

Some Key Information about Carers - A Caring Dundee 2 - 2021

Identified, Respected and Involved

In **2018/2019** there were **23,180 carers** supported by local carer services in Scotland.



Most carers we know about provide support with **shopping, cleaning, domestic tasks and emotional support**



62% of adult carers supported by local carer services provide an average of **50+ hours of care per week**



65% of young carers supported by local carer services provide up to **19 hours of care per week**



94% of young carers experienced an impact on their emotional well-being due to their caring role



61% of adult carers told us their health was impacted by their caring role



A Positive Caring Experience

There was an increase of **6%** in carers claiming Carers Allowance from **August 2019** to **August 2020** in Scotland



125 young people aged **16,17,18** in Dundee received a Young Carers Grant annual payment for caring for **16 hours** per week or more for at least 13 weeks **2021**



Carers Allowance Supplement has increased in Scotland from 78,080 payments made in 2018-19 to 85,685 payments made in 2020-21 – **10% increase**



Carers Allowance Supplement has increased in Dundee from 2,535 payments made in 2018-19 to 2,805 payments made in 2020-21 – **11% increase**



A Fulfilled and Healthy Life

Around **130 Carers Health Checks** have been carried out each year in Dundee (2018-19 and 2019-20)



72% of carers reported poor mental health, and the same percentage (72%) said their physical health had deteriorated



The more hours of care and support a carer provides per week the more likely they are to experience impacts on their **health, finances and employment**

Balancing the Caring Role with My Life

During 20/21 Dundee Carers Centre asked carers if they feel "Supported to Continue Caring".

100% of the carers who responded **301 responses** said they are supported.



34% of carers said that they felt supported to continue caring

84% of carers reported an increase in the amount of care they provided since the start of the Pandemic



64% of carers were positive about the balance between caring and other things in their life



During the pandemic, **71%** of unpaid carers have not had a break from their caring role



From 2018-2021 Dundee Carers Centre provided **1151** short breaks. This included breaks for **93** young carers in 20/21.



The information included here is a sample of information in the Dundee Carers Strategic Needs Assessment which will be published on www.carersofdundee.org and www.dundeehscp.com

