

# CARERS

Updated: Oct 2015  
Checked: Nov 2017

**57,373\***

Sheffield residents providing unpaid care

**10%**

Proportion of Sheffield's population who provide unpaid care

**4,559**

Under 24 year olds residents providing unpaid care

**14,512**

People providing at least 50 hours of unpaid care per week

**2%**

Growth in people providing unpaid care, since 2001

**58%**

Percentage of carers who are female

**42%**

Percentage of carers who are male

**13%**

Growth in people providing at least 50 hours of unpaid care per week since 2001

Source: Census 2011

## A Carer is someone who:

“spends a significant proportion of their life providing unpaid support to family or friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has a mental health or substance misuse problem”

Source: Department of Health 2008

## HIDDEN CARERS

Identifying the number of carers both locally and nationally can be a challenge. There are many ‘hidden carers’ who do not identify themselves as such, not viewing their responsibilities as anything separate from the relationship they have with the person they are caring for. Carers are also an ever changing group with an estimated 2.3 million people, nationally, moving in and out of caring situations each year. Therefore, the number of carers will be different every day.

While Census data provides us with a good indication of the number of carers in Sheffield, it is likely that there are considerably more than the statistics suggest. The Sheffield Carer's Strategy estimates that only around 1 in 4 carers are known to statutory and voluntary organisations.

Source: Sheffield First 2010

\* Refers to the total number of usual residents (excludes short-term residents) providing unpaid care in Sheffield. Detailed breakdowns by age, ethnicity and gender, used in this report, are only available using the total number of people living in households, which excludes those living in communal establishments. There are 57,373 people living in households who provide unpaid care, in Sheffield, and all percentages and totals from gender, ethnicity and age breakdowns will use this total.

This profile is part of a series of profiles about different communities in Sheffield:

[www.sheffield.gov.uk](http://www.sheffield.gov.uk)

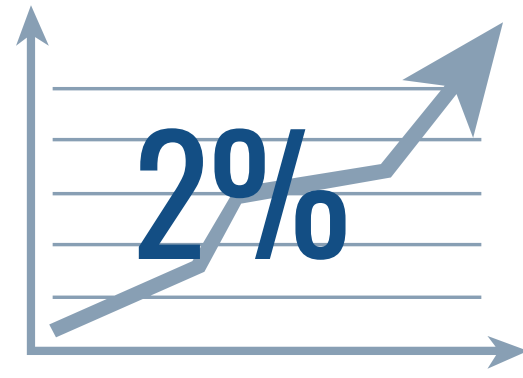
Produced by Performance and Research Team, Sheffield City Council



# DEMOGRAPHICS

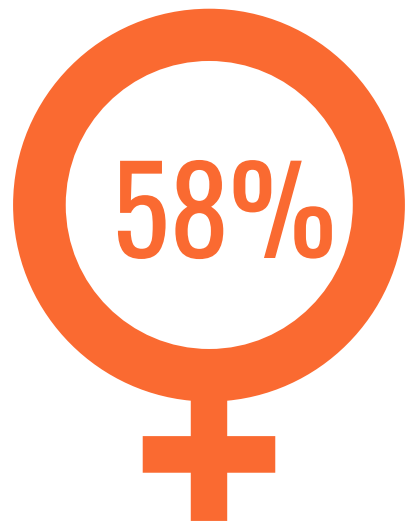
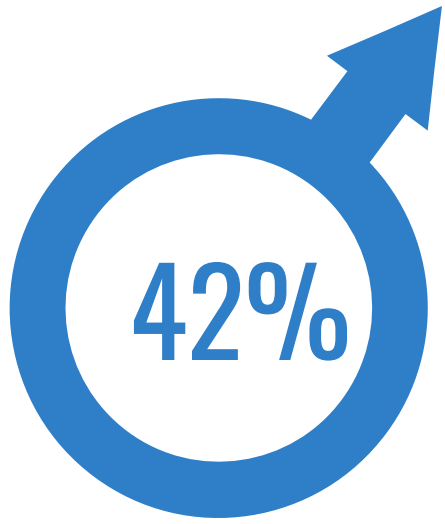
**57,373**

10% of Sheffield's population provide unpaid care



The number of carers has grown slightly since 2001, however the proportion of the city population who provide care has fallen slightly from 11% due to overall population growth

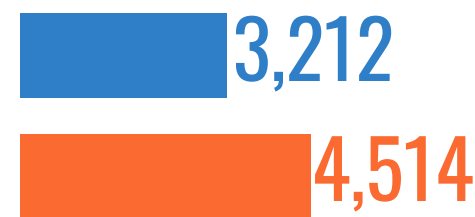
## GENDER



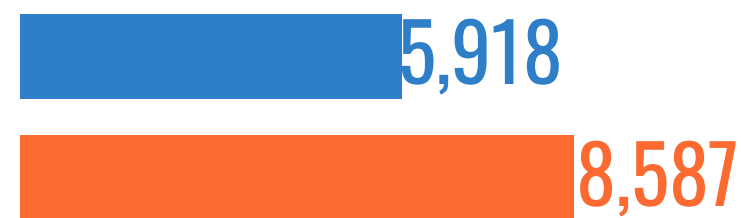
1-19 hrs p/w



20-49 hrs p/w



50+ hrs p/w



Males Females

Source: Census 2011

## ETHNICITY

**7%**

The percentage of Black or Minority Ethnic (BME) residents who provide unpaid care.

There is no data available, presently, which can identify the age or gender of BME carers

Three BME communities have a higher percentage of people who provide unpaid care than the citywide average, in addition to the White British population.

White Irish (11.5%)

Black Caribbean (11.2%)

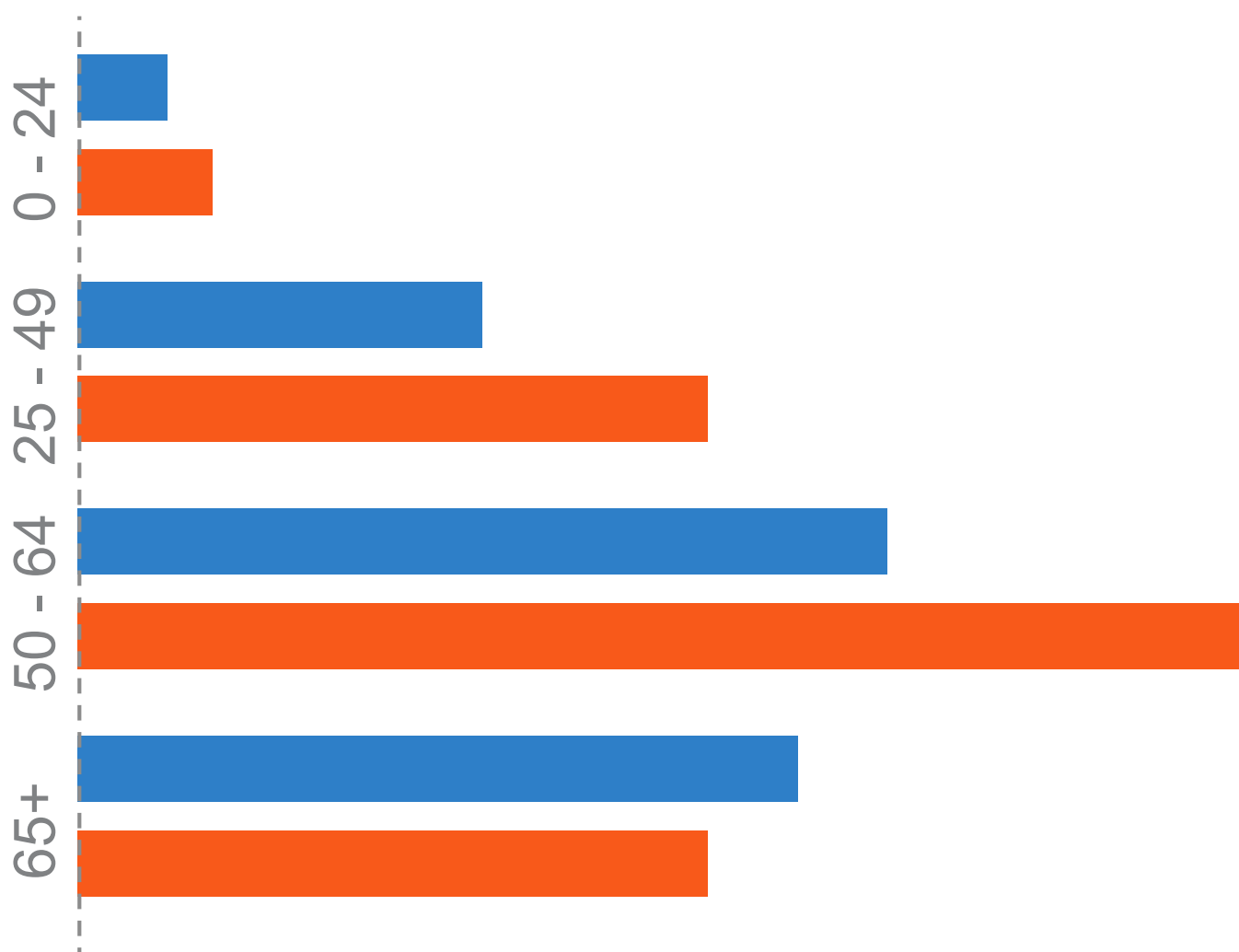
White British (11.3%)

Gypsy or Irish Traveller (10.9%)

Source: Census 2011

These figures can be attributed in part to the different age profiles between the BME community and the total population. For example the average age of the BME population is estimated to be 27 years old, compared with an average age of 38 for all people in Sheffield.

## AGE



Males Females



Over 65s are the only age group where more men provide unpaid care than women

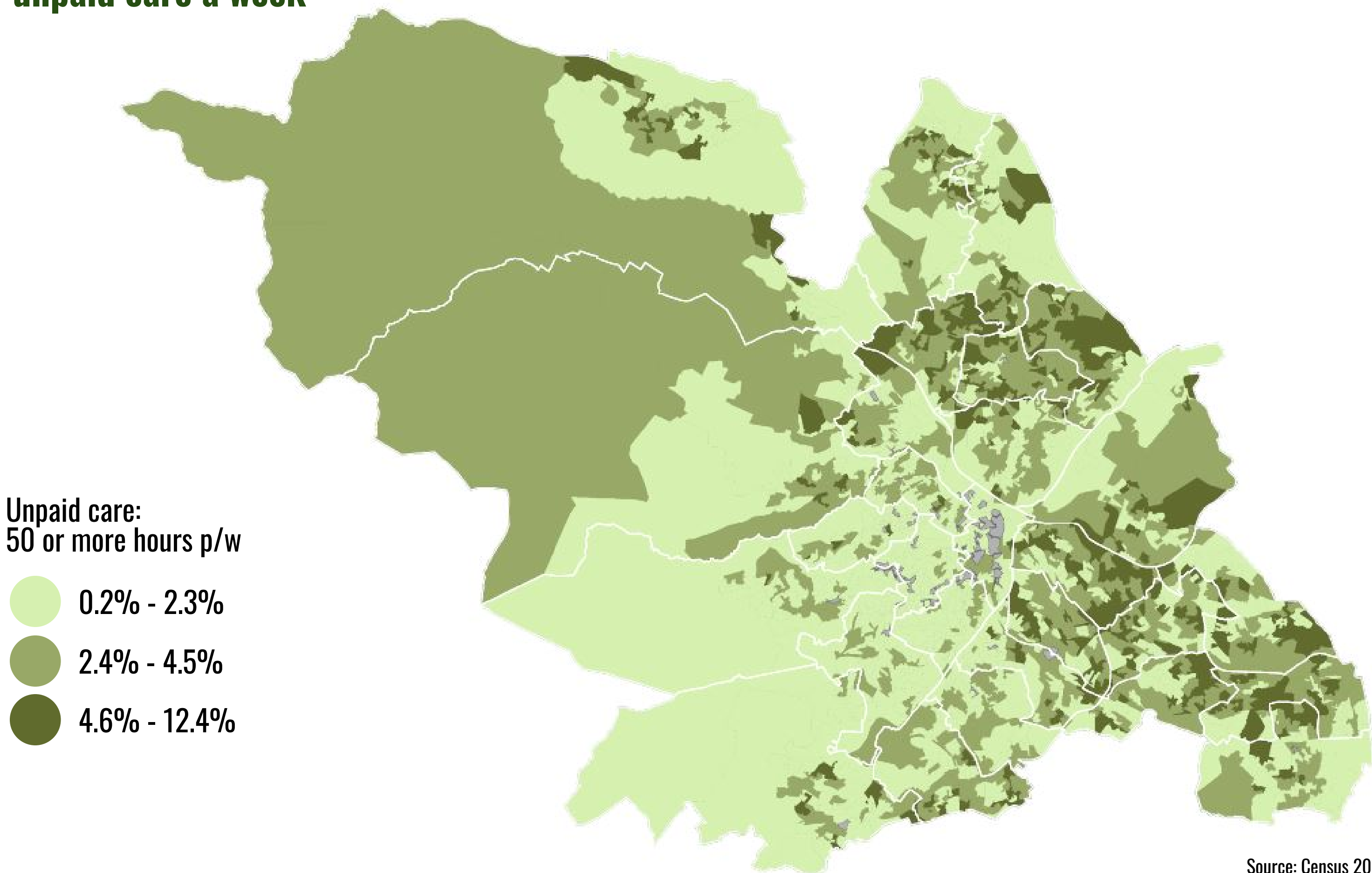


More than a quarter of women aged 50-64 provide unpaid care

Source: Census 2011

# WHERE DOES THE COMMUNITY LIVE?

People providing 50 or more hours of unpaid care a week



Source: Census 2011

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# 23%

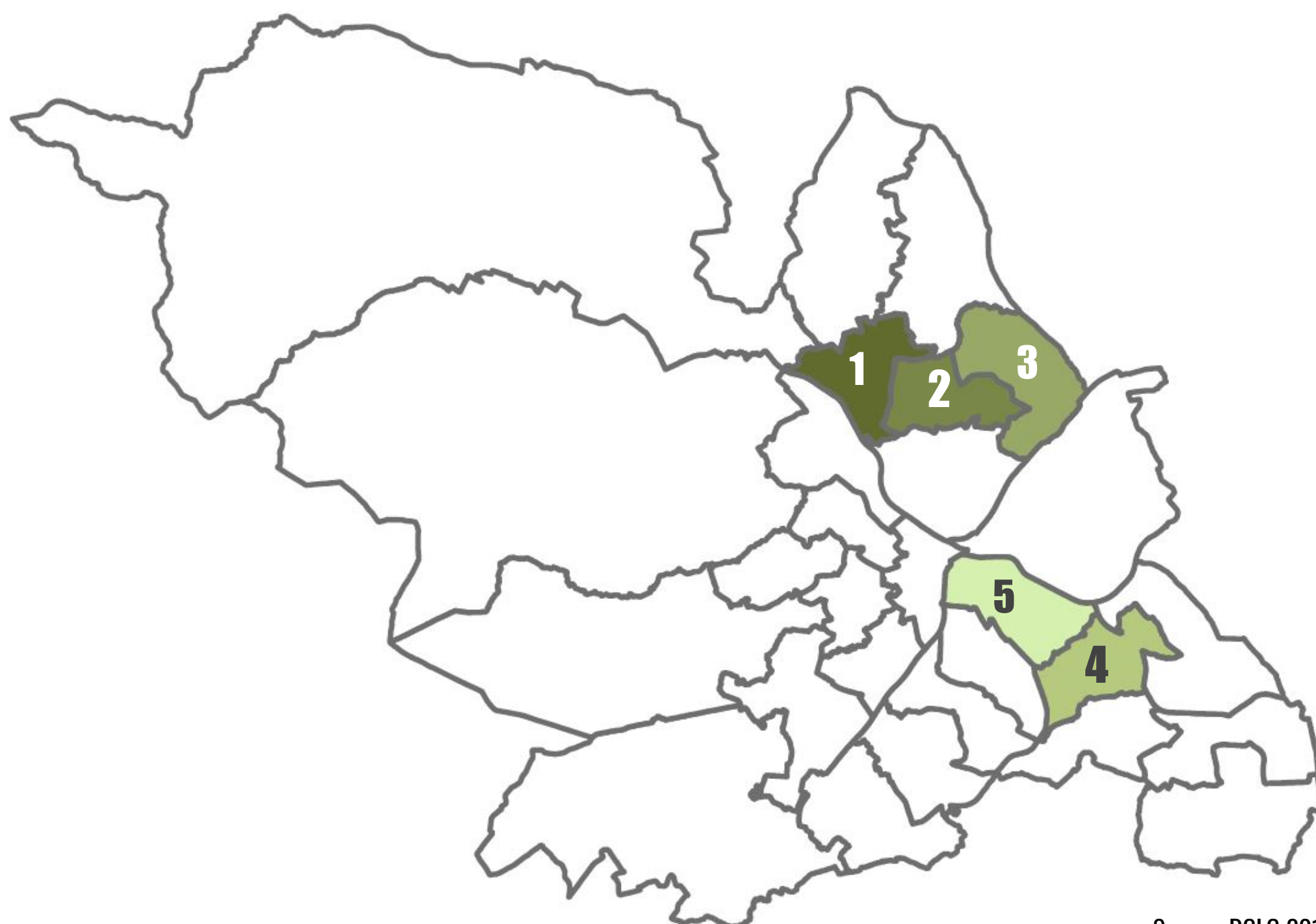
## Poverty and Deprivation

Nearly a quarter of carers live in areas that are amongst the 10% most deprived in the country, the same as the citywide average. The likelihood, however, increases as more hours of unpaid care are provided - 32% of those providing at least 50 hours of unpaid care per week live in the 10% most deprived areas.

Source: DCLG 2015

Top 5 wards:

- 1 Southey (4.3%)
- 2 Firth Park (4.1%)
- 3 Shiregreen & Brightside (3.7%)
- 4 Richmond (3.6%)
- 5 Manor Castle: (3.5%)



Source: DCLG 2015



# YOUNG CARERS

Young carers are often identified as people under the age of 18 who carry out caring tasks. In this instance, due to the data available, the 0-24 age group will be used.

In the 2011 Census there were 4,559 people under the age of 25 in Sheffield providing unpaid care, 2.4% of that age group across the city. Burngreave and Darnall wards had the highest proportion of young carers (3.2%). Citywide, three quarters of young carers provide between 1 and 19 hours of unpaid care per week, 632 young people provide 20 – 49 hours per week and 518 provide at least 50 hours a week. Again, Darnall, Burngreave and also Firth Park wards have the highest percentage of young carers who provide longer unpaid caring hours.

A report by The Children's Society suggests that the number of young carers shown in the Census figures is likely to be a significant under representation. The report also highlights that:

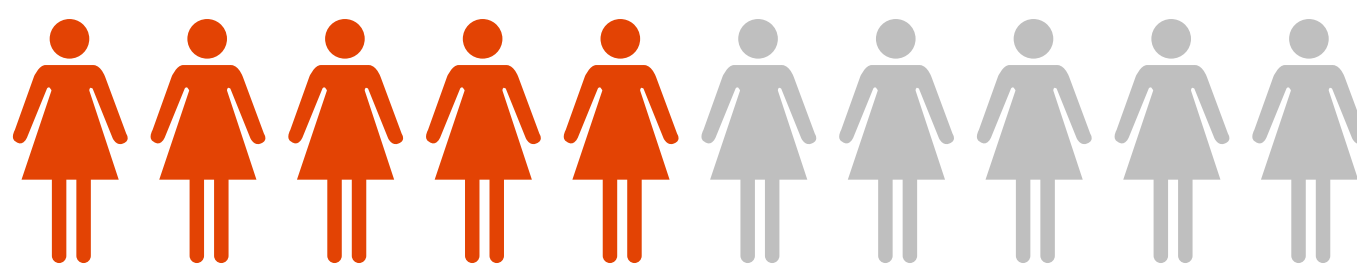
- 1 in 20 young carers miss school due to their caring responsibilities
- They are more likely to be from a BME background
- They are more likely to have special educational needs or a disability than their peers
- Families with a young carer have average annual incomes of around £5,000 less than those without
- Young carers have lower educational attainment than their peers
- They are more likely to be not in employment, education or training (NEET)

Source: The Children's Society 2013



# LABOUR MARKET

12% of economically active people in Sheffield, 31,880 in total, provide unpaid care.



**59%** Economically Active  
65% citywide  
**Economically Inactive 41%**  
35% citywide

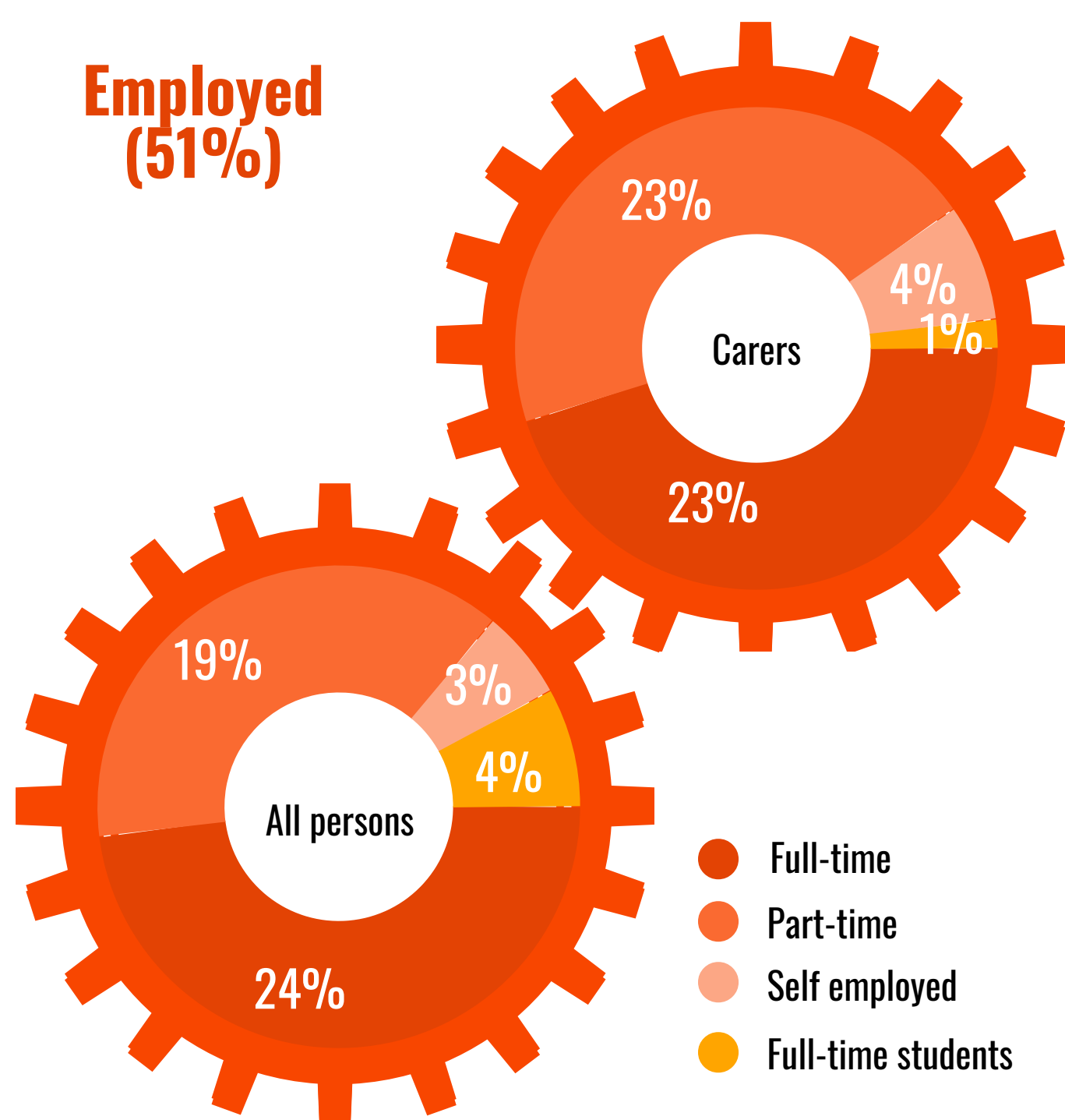
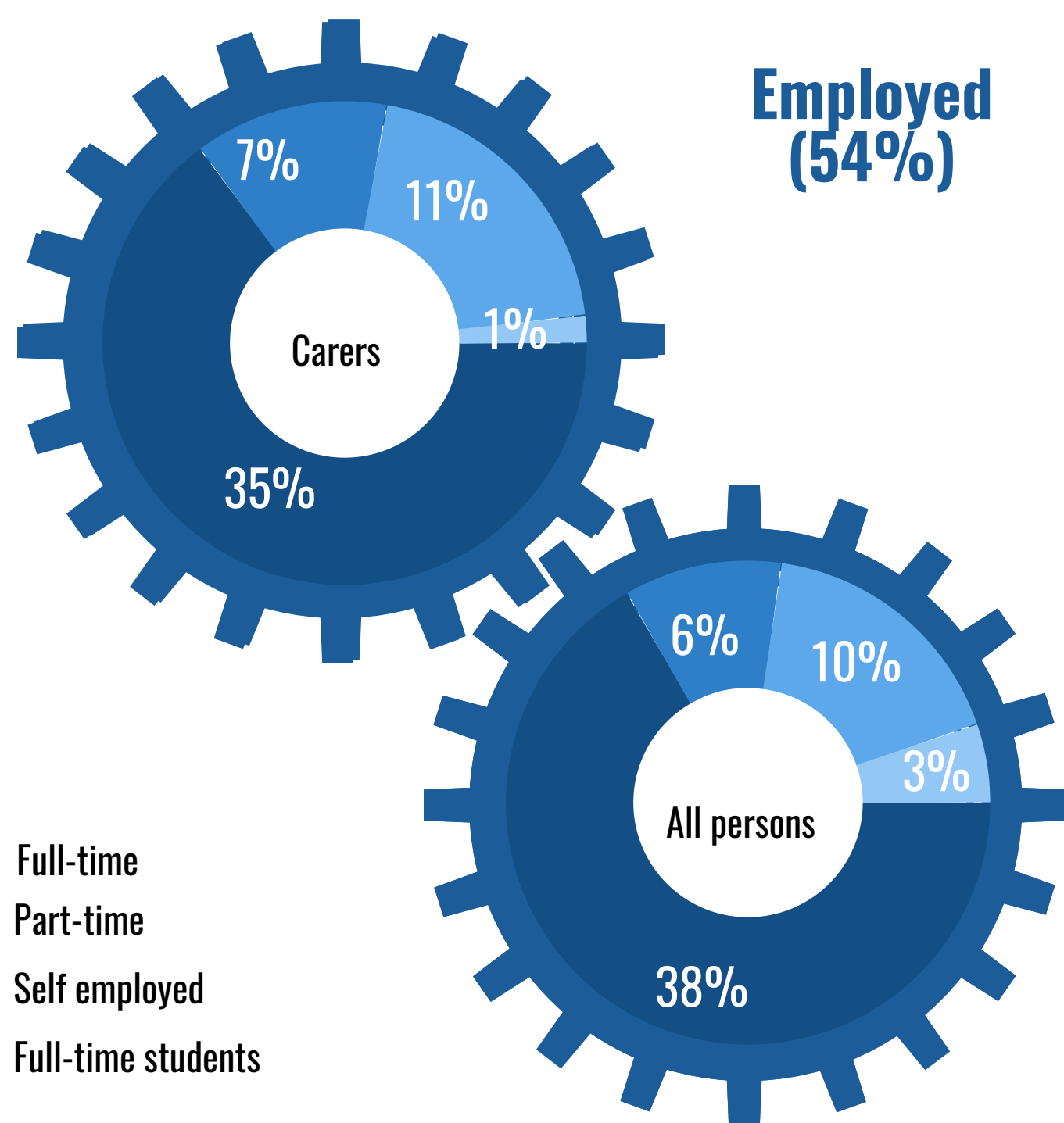
**55%** Economically Active  
65% citywide  
**Economically Inactive 45%**  
35% citywide

## Economically Inactive (41%)

- 28% Retired
- 3% Full-time students
- 4% Looking after the home or family
- 4% Long-term sick or disabled
- 2% Other

## Economically Inactive (45%)

- 24% Retired
- 9% Full-time students
- 6% Looking after the home or family
- 4% Long-term sick or disabled
- 2% Other



Source: Nomis 2015

## CARERS ALLOWANCE

**7,830** The number of Carers Allowance claimants in 2015 in Sheffield has risen by 62% in the last 10 years

**5,120** The number of people claiming Carers allowance for at least 2 years (65% of all claimants)

**29%** Male claimants consist of less than a third of the total, but this has increased by 73% since 2005, compared with a 57% rise in female claimants

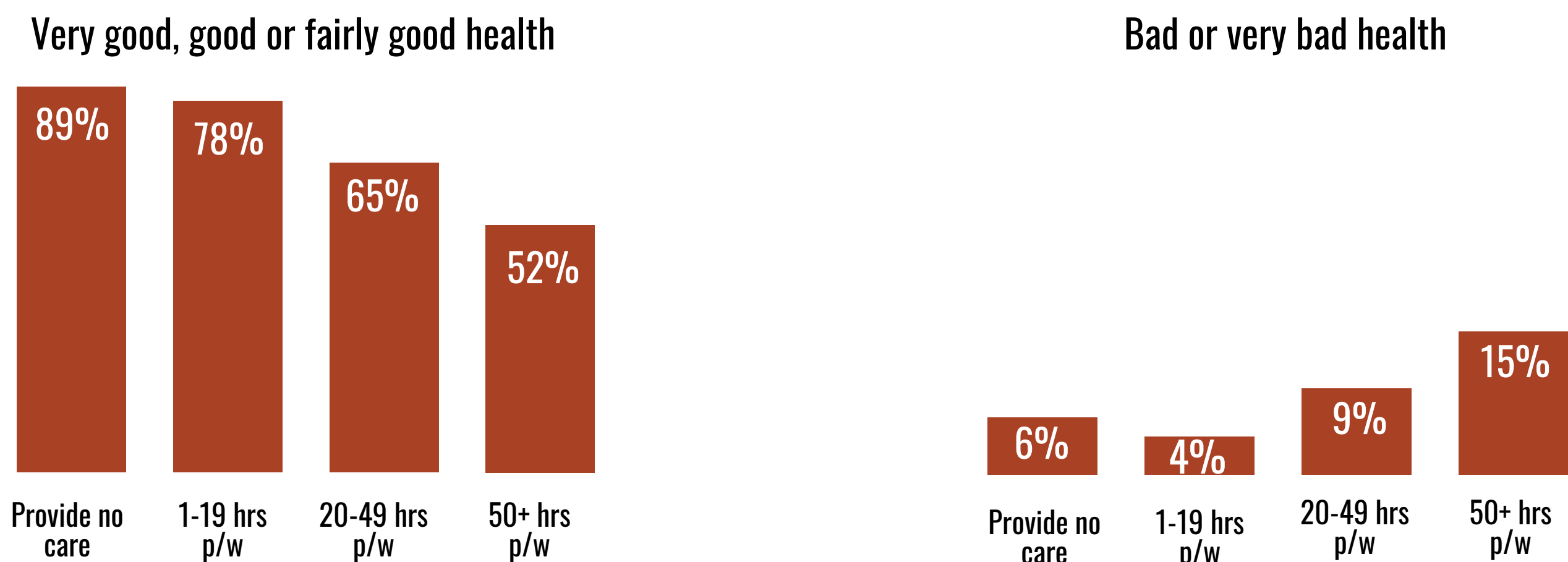
**114%** Since 2005, the biggest increase in claimants has occurred amongst 18-24 year olds

Source: Nomis 2015



# HEALTH AND WELLBEING

## General health of carers, by hours unpaid care



Source: 2011 Census

There are 16,671 people in Sheffield who provide unpaid care who themselves have a long-term health problem or disability, 29% of the total. This includes 6,488 carers whose day-to-day activities are limited a lot, 50% of whom provide more than 50 hours of care per week.

Source: 2011 Census

## THE IMPACT OF CARING

- The national 2013 Carers Week Survey highlights how carers' physical, emotional and mental wellbeing can suffer. 61% of carers have experienced depression and nearly all carers surveyed (92%) said they felt more stressed because of their caring role.
- The 2004 Carers Health Survey suggests the most common health problems resulting from caring duties included stress/nervous tension, depression, anxiety, back injuries and high blood pressure.
- Research carried out by The Princess Trust for Carers (2011) also suggests that:
  - 70% of carers over 60 have health problems due to their responsibilities
  - 65% suffer long-term health problems or disabilities
  - 69% believe their mental health has been affected as a result of being a carer

Sources: Carers UK 2013, The Princess Trust for Carers 2011, 2004

## COMMUNITY ACTIVITY

A list of organisations, including contact details, is available from the [Sheffield Directory](#) website

Sheffield Directory is managed by Sheffield City Council. Whilst every effort is made to ensure accuracy, Sheffield City Council cannot accept responsibility for, any errors or omissions. Please note that the inclusion of any group in this report does not mean they have been vetted or recommended by Sheffield City Council.

## SOURCES

- Carers UK 2013, Carers Week Survey 2013: Prepared to Care?
- Census 2001 – 2011, Office of National Statistics
- The Children's Society 2013 Hidden From View: The experiences of young carers in England
- Department for Communities and Local Government (DCLG) 2015 Indices of Deprivation
- Department of Health, 2008 Carers at the heart of 21st-century families and communities
- Nomis 2015, Office of National Statistics
- The Princess Royal Trust for Carers 2011, Always On Call, Always Concerned: A Survey of the Experiences of Older Carers
- The Princess Royal Trust for Carers 2004, Carers Health Survey: Main Findings
- Sheffield First 2010, Sheffield: a city where every carer matters, a joint strategy for transforming the lives of carers in Sheffield 2010 – 2013