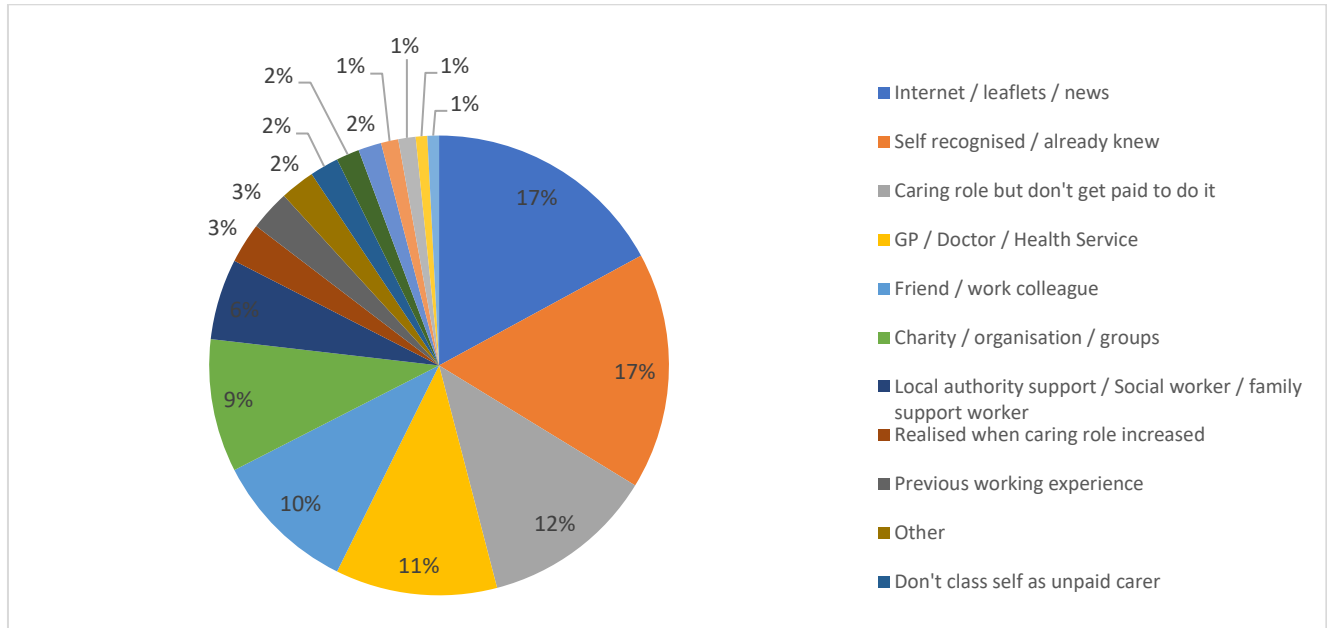


Cheshire East All Age Carers Survey Results

1. How did you know that you were an unpaid carer?

Mixture of reasons given for how carers recognised they had an unpaid caring role. Largest number of comments reflected that they used the internet, leaflets and/or news articles; or were able to recognise themselves easily that they were a carer. A number of people commented how it was the fact they didn't get paid to provide care that emphasises how they are an 'unpaid' carer.



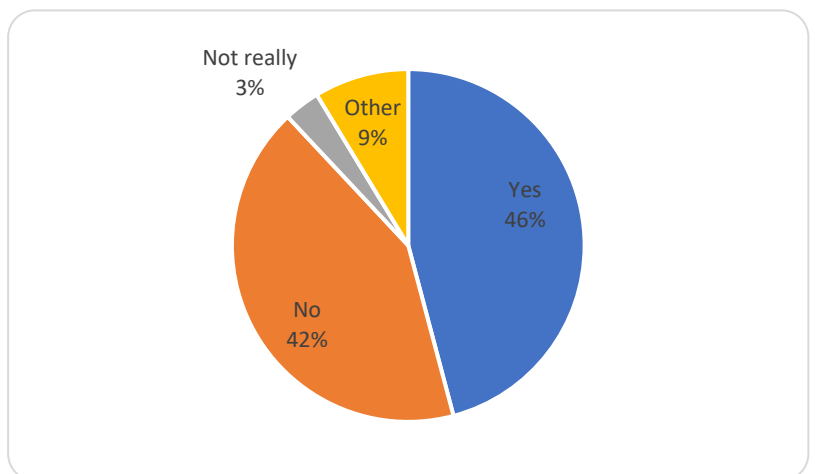
2. Did it take you a while to realise that you were an unpaid carer?

Fairly even split between people noting that Yes it did take time to realise and No it didn't. Other comments included:

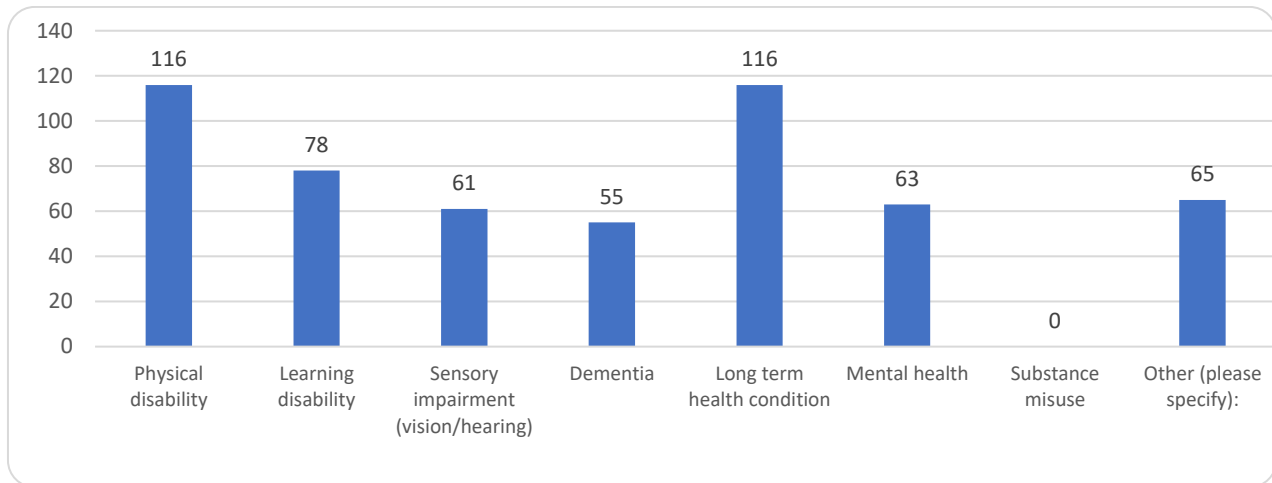
"You care because they are family and you do what you do because you love them"

"I'm not. I'm a mum, wife, daughter... I also don't recognise paid support staff as 'carers'. Why are they referred to as 'carers', not 'paid carers'?"

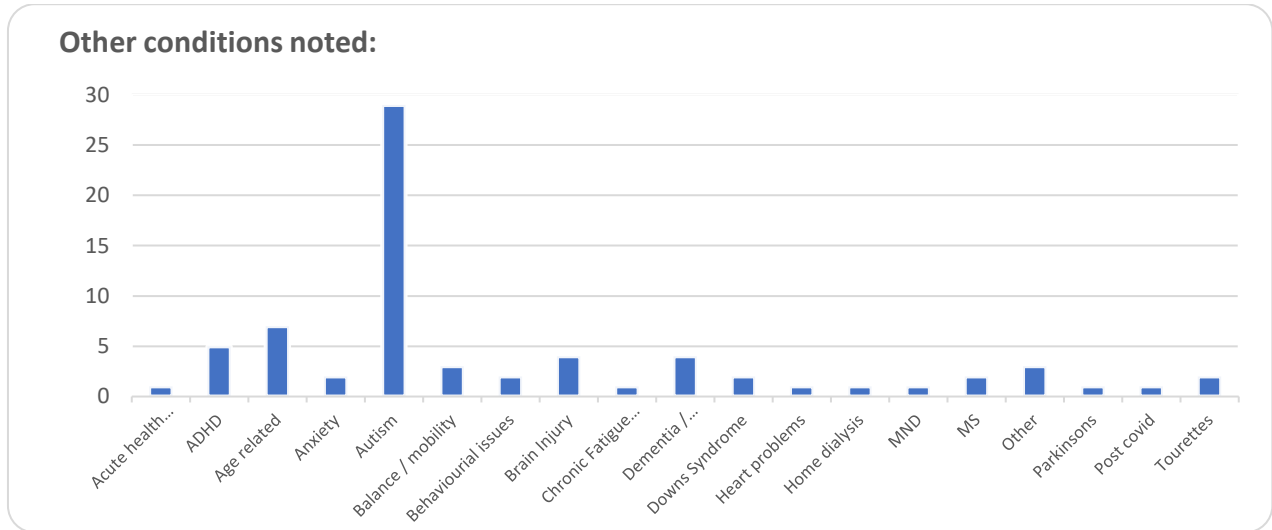
"Covid-19 has bought home to me that I am an unpaid carer when I realised my parents wouldn't cope if I was ill. This has caused me a lot of worry."



3. Thinking about the person you care for, which below best describes their situation?

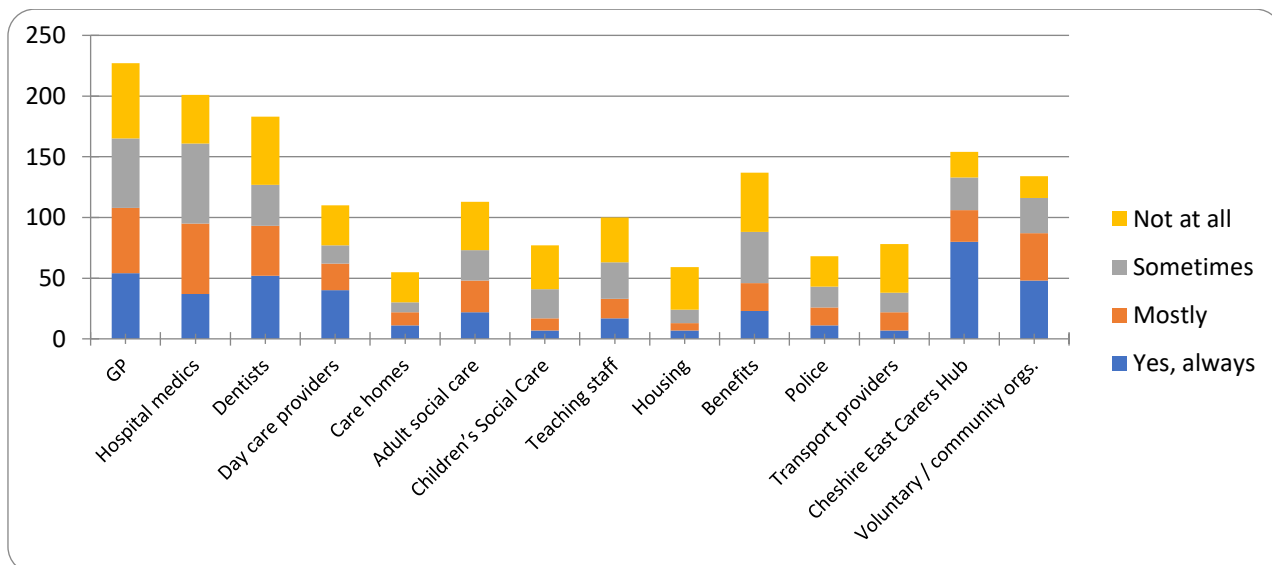


Other conditions noted:

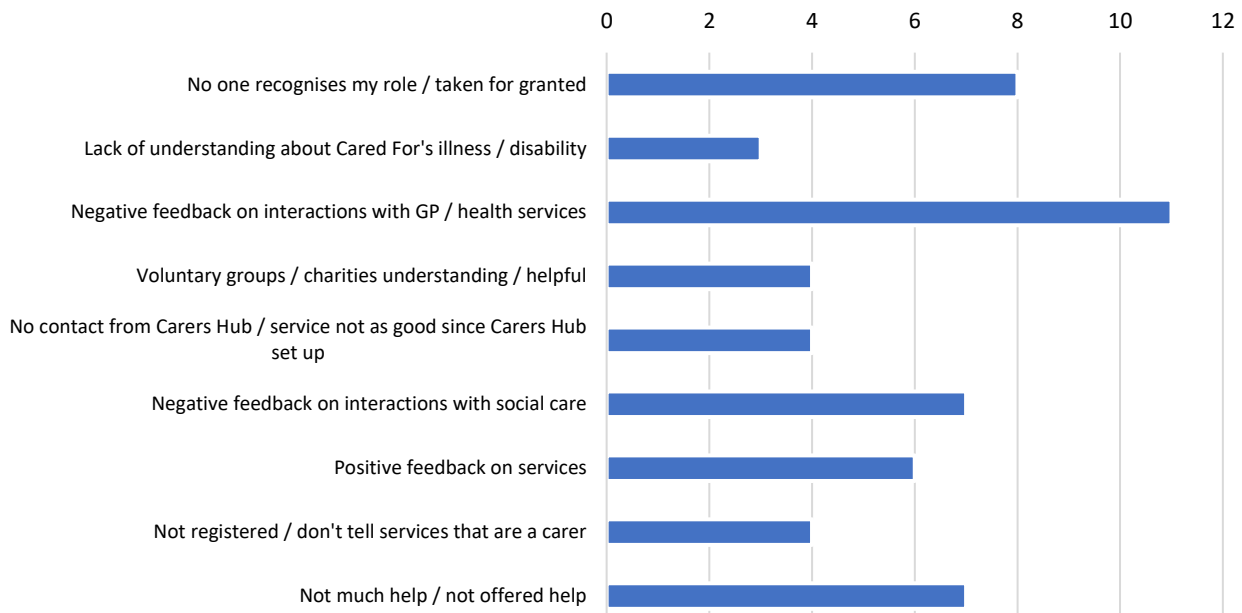


The main 'other' condition noted was Autism.

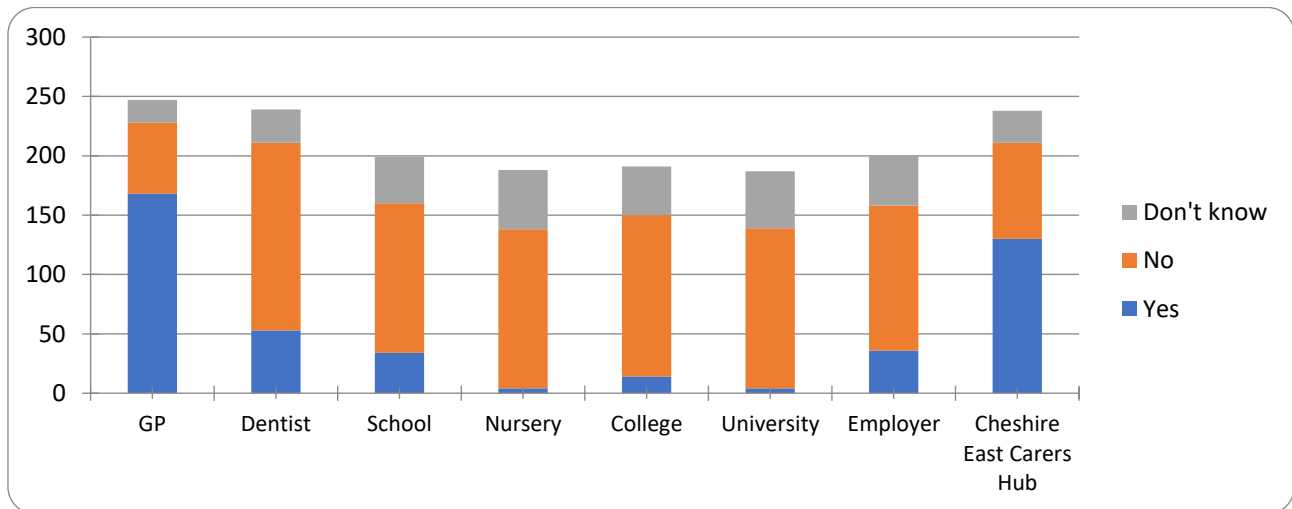
4. Do you feel that your role as a carer is seen and respected by the services listed below?



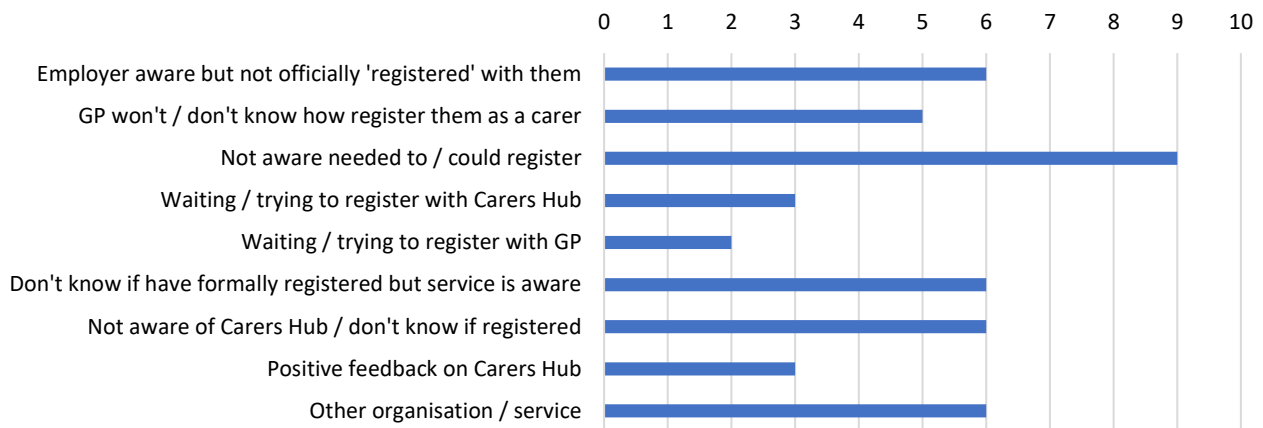
Themes of other comments made for do you feel that your role as a carer is seen & respected



5. Have you registered / recorded your role as an unpaid carer with any of the services below?

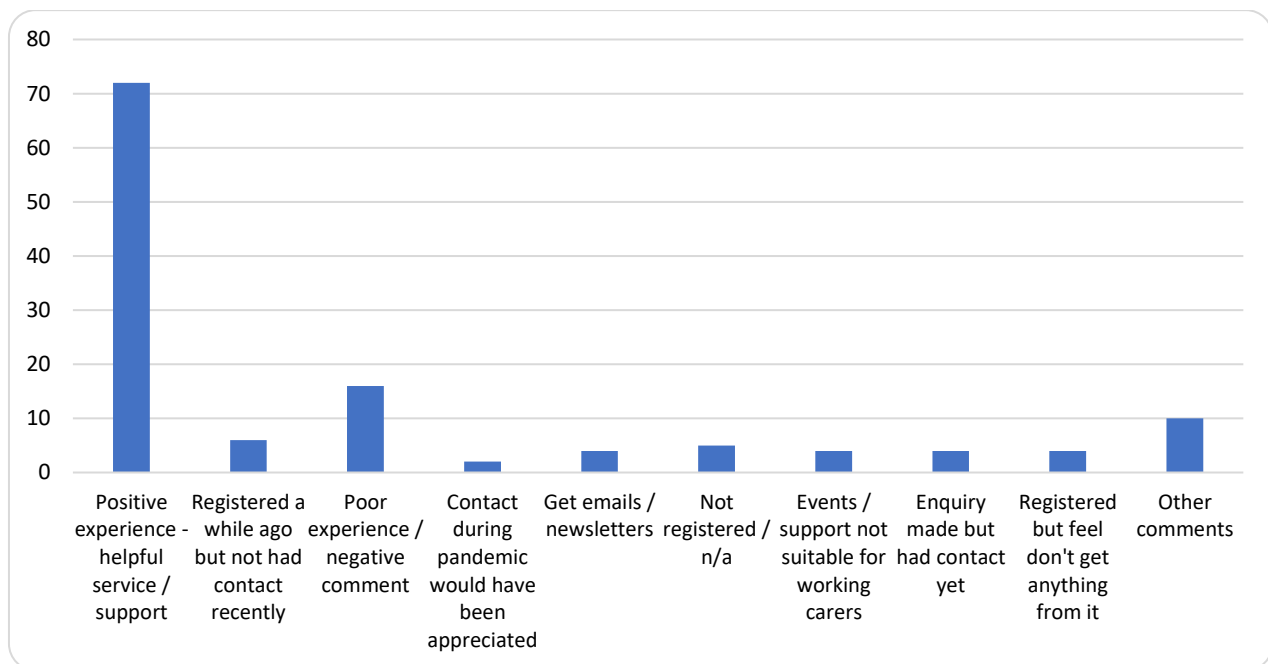


Themes of other comments for have you recorded / registered your role as a carer

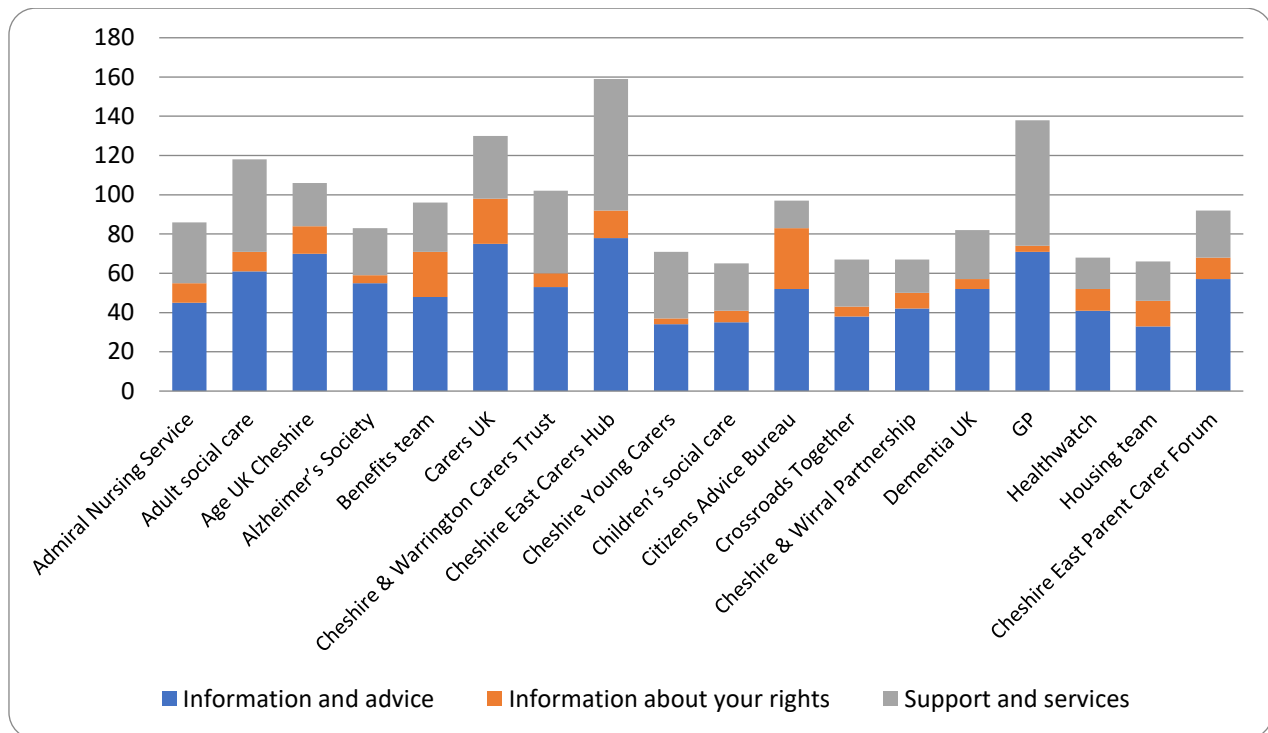


6. We asked carers to share their experiences of registering with the Cheshire East Carers Hub.

127 carers gave an answer to this question and the below chart summarises the themes of their answers. There were 72 comments (57%) noting a positive experience of registering with the Carers Hub

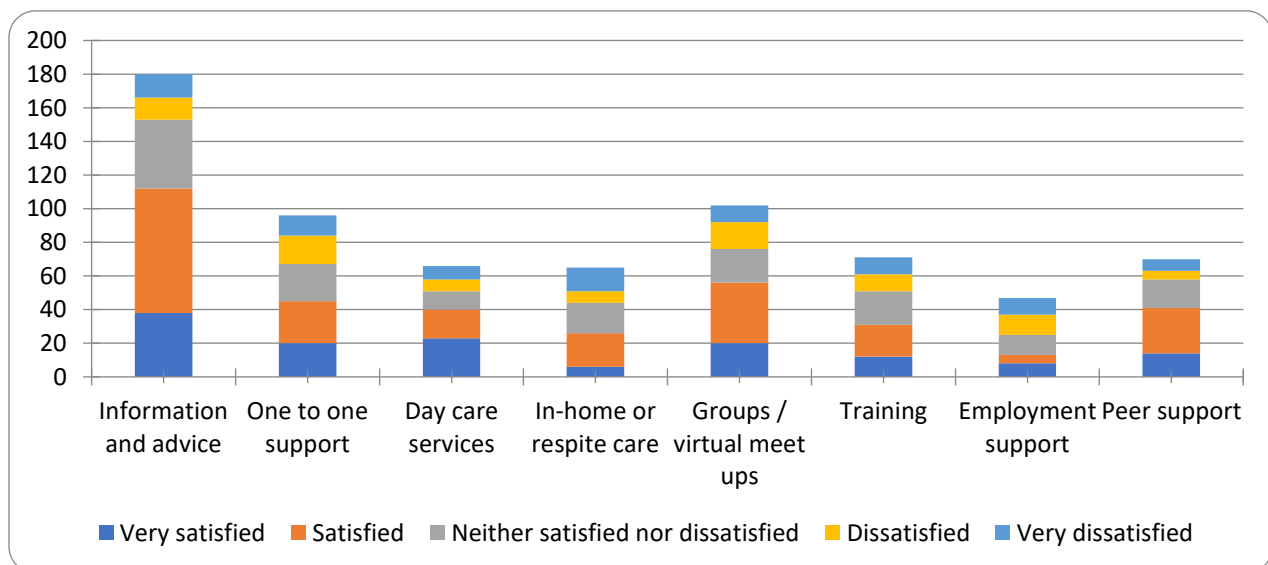


7. Where would you go to seek information, advice and support about your rights and your role as a carer?



Other organisations noted include Space4Autism, SENDIASS, Cheshire Buddies, Ruby's fund, MND Association, Dementia Reablement, In Control, Kidney Care UK, peer support and ADCA. There were also a number of comments from carers that they would have liked to select more than one option for some services as they use them for more than one element (e.g. information, advice and support).

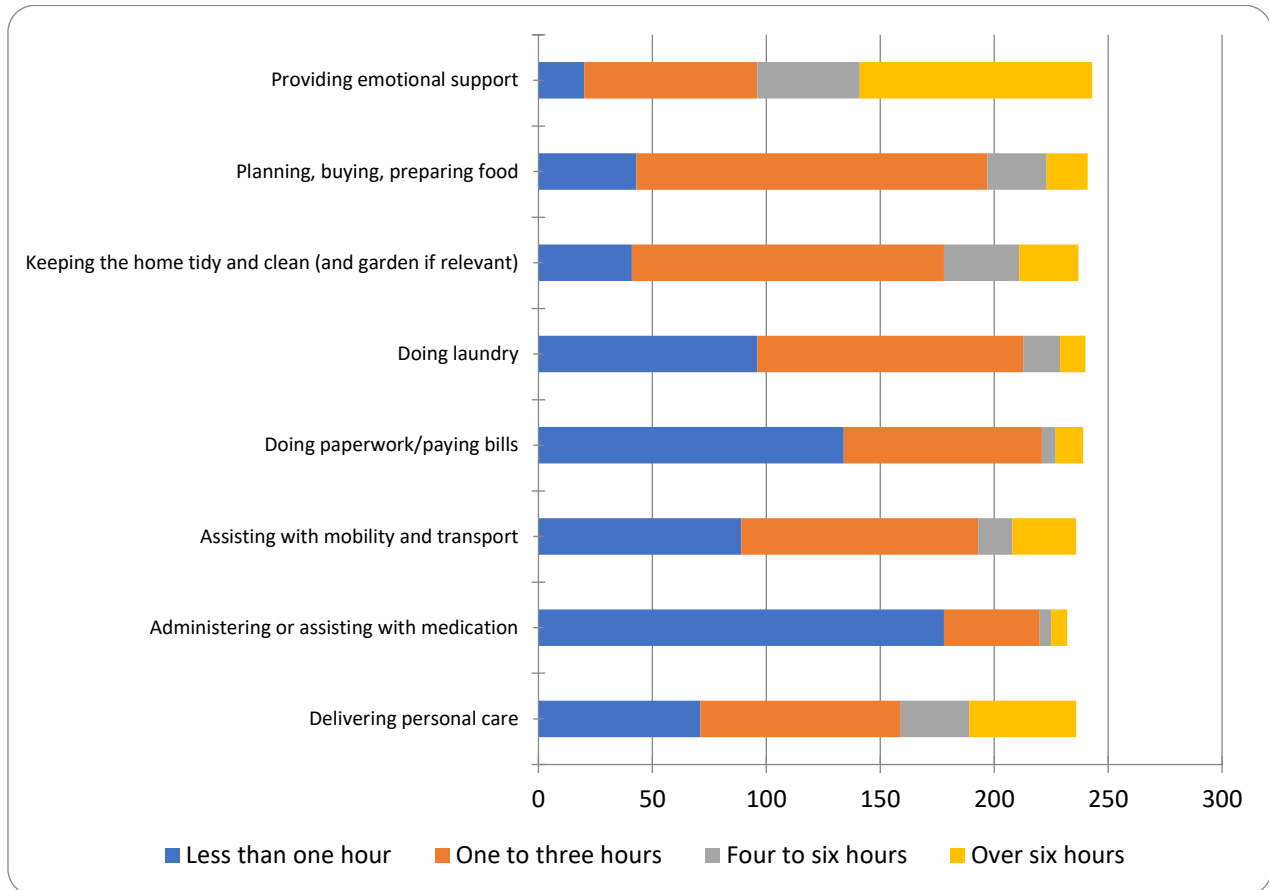
8. If you have received support in your caring role, what types of support have you had and how satisfied or dissatisfied were you with this?



Comments received in relation to this question were mixed. A number of other services were mentioned including positive feedback for Space4Autism, Admiral nurses at ECH and Cheshire & Warrington Carers

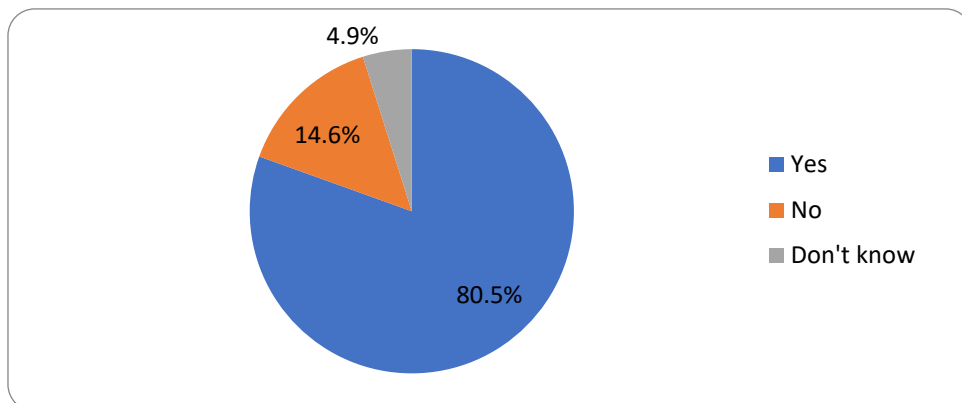
Trust. Some carers noted that they had not received any support, a couple noted that support groups are not always local and have trouble with transport and that can't attend some groups as can't leave the person they care for alone.

9. Thinking about your role as a carer, select the average number of hours you think you spend each day on the support tasks below?

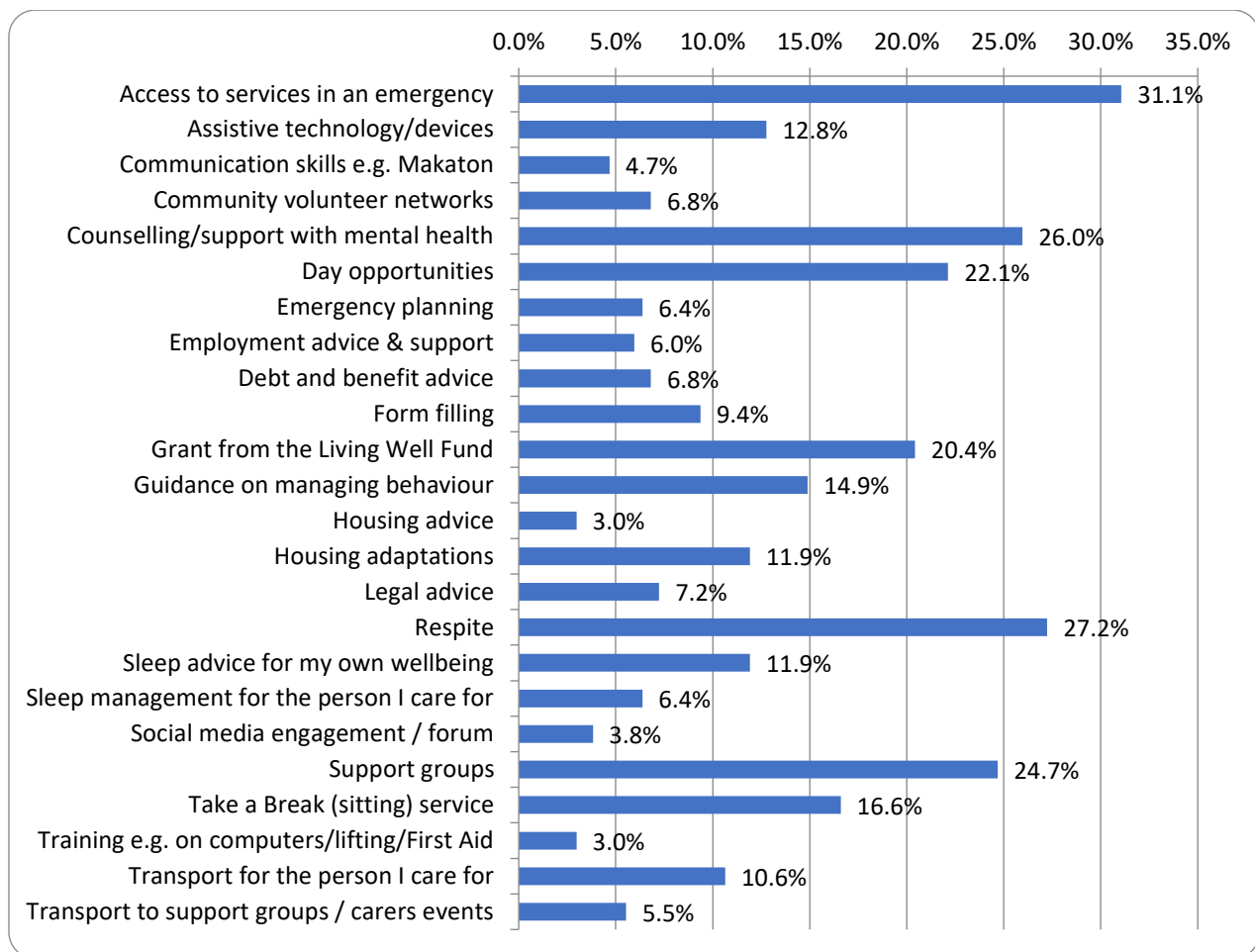


Carers spend the most amount of time each day providing emotional support and delivering person care. Tasks taking a medium length of time include food tasks, cleaning and laundry. Administering medications and doing paperwork are tasks that take the shortest amount of time.

10. Do you feel if this has increased in the last year due to the impact of Covid?



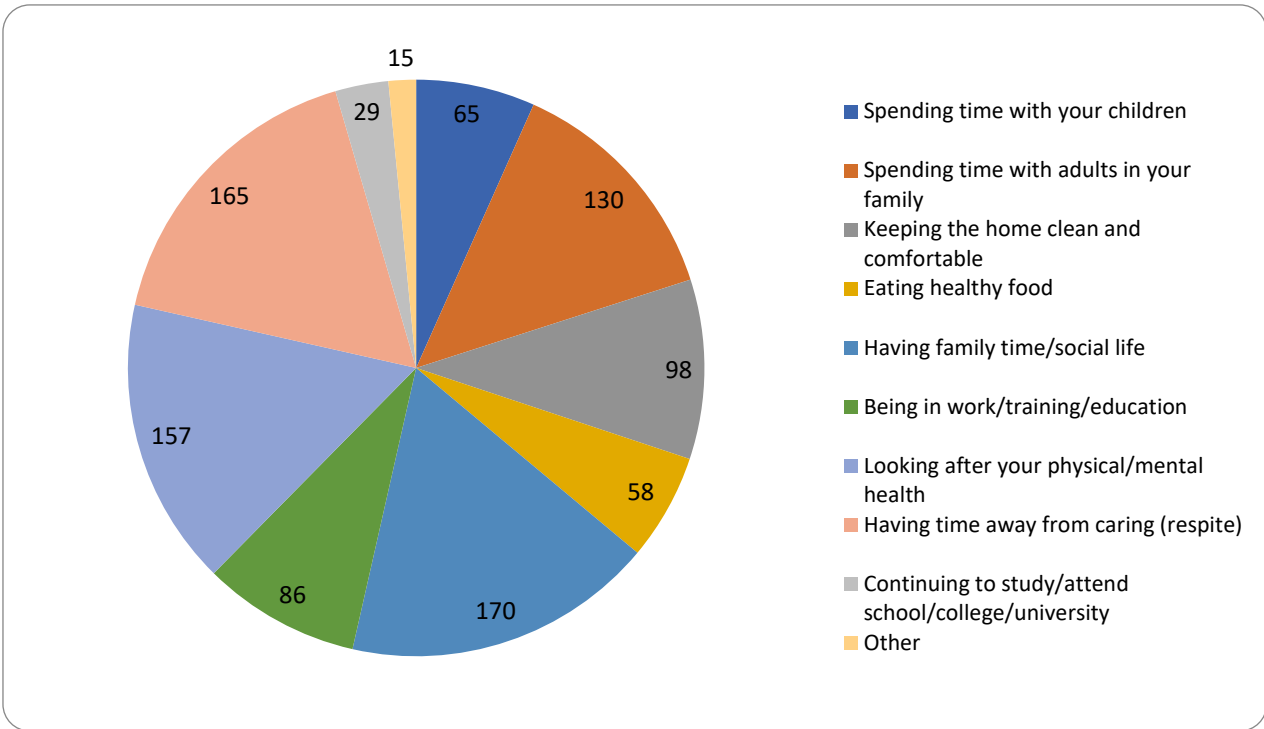
11. Which of the following types of information and support would help you the most in your caring role?



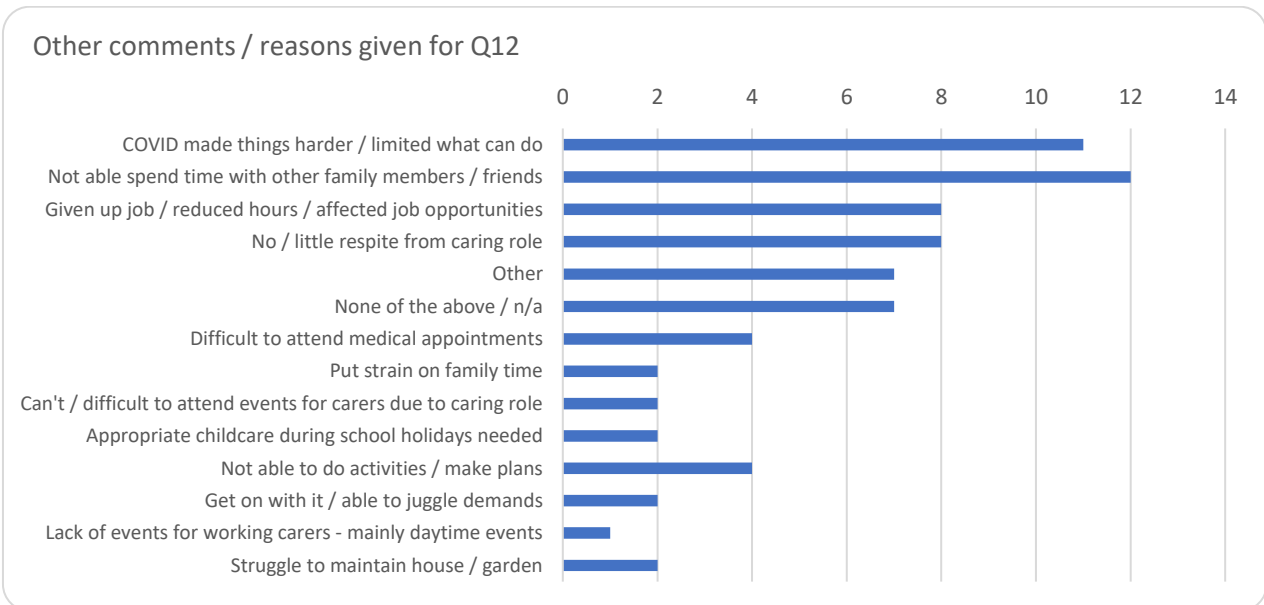
Top 5 types of information & support identified by carers that would help them most:

Access to services in an emergency	31.1%
Respite	27.2%
Counselling / support with mental health	26.0%
Support groups	24.7%
Day opportunities	22.1%

12. Does your caring role make it difficult for you to do any of the activities below?

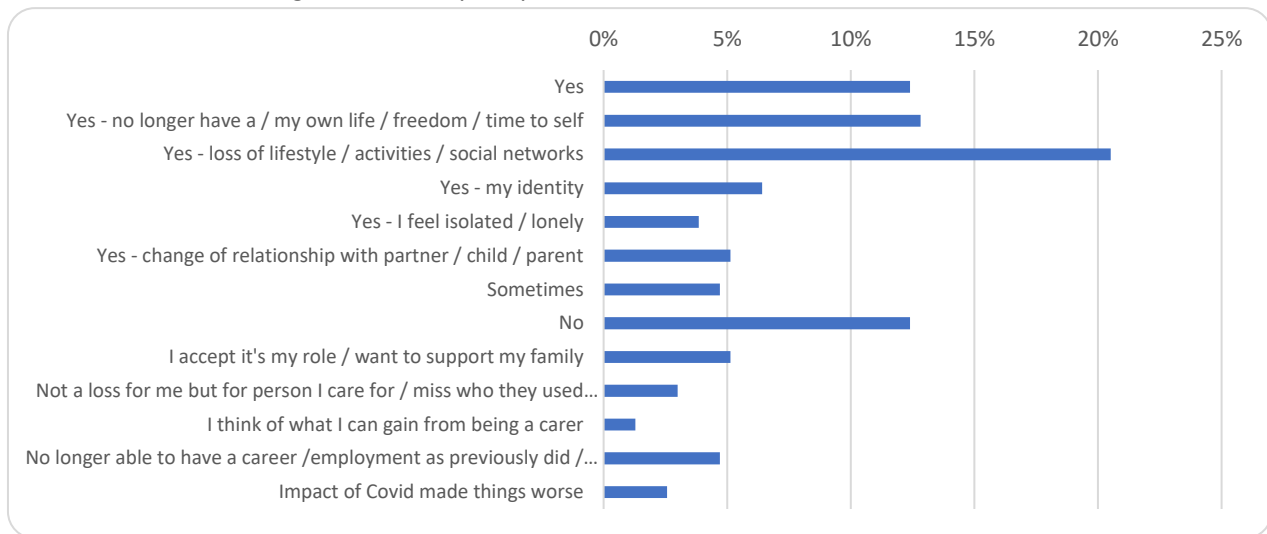


The highest number of responses for having family time / social life, looking after their own physical / mental health and having time away from their caring role. This was also reflected in the other comments made, as well as the impact of COVID and lockdowns on being able undertake activities outside of caring role.



13. Do you feel any sense of loss because of your caring role?

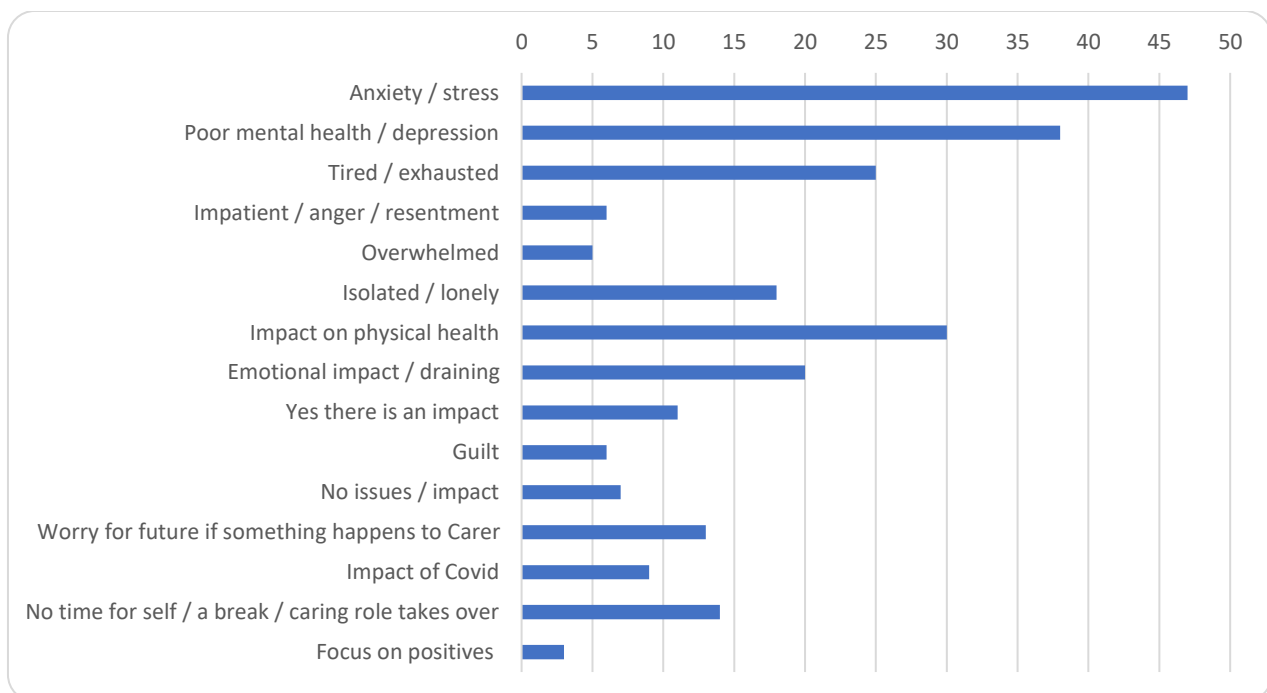
Themes of the answers given to this open question.



69% of carers noted that they have experienced some sense of loss because of their caring role. 21% noted in particular that they have experienced a loss of their own lifestyle with no longer being able to partake in hobbies, activities and social networks due to caring for someone else. 13% noted that their caring role hadn't caused a sense of loss. The impact of Covid & lockdowns has also made situations worse for a few carers.

14. Please tell us if your caring role has affected your emotional, mental or physical wellbeing

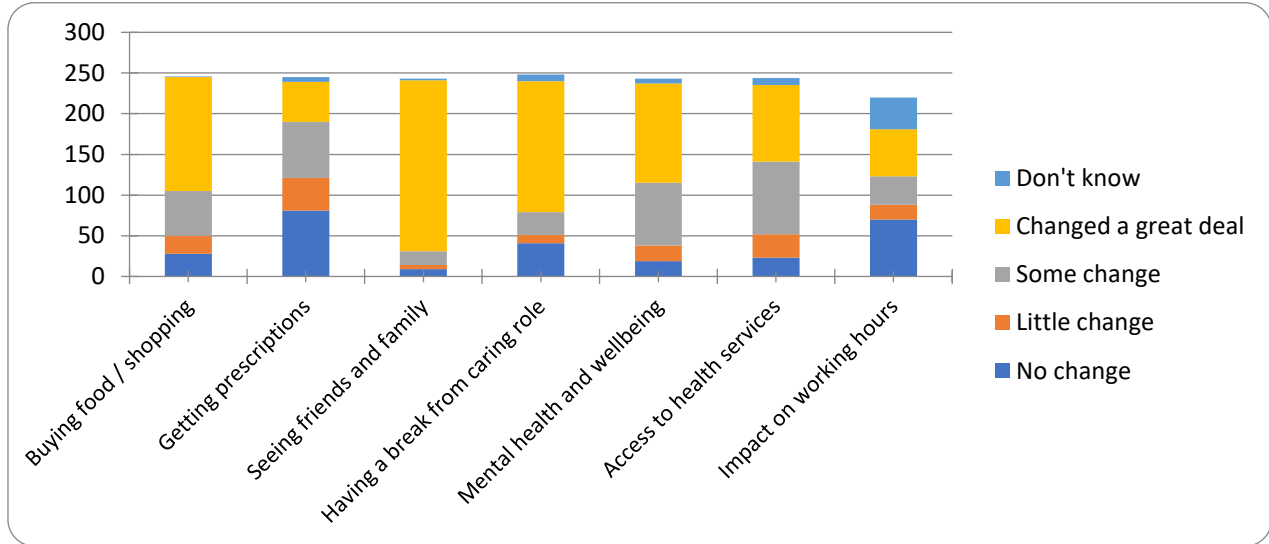
This was an open question, so the answers have been collated into themes.



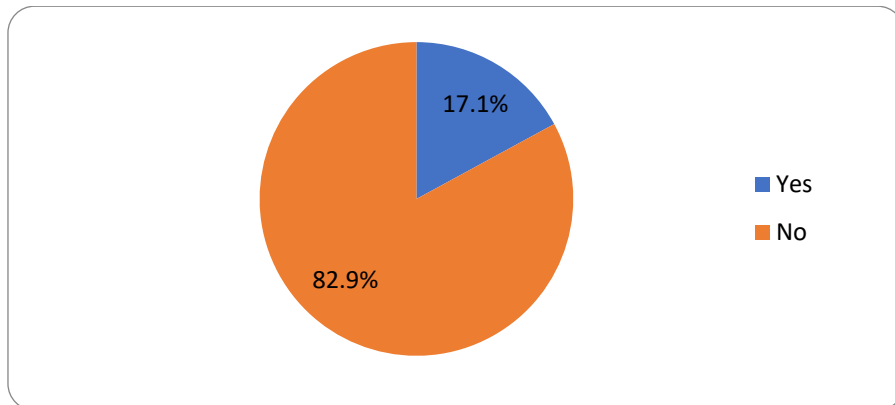
The most comments were about the impact their caring role has had on their mental health with 47 comments relating to anxiety and / or stress and 38 noting depression and increase in poor mental health.

There were 30 comment noting a negative impact on the carer’s physical health. There were some comments noting there hasn’t been an impact and 3 comments saying they try to look at the positives and what they can gain as a carer.

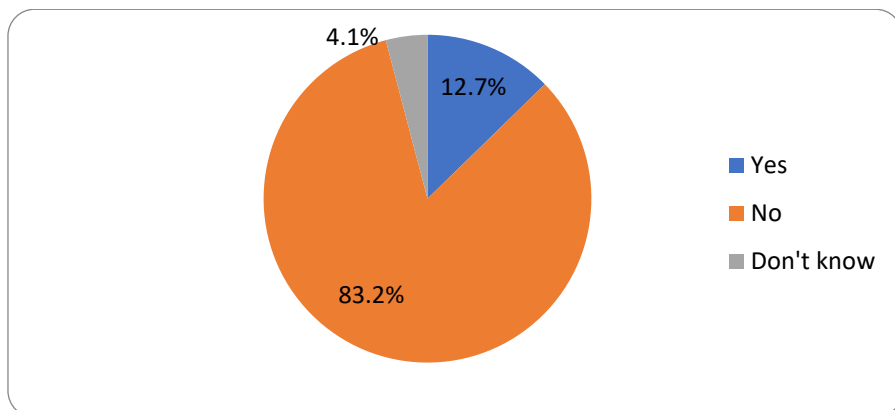
15. How much has Covid-19 impacted you in your role as a carer?



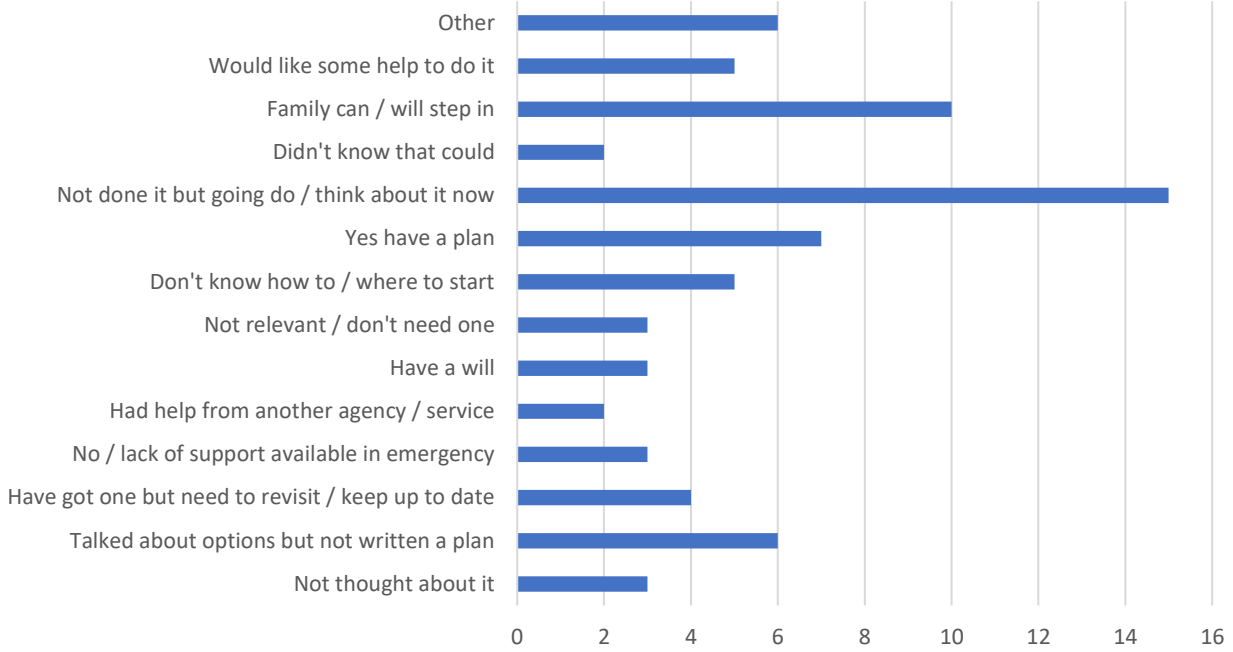
16. Have you contacted the Cheshire East Carers Hub to request support during Covid-19 pandemic?



17. Have you written an emergency plan in case you are unable to continue to provide care at any time?

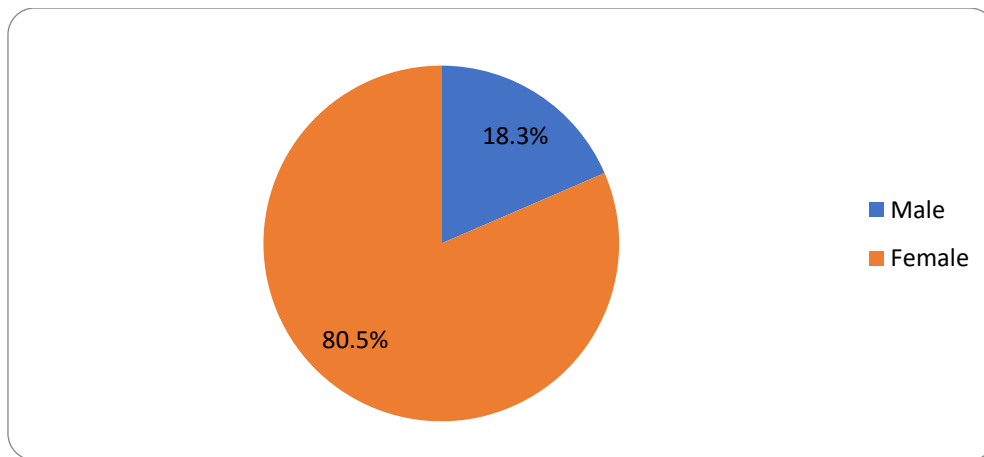


Comments on Emergency Plans



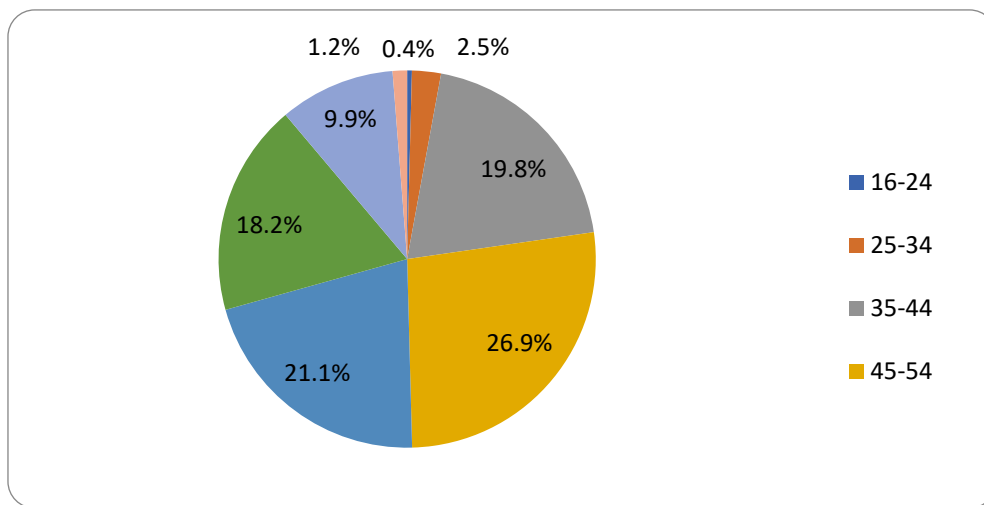
Demographics of respondents

18. What is your gender identity?

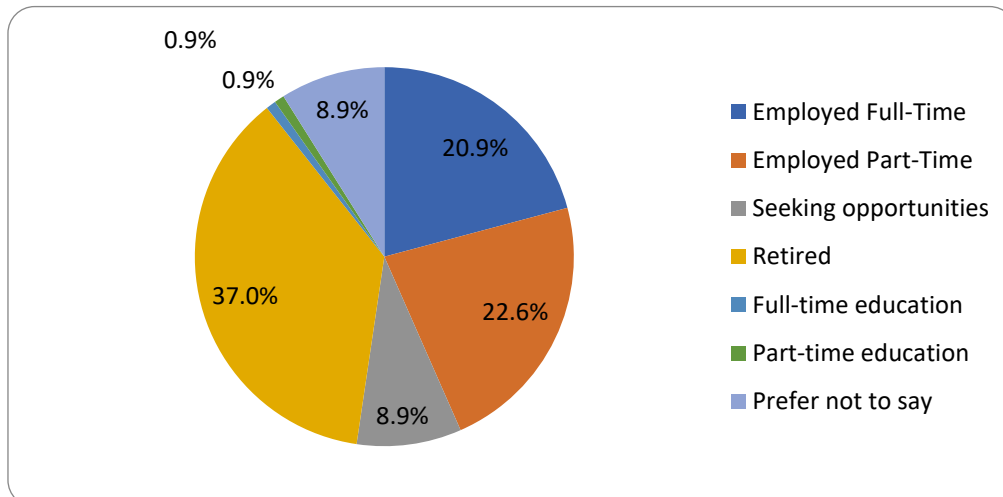


There were 3 comments noted under 'Prefer to self describe' but contents of these didn't relate to gender identity.

19. What age group do you belong to?

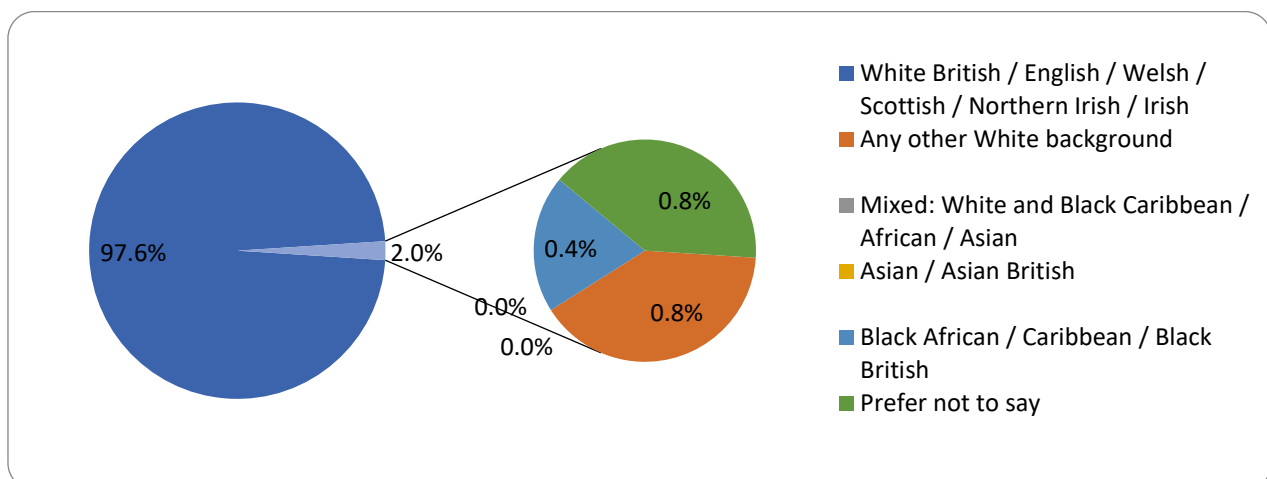


20. What of the following best describes your current status?



There were some comments that noted how 'carer' wasn't an option to select in this list.

21. What is your ethnic origin?



22. Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months? This includes problems related to old age.

