

EVERYBODY'S BUSINESS

Adult Carers of 2020



People are caring for longer

75% provide care for over 35 hours per week.

50% provide care for over 100 hours per week.

The average 18 year old will spend **12 years** of the rest of their lives providing unpaid care.

More people are caring

60% of Gateshead's population will be an unpaid carer at some point in their lives.

55% of Carers said it took them over 1 year before they first saw themselves as an unpaid carer.

Caring affects physical health

47% of carers reported having a disability or long standing illness.

55% of carers stated that their disability or long standing illness affects or limits how much they provide care.

Caring affects mental health

Carers reported that their mental health condition has suffered due to their caring role, males (**38%**) and females (**42%**).

50% of carers do not feel recognised or valued.

Carers are twice as likely to be unemployed

10% of carers describe themselves as unemployed which is greatly concerning when compared to the fact that **5.1%** of Gateshead's population is unemployed.

Carers are getting older

83% of carers are aged over 51.



There are gender differences in caring

66% of unpaid carers are female and **34%** are male.

The majority of men provide care only for their partner whereas women are significantly more likely to be caring for children, siblings, parents, as well as their partner.

Women who provide unpaid care are almost three times more likely to be in part time employment **61%** than men **22%**. Women are also significantly more likely to miss out on promotions and training in employment because of their unpaid caring role.



Take Action Together

Caring is everybody's business! Is this the life you or your partner, parents, children, siblings, and friends want to have?

What can you or your organisation do to support unpaid carers? How can we help?

We've Been Making A Difference With...

[Gateshead Council](#), [Best of Bensham Collaborative](#), [QE Gateshead](#), [Signal](#), [Dingy Butterflies](#), [Gem Arts](#), GP Surgeries, [Gateshead Older People's Assembly](#), and [Newcastle Gateshead CCG](#).

