

CARER FACTS AND FIGURES

The Scale of the Issue

- 1 in 4 of the population are carers, or cared for
- There are between 480,000 and 660,000 carers in Scotland*
- There are more than 16,000 young carers in Scotland according to the 2001 Census, but more recent estimates put the figure at more than 100,000
- If recent estimates of 660,000 carers are correct, the annual savings to the NHS in Scotland are estimated at almost £8 billion
- 115,000 people work for more than 50 hours a week unpaid providing care
- 3 in 5 of us will become a carer at some point in our lives
- It is estimated that by 2037 there will be more than a million carers in Scotland
- 73% of carers are in fuel poverty

Who are the Carers?

- 63% are women, 37% men
- 60% of those providing substantial care say financial concern is affecting their health
- 1 in 10 older carers report cutting back on food to make ends meet
- More than 250,000 carers juggle with holding down a job
- 1 in 5 carers has given up work to provide care
- 80% of carers are of working age, with peak ages between 45 and 64
- 79% of carers felt caring had made their own health worse
- 91% of these reported stress, 58% depression
- 21% of young carers spend 30-39 hours per week caring

What the NCO wants?

- An additional £135 million on respite care
- An additional £1.5 million on training
- An additional £10 million on support services
- An additional £1 million on young carers