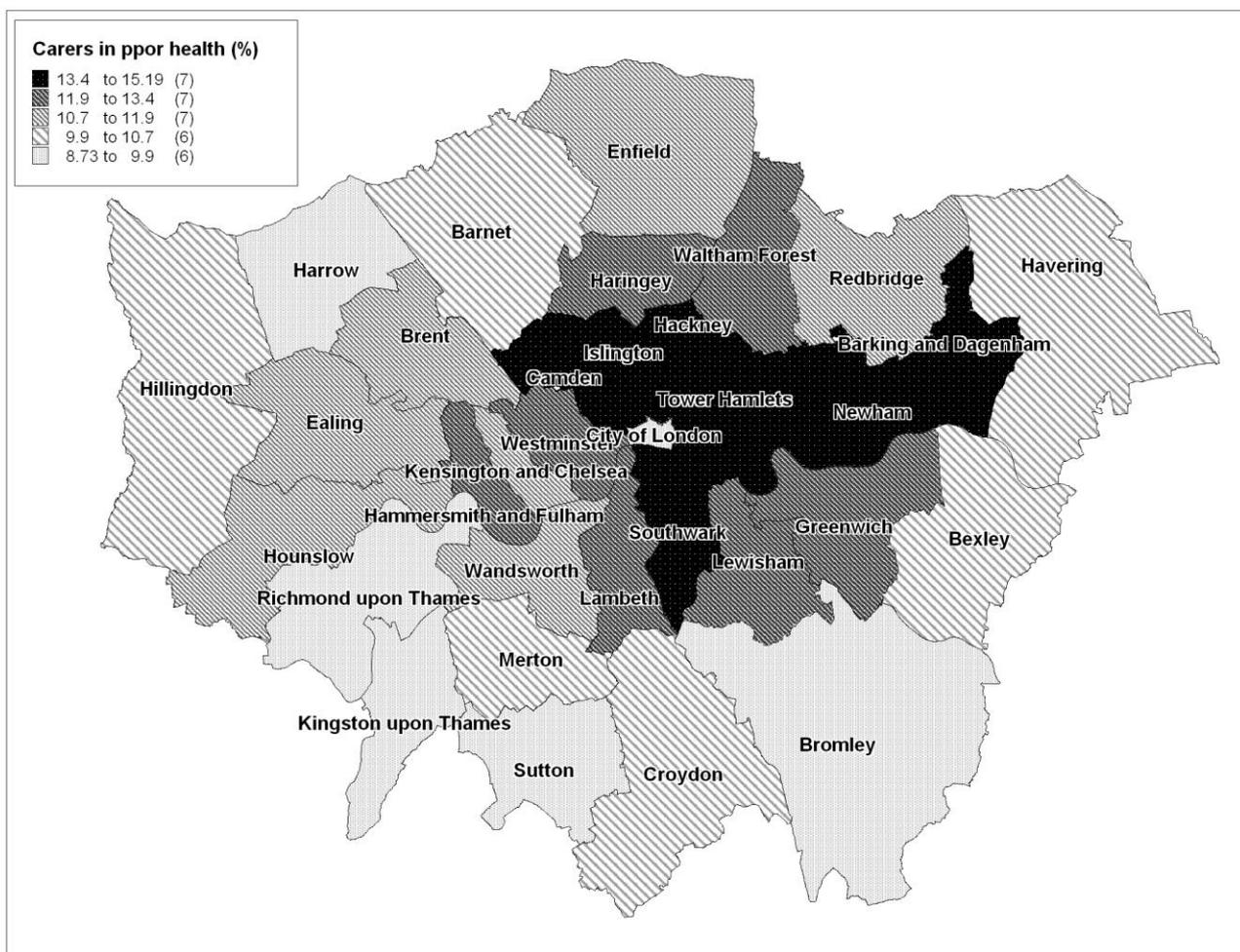
Figure 4.3 People who are carers by their health status: London region (%)



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

A map of the proportion of carers who were in poor health (Figure 4.4) shows considerable variation across the region. In Kingston-upon-Thames just 9% of carers were in poor health, and compared with 15% in Islington. The national average across England is 12%.

Figure 4.4 Distribution of carers in poor health in the London region



Source: 2001 Census Standard Tables, Crown Copyright 2003. This work is based on data provided through EDINA UKBORDERS with the support of the ESRC and JISC and uses boundary material which is Copyright of the Crown.

5. Support for carers in London

Carers in London have access to a range of information, advice and services delivered by local authorities, voluntary sector agencies and other organisations, sometimes working in partnership. Some of the different types of support available to carers of sick, disabled, frail and vulnerable people in the region are outlined here.

Strategic approaches to support for carers

Each local authority in the region has an up-to-date Carers Strategy detailing its vision for carers in the immediate future. These local strategies, developed following the first National Carers' Strategy in 1999, outline how the local authority has responded, or plans to respond, to key legislation and recommendations from Joint Improvement Partnerships relating to carers, and also how local challenges are being addressed in their plans and activities. Among the key priorities indicated in the region's Carers Strategies are helping carers to have a life of their own, giving them a 'voice' in decisions about service development, promoting knowledge about carers' rights, offering support and training focused on employment and education, offering a range of breaks and respite, increasing the number of carers' assessments conducted annually, and increasing access to information. There is also a focus on achieving equality of access to support for diverse groups by ensuring they are fully included in both existing and new developments affecting carers.

Most local authorities in the region have developed Carers Strategy Steering Groups which include representatives of relevant local voluntary organisations, the local PCT, and local authority personnel from other directorates, including housing and leisure, as well as carers themselves, often representing Carers' Forums. These steering groups are generally tasked with decision-making and monitoring of new and existing carers' activities and schemes. Most groups have devised detailed Action Plans, which outline objectives and proposals for future development according to predetermined timescales. Regular meetings assess the progress of these ongoing developments.

In London, some of the local challenges identified include engaging with carers who are traditionally 'hard to reach', whether because they belong to an ethnic minority group (as in the case of several metropolitan and city councils), are young carers who have little or no knowledge of existing services, or have never had any contact with social services in relation to their care needs. To reach these 'hidden' groups of carers local authorities in the region have worked with a variety of partners including the NHS (through GP surgeries and hospitals, for example, to access carers at 'first diagnosis' of the cared-for person) and voluntary organisations including specialist groups dedicated to supporting people with particular needs.

All local authorities with social services responsibility in the region receive an annual Department of Health Carers' Grant budget allocation, and it is with funds made available in this way, as well as with mainstream monies, that many carer-related innovations and existing services are now being initiated and supported. These are outlined below; several examples of each service are included to indicate some of the ways local authorities in London are tackling carers' needs.

Local authority support for carers

Advice and information for carers in London is available in a variety of ways. Literature promoting services available through local authorities is distributed using a range of outlets and can also be downloaded from the dedicated carer-related web pages of the local authorities' websites. All local authorities in the region include signposting to help carers identify other organisations specialising in services for people caring in a range of different circumstances. In many parts of the region there are also telephone advice lines/email addresses and/or advocacy services that allow carers to contact local authority staff who can advise them on receiving support. Examples include:

Hackney London Borough Council offers a helpline relating to care issues which is available from Monday to Friday, 8am – 8pm, and on Saturdays, 9am – 1pm. There is also an option for carers to email their enquiries to a helpdesk.

Barking and Dagenham London Borough Council provides a wide range of services including advice, information, practical and emotional support to carers of people who are ill, disabled or elderly. The centre offers drop-in facilities, a telephone helpline, as well as welfare benefits surgeries.

Many local authorities in the region promote carers' services by hosting local events during Carers' Week (annually in July) and at other appropriate times of the year, such as Carers' Rights Day in December. In many areas, such as Tower Hamlets, the council produces literature promoting carers' services in different languages, to help reach out to local ethnic minority communities, traditionally considered 'hard to reach' on social care and carers' issues. As stated above, carers are also encouraged to take part in decision making on carers' issues. Examples include:

Bromley London Borough Council's Carers' Forum brings together carers and representatives of approximately 70 local organisations. It facilitates discussion and debate around care-related issues and service development. The forum is funded through the council's Carers' Grant allocation and undertakes a small amount of lobbying on behalf of carers.

Sutton London Borough Council's Carers' Forum brings together carers every other month for a meeting during which speakers are invited on topics that affect carers. Carers who become members receive notices, agendas and minutes together with other information. Carers can also join the Steering Group which meets to decide on the forum's agenda.

Voluntary sector and other support for carers

All local authorities in London have devoted resources to delivering breaks to carers, sometimes in partnership with voluntary agencies. These usually take the form of respite, sitting services and access to day care centres. Such services are often specifically tailored towards carers of people with particular conditions, including disabled children and adults, older people, those suffering mental health problems, and those with learning difficulties. Some local authorities have developed culturally sensitive breaks services specifically geared towards ethnic minority groups.

Bexley London Borough Council funds a carers' breaks project which aims to provide flexible respite for carers by offering live-in support to people in their own homes. This support is given by full-time volunteers who are trained by the carer and the cared for person to carry out whatever personal care, domestic tasks and social activities are required while the carer is having a break.

Merton London Borough Council has recently undertaken a short breaks consultation with parents and carers of children with disabilities. 188 questionnaires were completed and findings suggested that there is an overwhelming need for short breaks which are supported by specialised staff, adequate transport facilities, and widely available information.

Collaboration with voluntary sector organisations is a crucial part of carer activities for many local authorities in London. Many of these organisations have long experience of supporting carers and also have other sources of funding with which they provide support, advice, and information to carers. With the money made available through Carers' Grant, as well as other sources of social care funding, local authorities have been able to invest in a wider range of carer-related projects. These are often developed in close collaboration with voluntary sector organisations, and based on their 'grass roots' engagement with carers.

Lambeth London Borough Council works with a number of voluntary organisations in order to provide support to people from black and ethnic minority group – including carers – in the area. Among these organisations are groups representing Chinese, African Caribbean, and Latin American communities.

Haringey London Borough Council works with many voluntary organisations to provide support for carers of people with specific conditions, such as eating disorders, HIV, mental health problems, drug dependencies, as well as physical and learning disabilities.

Voluntary sector carers' centres exist in many parts of London, offering valued support, information and services to carers; details of these are available from the Carers Direct website, which includes an interactive map showing the location of nearby centres, with contact details and a summary of the services they provide. Often affiliated to national carers' organisations including the Princess Royal Trust for Carers (PRTC), Carers UK and Crossroads, many of these agencies are well established and can draw on many years experience of advising and supporting carers.

Carers Direct

Free confidential Information and advice for carers, set up as a national service in 2008.

Find addresses, phone numbers and websites for services for carers near you.

www.NHS.uk/CarersDirect

Call Carers Direct on **0808 802 0202**

Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends.

Calls are free from UK landlines

Or email CarersDirect@nhschoices.nhs.uk

Supporting young carers

All local authorities in London have developed services specifically geared towards young carers. Young carers are particularly vulnerable to the demands of caring which can have a major impact on their lives. Many voluntary sector carers' centres have prioritised this type of support, which has been a particular focus of centres linked to the Princess Royal Trust for Carers.

Lewisham London Borough Council's Young Carers' Project provides advocacy, support, information, clubs, and trips. It also conducts a regular survey with young carers. Its findings are used to influence local service development.

Ealing London Borough Council's Young Carers Project supports young carers by providing respite activities, which include days out during school holidays, advocacy and advice when requested, and one-to-one support with a project worker when required. The project also hosts an after school-group twice a month, where young carers can meet, talk to others, and receive information.

Services to help carers combine caring with employment or education

Some local authorities in London have developed projects to help carers who want to combine caring with paid work or who are seeking employment and further education. These projects provide support and advice to enable carers to access training and funding opportunities, to revise job application and interview skills, and to address work-related issues, including advising them about new rights given to carers in recent legislation.

Camden London Borough Council supports a number of services for carers seeking to access work, including One Stop Shops which provide advice, and a specifically designed course which provides training in IT skills and confidence building exercises. The latter course is free, includes a meal, and travel costs to the venue can also be provided.

Islington London Borough Council has developed a course called Care 2 Work which provides support, advice and training to carers (or recent carers) aged 50 and over. The course aims to help older carers develop skills, gain qualifications, and work towards finding new employment.

Telecare

Since 2006, offering telecare equipment to help carers deal with their caring situation has also been a developing area of local authority activity in London, with new funds available through the Preventative Technology Grant⁶. Where telecare equipment is installed in the home of a person needing care or support, it often offers significant benefits for carers as well. Available equipment includes personal alarms, fall detectors, smoke, gas and spillage/flood alerts and automatic lighting and door entry controls. In 2006/2007 an estimated 17,000 new service users aged 65 or over in the region were provided with items of telecare, giving carers' peace of mind and more freedom in their everyday lives.

⁶ Through the Preventative Technology Grant, £80 million was invested to help English local authorities develop telecare programmes.

Redbridge London Borough Council is committed to using telecare as a way of promoting independence and helping people live in their own homes. Recent surveys in the area reveal that 94% of people using telecare services in the area report that this equipment has had a positive effect on their lives and those of their carers. The council's Telecare Control Centre achieved accreditation in 2008 from the Telecare Services Association.

Barnet London Borough Council has produced a free booklet which introduces carers and the people they care for to telecare. It provides information relating to the benefits of the equipment, how to apply for it, what the assessment process involves, and details of a local demonstration site.

Courses for carers

A number of courses for carers have been developed by local authorities in London. These include learning to care for themselves, improving health and wellbeing, facilitating access to services and specific skills (e.g. lifting and handling), as well as teaching relaxation and similar techniques.

Southwark London Borough Council supports a range of courses and activities for carers, including trips and outings, arts and crafts sessions, and a film club. There is also a group dedicated to former carers which allows people who were once involved in caring to meet up and make new friends or to spend time with existing ones.

Royal Borough of Kingston-Upon-Thames is dedicated to providing carers with opportunities to develop new skills and offers a wide range of courses through education services. These courses include aromatherapy, art, computing, dancing, language skills, stress management, caring skills, and work-related advice and training.

The nationwide **Caring with Confidence** programme for carers is working with five providers in London. Carers can select and attend specialised modules relating to different aspects of caring. There is also an online version of the course, and a self-study version which carers can complete at their own convenience and pace. The service began operating in the region in summer 2009.

The Caring with Confidence programme

This is a knowledge- and skills-based programme, funded by the Department of Health, which aims to help carers make a positive difference to their life and that of the person they care for. Delivered by specially trained facilitators, often carers themselves, it offers a range of modules in a flexible programme of free carer support. Carers can mix and match how they develop their knowledge and skills - taking part in free local group sessions, using self-study workbooks or accessing the programme online. www.caringwithconfidence.net

Call: **0800 849 2349** (Carer Information Line) or **0113 385 4491**

or email: cwc.info@caringwithconfidence.net

State benefits for carers

Across London, 56,900 people of working age have an entitlement to Carer's Allowance, and of these 52,900 receive this state benefit Carer's Allowance is a weekly payment of £53.10p (the maximum claimable in 2009), available to carers providing 35 or more hours of weekly care to someone receiving specified sickness or disability benefits. A further 23,450 people who have reached state pension age also have an 'underlying entitlement' to Carer's Allowance, which qualifies them for the Carer Premium, linked to Pension Credit; of these, 5,030 receive this element. Carer's Allowance is available through the Department for Work and Pensions and the rules governing it are set at the national level⁷.

⁷ DWP Information Directorate: Work and Pensions Longitudinal Study, February 2009. Intended to be an 'income replacement' benefit, Carer's Allowance (CA) 'overlaps' with other benefits and is not *paid* to people receiving a state retirement pension (and some other benefits paid at a higher rate). Eligible claimants nevertheless retain any linked entitlements (e.g. to housing benefit). CA was 'renamed' in 2003, replacing Invalid Care Allowance (established 1975).

Carers' access to paid work in London

In the region, there are 496,913 carers aged 16-64 (Table 6.1). These account for 82% of all carers in London. (In England as a whole 80% of carers are aged 16-64.) Of these carers, 84,982 regularly provide 50 or more hours of care each week (17% of carers in the region, compared with 18% in England as a whole), and 42,585 are aged 16-24.

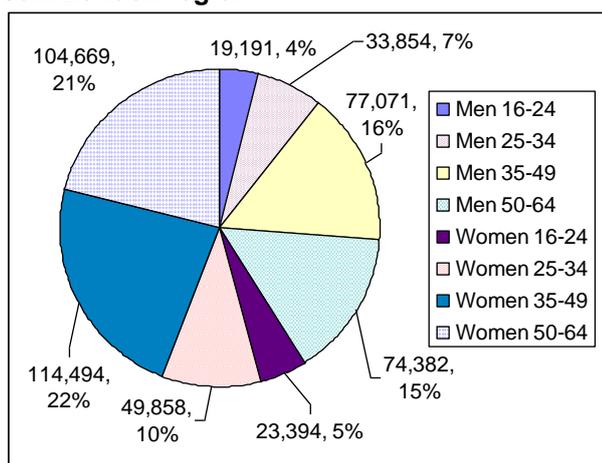
Table 6.1 People of working age (16-64) by age, sex and the amount of care they provide: London
(numbers)

	Male non-carers	Men caring for:			Female non-carers	Women caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
All 16-64	2,119,498	152,156	23,995	28,347	2,155,133	199,266	36,514	56,635
16-24	389,765	15,284	2,465	1,442	401,687	17,104	3,158	3,132
25-34	631,165	25,382	4,494	3,978	659,234	33,110	6,344	10,404
35-49	684,063	56,847	9,258	10,966	677,295	78,010	14,169	22,315
50-64	414,505	54,643	7,778	11,961	416,917	71,042	12,843	20,784

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

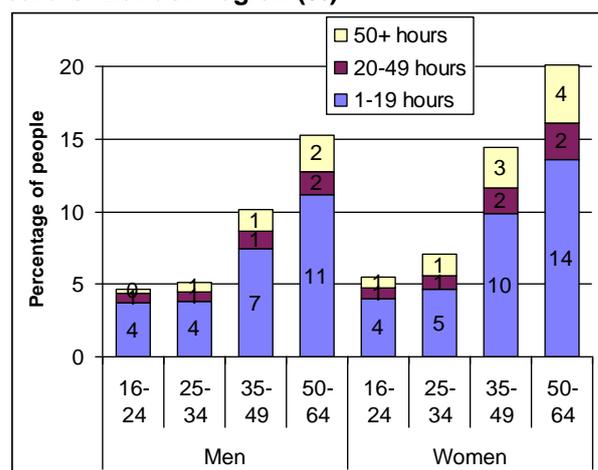
Of carers aged 16-64, 58% are women and 36% are people aged 50-64 (Figure 6.2). 20% of all women aged 50-64 and 15% of men in this age group are carers (Figure 6.3). Women are more likely to be carers than men at all ages between 16 and 64.

Figure 6.2 Carers of working age by age and sex: London region



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Figure 6.3 People of working age who are carers: London region (%)



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

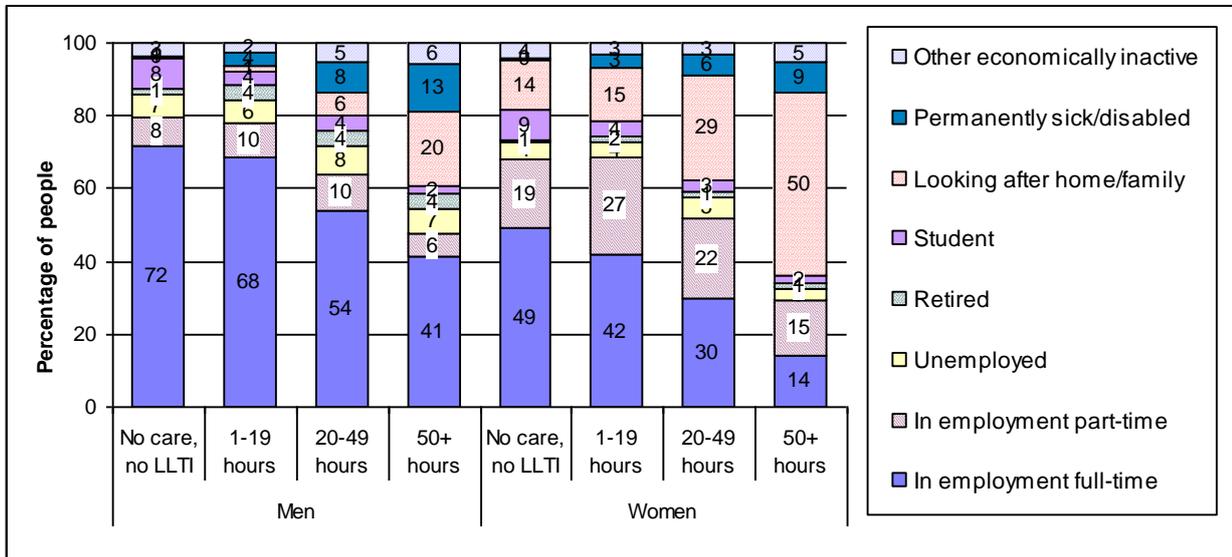
Table 6.4 Characteristics of carers of working age: London region

		London			ENGLAND				
		Non-carers without LLTI	People caring for:			Non-carers without LLTI	People caring for:		
			1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
No qualifications	Men	16	18	27	40	20	20	34	43
	Women	15	17	28	42	19	21	36	43
Degree-level qualifications	Men	36	31	21	15	23	23	14	11
	Women	36	30	23	14	23	23	14	11
In paid employment*	Men	80	78	64	47	84	80	63	46
	Women	68	68	52	29	73	73	53	34

Source: 2001 Small Area Microdata, Office for National Statistics (2006a). *2001 Census Individual SAR, Office for National Statistics (2006b).

Comparing carers of working age with healthy non-carers (those without an LLTI), Table 6.4 shows that carers are much more likely to have no qualifications and are much less likely to be qualified to degree-level or above, especially if they are committing 20 or more hours per week to their caring role. They are also much less likely to be in paid employment. Data on the 'economic activity' of carers and a comparator group of healthy non-carers is shown in Figure 6.5. As regular weekly hours of care increase, the likelihood rises that a carer will be either 'looking after their home or family full-time', or 'permanently sick or disabled' themselves.

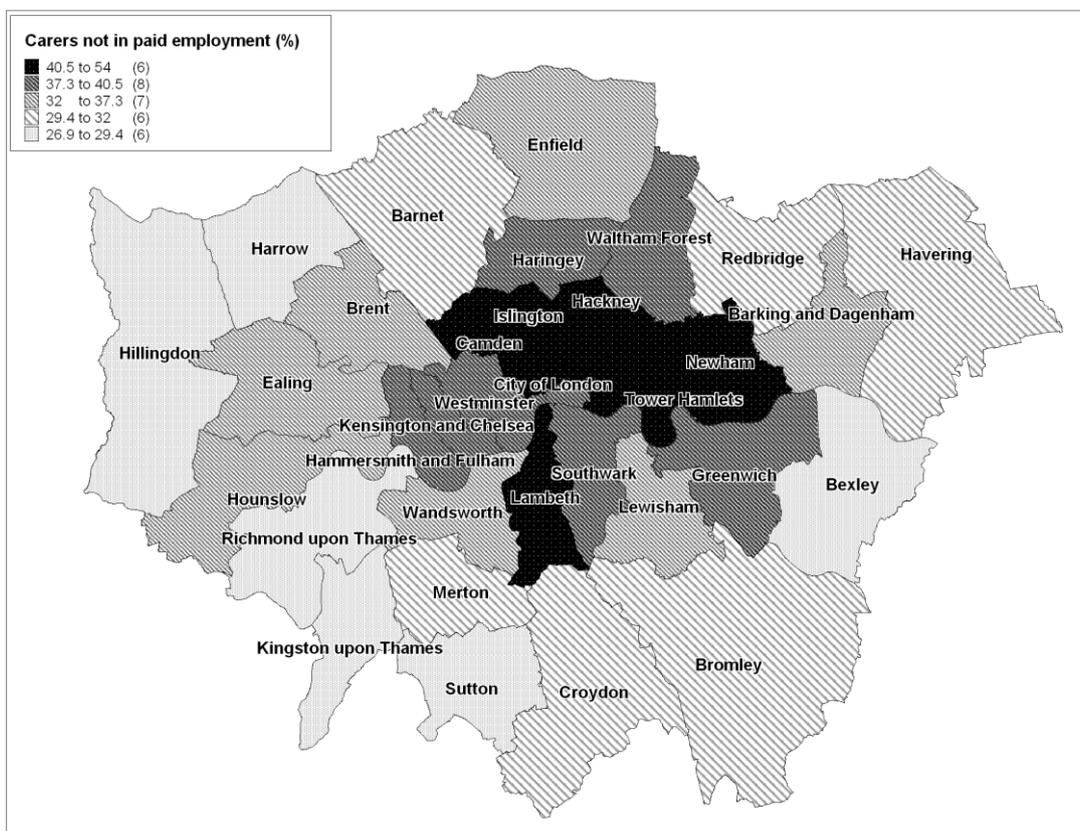
Figure 6.5 People of working age by sex, and amount of care: London region



Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

The proportion of carers who are not in paid employment varies across the region, from the lowest level (27%) in Kingston-upon-Thames, to a much higher figure (54%) in Tower Hamlets (Figure 6.6).

Figure 6.6 Carers of working age who are not in employment: London region (%)



Source: 2001 Small Area Microdata, Office for National Statistics (2006a). This work is based on data provided through EDINA UKBORDERS with the support of the ESRC and JISC and uses boundary material which is Copyright of the Crown.

7. Carers in employment in London

In 2001, there were 307,320 carers of working age in paid employment in the region (aged between 16 and state pension age; 64 for men and 59 for women in 2001). Of these carers:

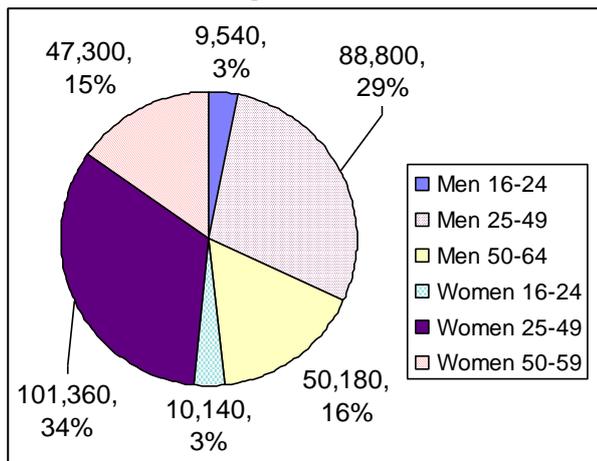
- 130,840 male carers and 96,980 female carers were in full-time employment
- 17,680 male carers and 61,820 female carers were in part-time employment
- 28,900 (9%, compared with 10% in England as a whole) provided 50 or more hours of care per week

Table 7.1 People of working age (16-64 for men and 16-59 for women) in employment by employment status, age, sex and the amount of care they provide: London region

	Male non-carers	Men (16-64) caring for:			Female non-carers	Women (16-59) caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
All full-time	1,424,680	104,780	13,780	12,280	949,760	79,220	10,540	7,220
16-24	160,140	5,380	1,160	300	149,100	5,160	560	280
25-49	1,013,740	64,200	8,700	7,480	681,560	52,500	6,940	4,380
50-64/59	250,800	35,200	3,920	4,500	119,100	21,560	3,040	2,560
All part-time	159,180	14,280	1,920	1,480	379,160	46,860	7,040	7,920
16-24	48,100	2,240	360	100	66,520	3,180	680	280
25-49	78,640	6,500	1,140	780	243,440	27,760	4,220	5,560
50-64/59	32,440	5,540	420	600	69,200	15,920	2,140	2,080

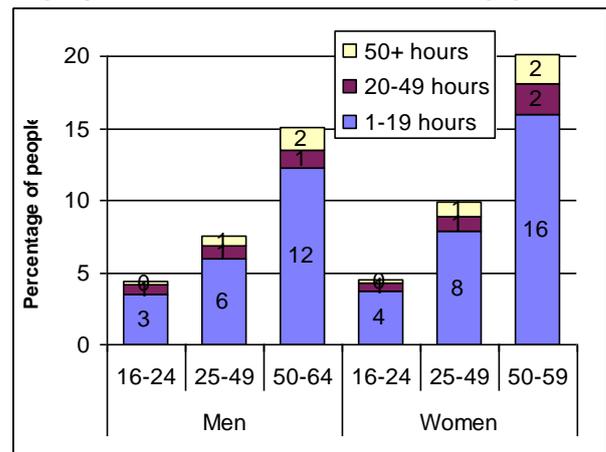
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

Figure 7.2 Carers in paid employment by age and sex: London region



Source: 2001 Census Commissioned, Standard Tables, Crown Copyright 2003.

Figure 7.3 People of working age in paid employment who are carers: London (%)



Source: 2001 Census Commissioned, Standard Tables, Crown Copyright 2003.

Almost half of all carers who were in paid employment in the region were men (47%, Figure 7.2), and combining work and care is quite a common experience, especially for men and women over 50 (Figure 7.3). Carers in employment, particularly women, were more likely than others in paid work to work part-time (Table 7.4). The percentage of carers working part-time increases with the amount of care provided. A high percentage of women carers who provided 50 or more hours of care each week as well as having a paid job were employed for less than 16 hours per week.

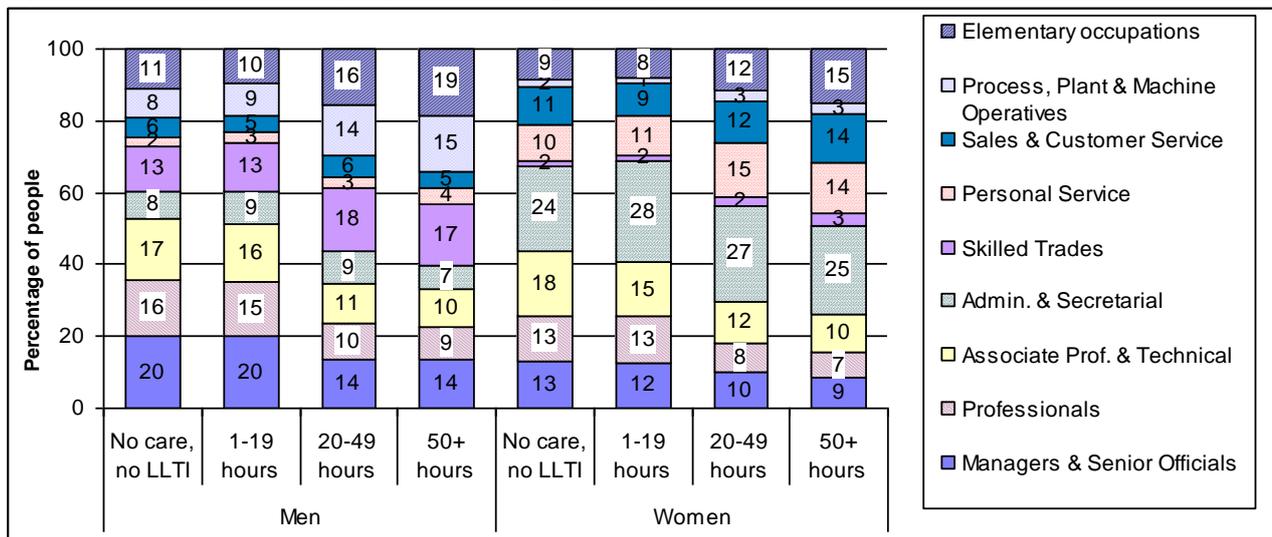
Carers were much more likely to work either at home or very close (within 2km) to where they live. This often limits the jobs available to them making them more likely to be employed in low-skilled, low-paid elementary or process, plant and machine operative jobs, and much less likely to be in managerial or professional occupations (Figures 7.5 and 7.6). Carers in employment were also much more likely than healthy non-carers in employment to be the only person in the household who is working.

Table 7.4 Characteristics of people of working age (16-64 for men and 16-59 for women) in employment: London region (%)

		London				ENGLAND			
		Non-carers without LLTI	People caring for:			Non-carers without LLTI	People caring for:		
			1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
Work part-time	Men	10	13	16	13	8	10	11	11
	Women	28	39	43	52	40	47	50	58
Work <16 hours per week	Men	3	4	5	6	3	3	3	3
	Women	9	12	13	20	13	14	18	26
Elementary occupations	Men	11	10	16	19	13	11	18	18
	Women	9	8	12	15	13	11	19	21
Distance to work <2km	Men	19	23	27	28	25	27	29	30
	Women	24	31	33	39	32	35	40	42
Only working adult	Men	33	37	51	51	29	32	53	52
	Women	27	32	41	38	22	24	37	38

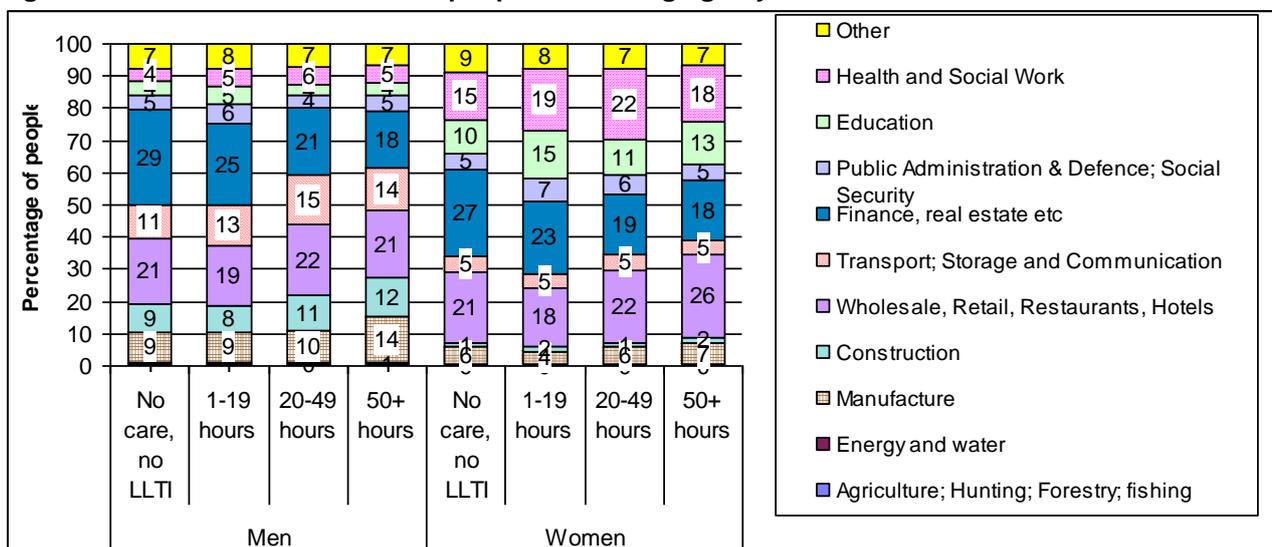
Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

Figure 7.5 Occupations of people of working age, by sex and amount of care: London



Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

Figure 7.6 Industrial distribution of people of working age by sex and amount of care: London



Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

8. Young carers in London

In 2001, there were 30,574 carers in the region aged 5-19 (Table 8.1). Of these young carers:

- 2,661 provided 50 or more hours of care per week
- 13,816 were under 16 years old
- 880 were themselves in poor health
- 3.8% of Indian, 3.5% of Pakistani and 4.7% of Bangladeshi children provided unpaid care, compared with just 1.9% of White British children (Figure 8.6)

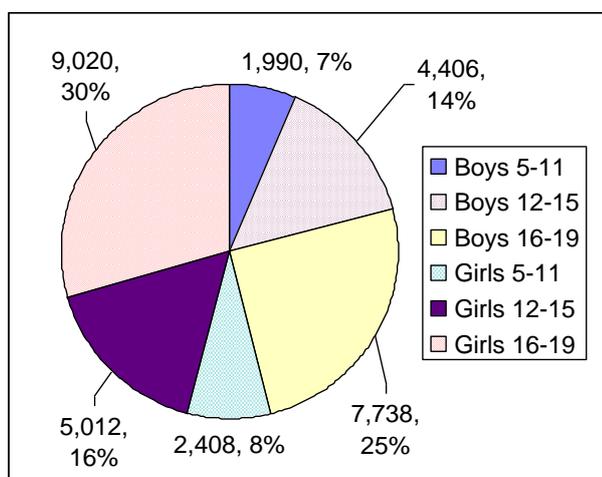
Table 8.1 Young people aged 5-19 by age, sex and the amount of care they provide: London

	Male non-carers	Boys caring for:			Female non-carers	Girls caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
All aged 5-19	643,947	11,598	1,434	1,102	615,782	13,064	1,817	1,559
5 to 7	138,565	313	47	65	131,287	333	42	69
8 to 9	91,072	414	35	51	88,572	500	53	72
10 to 11	89,371	837	115	113	85,636	1,141	94	104
12 to 15	168,949	3,740	352	314	161,369	4,159	462	391
16 to 17	83,186	3,150	431	252	77,529	3,499	527	369
18 to 19	72,804	3,144	454	307	71,389	3,432	639	554

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

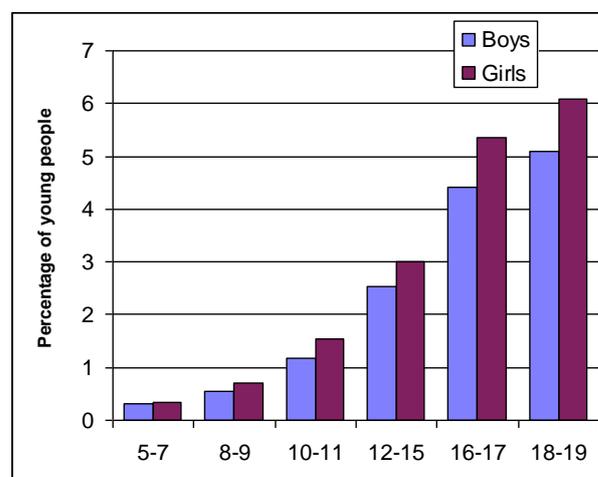
55% of all young carers were aged 16-19 (Figure 8.2). Across all ages, girls were more likely to be carers than boys (Figure 8.3). The data in Figure 8.3 suggest that all schools, colleges and universities in the region are likely to have some young carers among their students.

Figure 8.2 Young carers by age and sex: London region



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Figure 8.3 Young people who are carers: London region (%)



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Young carers are more likely to live in households with no working adult and are also more likely to live in socially rented housing (Table 8.4). Young carers who regularly provide 20 or more hours of care each week are significantly more likely than other children both to live in lone parent families and to have a limiting long-term illness.

Young carers aged 16-19 are much more likely than other young people to be unemployed and are more likely to be 'not in employment, education or training' (NEET) (Table 8.5). Young carers aged 16-19 who provide 20 or more hours of care per week also face potential disadvantage in the labour market for many years to come, as they are less likely to have any formal qualifications.

Young people in the Asian ethnic groups are considerably more likely than other young people to be carers (Figure 8.6).

Table 8.4 Characteristics of young people (aged 5-19) by amount of care provided: London

Young people aged 5-19	London				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
All (numbers '000s)	1,144.3	1,117.4	21.8	5.1	9,569.0	9,186.8	159.3	34.6
Ethnic group								
White British	681.5	668.4	10.9	2.2	7,941.6	7,789.9	126.0	25.7
Mixed ethnic groups	101.2	98.6	2.2	0.4	293.9	287.1	5.7	1.1
Indian	94.1	90.6	2.9	0.6	240.4	231.4	7.2	1.9
Pakistani	38.9	37.6	1.1	0.3	221.9	212.5	7.3	2.1
Bangladeshi	53.1	50.6	1.8	0.7	94.9	90.7	3.0	1.1
Black Caribbean	72.7	71.0	1.4	0.4	110.9	108.2	2.1	0.6
Black African	102.7	100.6	1.6	0.5	124.0	121.5	2.0	0.5
Other ethnic groups	126.0	123.3	2.0	0.7	353.0	345.3	6.1	1.6
No working adult in family (%)	24	23	31	40	16	16	25	39
Household tenure (%)								
Rents - from LA/HA	35	35	40	53	23	23	27	40
Family type (%)								
Lone parent	30	29	34	40	23	23	26	39
Couple with children	66	66	61	52	74	74	70	57
Other family (no children)	4	4	6	8	3	3	4	4
LLTI (%)	5	5	9	10	5	5	7	12

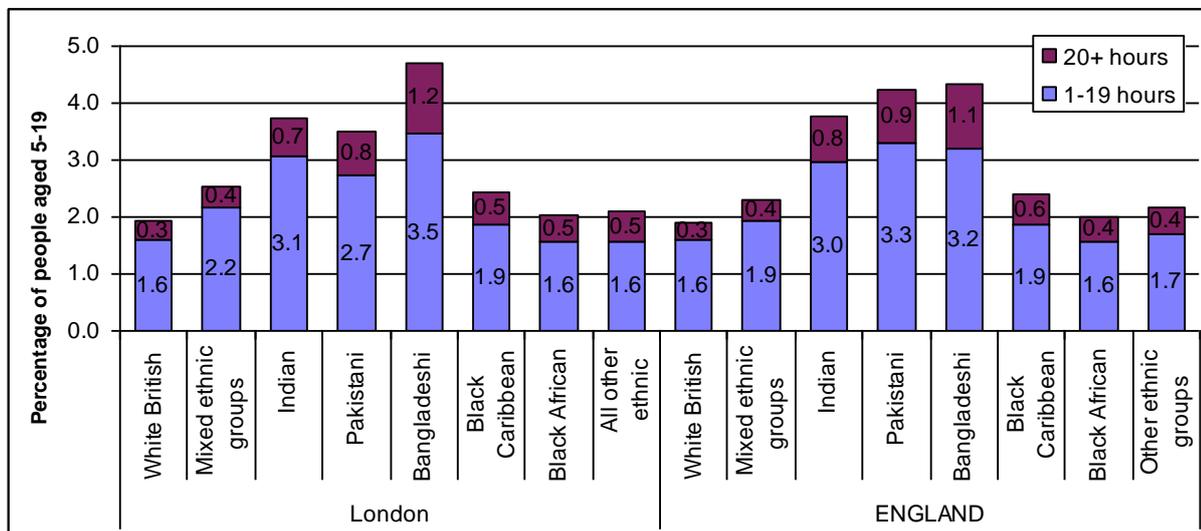
Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

Table 8.5 Characteristics of young people (aged 16-19) by amount of care provided: London

Young people aged 16-19	London				ENGLAND			
	ALL	Non-carers	People providing:		ALL	Non-carers	People providing:	
			1-19 hours	20+ hours			1-19 hours	20+ hours
No qualifications (%)								
Males	23	23	17	21	24	24	19	28
Females	19	19	17	25	21	21	17	29
Economic activity (%)								
Males								
In employment	33	33	36	28	47	47	46	38
Unemployed	11	11	13	18	10	10	12	19
Student	52	52	48	45	40	40	40	31
Other	4	4	3	9	3	3	3	11
Females								
In employment	36	36	28	29	47	47	44	35
Unemployed	8	8	12	9	7	7	10	10
Student	50	50	53	49	39	39	39	30
Other	6	5	7	13	6	6	6	24

Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

Figure 8.6 Young people by ethnicity and amount of care provided: London region



Source: 2001 Small Area Microdata, Office for National Statistics (2006a).

9. Older carers in London

In the region, there were 96,132 carers aged 65 or over. This figure amounts to 16% of all carers in the region. Of these older carers:

- 32,615 (34% compared with 36% in England as a whole) regularly provide 50 or more hours of care per week
- 4,915 were over 85 years old (among them 2,368 providing 50+ hours of care)
- 18,960 (20% compared with 20% in England as a whole) were themselves in poor health
- 8,953 (47% compared with 50% in England as a whole) older carers in poor health provided 50 or more hours care per week

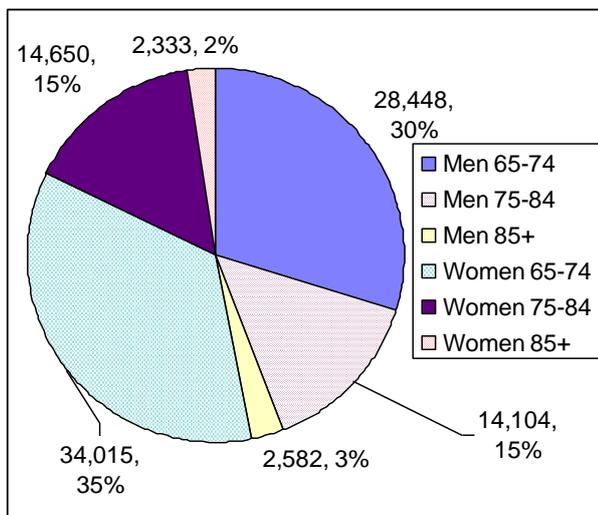
Table 9.1 Older people aged 65+ by age, sex, health status and the amount of care they provide: London region

	Male non-carers	Men caring for:			Female non-carers	Women caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
ALL (numbers)	320,141	24,731	5,101	15,302	444,674	28,191	5,494	17,313
65-74	187,972	17,243	3,165	8,040	212,624	19,674	3,756	10,585
75-84	105,414	6,572	1,619	5,913	165,958	7,478	1,463	5,709
85+	26,755	916	317	1,349	66,092	1,039	275	1,019
Poor health (numbers)	71,977	3,605	1,143	4,271	109,480	4,034	1,225	4,682
65-74	37,094	2,288	663	1,998	43,150	2,497	751	2,489
75-84	26,393	1,098	395	1,804	43,618	1,267	392	1,786
85+	8,490	219	85	469	22,712	270	82	407
Poor health (%)	22	15	22	28	25	14	22	27
65-74	20	13	21	25	20	13	20	24
75-84	25	17	24	31	26	17	27	31
85+	32	24	27	35	34	26	30	40

Source: 2001 Census, Standard Tables, Crown Copyright 2003.

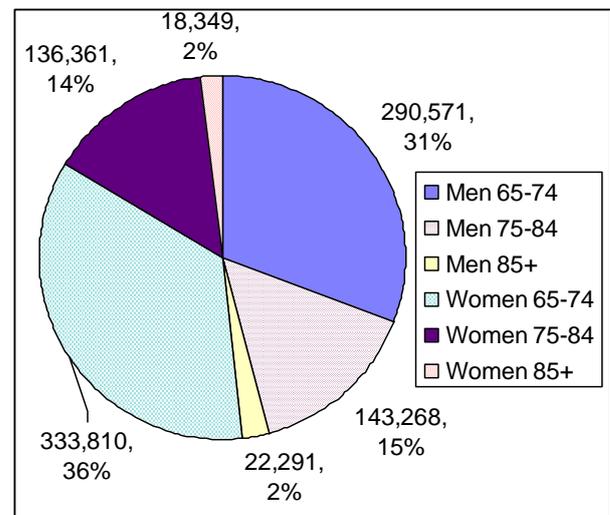
Almost two thirds of older carers are aged 65-74 (Figure 9.2a,b). In the older age groups, men are more likely to be carers than women, although people aged 85 and over are less likely to be carers than people aged 65-84 (Figure 9.3). However, men and women aged 85 and over who are carers are more likely regularly to provide 50 or more hours of care each week (52% of men carers and 44% of women carers), compared with 28% and 31% of men and women carers aged 65-74.

Figure 9.2a Older carers by age and sex: London



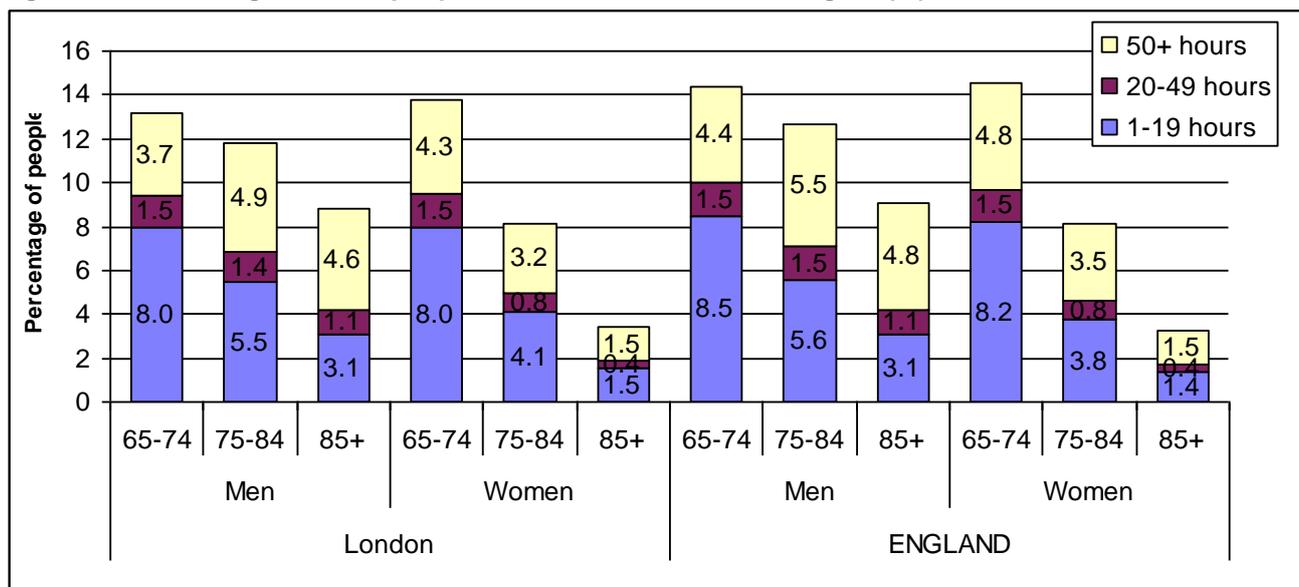
Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Figure 9.2b Older carers by age and sex: England



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Figure 9.3 Percentage of older people who are carers: London region (%)



Source: 2001 Census, Standard Tables, Crown Copyright 2003.

Table 9.4 presents some of the characteristics of people in these older age groups by the amount of care they provide. This shows that older carers are more likely than non-carers to:

- Live with a person who has a LLTI
- Live in housing that is rented from the local authority or Housing Association
- Live with one other person aged 65 and over

Table 9.4 Household/family situation of older people: London region (%)

	London				ENGLAND			
	Non-carers	People caring for:			Non-carers	People caring for:		
		1-19 hours	20-49 hours	50+ hours		1-19 hours	20-49 hours	50+ hours
Co-resident with a person with a LLTI	20	37	72	90	22	40	79	94
Household tenure								
Owns/buying with a mortgage	59	76	69	64	67	84	75	70
Rents - from LA/HA	28	17	27	29	21	11	19	24
Rents - private	9	7	4	6	7	4	5	6
Communal establishment	4	0	0	0	5	0	0	0
Family type by sex								
Men								
Lives in CE	2	0	0	0	3	0	0	0
Live alone	29	23	11	2	24	14	7	1
Lives with one other person 65+	35	41	52	62	45	50	61	69
All other types of household	33	36	37	36	28	35	32	30
Women								
Lives in CE	4	0	0	1	6	0	0	0
Live alone	49	36	18	4	46	31	13	2
Lives with one other person 65+	26	41	45	64	32	52	59	70
All other types of household	21	22	37	31	16	17	28	28
No access to car	50	29	40	41	41	19	28	35

Source: 2001 Census Individual SAR, Office for National Statistics (2006b).

Note: CE – Communal Establishments such as a retirement/nursing homes.

10. Care and support in the London region: future challenges

The London region is the most densely populated of all the English regions and is very diverse covering areas of high deprivation, as well as areas that are very affluent. The region presents challenges which include:

- an ethnically diverse population
- high costs of housing and limited availability of affordable housing

Some of the areas within the region suffer very high levels of deprivation. The 2007 Index of Multiple Deprivation (DCLG 2007) shows that over 10% of London's 4,765 small areas (each small area covers on average 1,500 residents) were among the 10% most deprived areas of the country. However, 15% of London's areas were among the 10% most deprived areas of the country for crime, 17% for income deprivation and 30% for barriers to housing and services, which include housing affordability. In the region, the most deprived areas are found in Tower Hamlets, Hackney and Newham. People living in deprived areas have lower life expectancy at birth than people in other areas, and are more likely to experience long periods in poor health at the end of their lives (Rasulo et al. 2007). Deprivation is associated with a higher prevalence of unpaid care (Young et al. 2005), as well as with high levels of illness, poverty, worklessness and social exclusion. While recent advances in health and medicine mean that people with long-term health problems have longer life-expectancy, and enable a higher proportion of children with chronic poor health or serious disabilities to survive into adulthood, these welcome developments also bring increasing demand for care.

The region's diverse population also presents other challenges: with the numbers of older people in ethnic minority groups rapidly increasing (from 62,882 in 1991 to 137,937 in 2001, and now thought to be over 172,500 (ONS 2009)), meeting their needs and those of their carers presents some providers and the health and social care system with a growing demand for sensitive, appropriately tailored support.

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