

Directorate/ Service: Adults & Health

Director: Caroline Baria

Best City: Health and Wellbeing

Equality Improvement Priority:

To reduce the negative impact on quality of life and wellbeing experienced by carers by due to their caring role by making Leeds a Carer Friendly City, which recognises and values the contribution of carers and support of carers and puts them at the heart of decision making.

Performance indicator/measure:

We will use the range of key performance indicators including:

- Carer reported quality of life
- Proportion of carers who reported they had as much social contact as they would like
- Overall carer satisfaction with social services
- Proportion of carers who feel that they have been included or consulted in discussions about the person they care for
- Proportion of carers who find it easy to find information about services

Group headings

This priority relates to the following protected characteristics:

Age	x
Carers	x
Disability	x
Sex	x
Race	x
Religion or belief	x
Sexual Orientation	x

Transgender	
Cohesion (fostering good relations)	
Socio economic (poverty)	x
Pregnancy and maternity	
Marital/civil partnership status	
Other (please specify)	
Care Experienced	X

Equality analysis (rationale) – what quantitative and /or qualitative information has been used and what is it telling us?

Demographic and equalities data

- On the date of the 2021 Census, approximately 61,500 people in Leeds stated that they provided unpaid care. This represents around 8% of the population of Leeds aged 5 and over.
- While this is an overall of around 9% decrease in the number of people providing unpaid care since 2011, it should be noted that the Census 2021 was undertaken during the coronavirus (COVID-19) pandemic which may have influenced how people perceived and managed their provision of unpaid care, and therefore may have affected how people chose to respond.
- Caution is advised when making comparisons between 2011 and 2021 because of changes in question wording and response options.
- Almost half (49.8%) of carers are caring for 20 hours or more per week and almost 30% are caring for 50 hours or more per week
- The proportion of carers who report their general health is good or very good is lower than that of the non-carers (72.4% compared to 82.9%). The more hours of care you provide, the more likely you are to report bad or very bad health.
- Census data suggests that 6.8% of all males aged 5 and over in Leeds are unpaid carers compared to 9.2% of all females aged 5 and over. 59% of carers in Leeds are female compared to 51% of the population. However, male carers are more likely to report bad or very bad health than female carers
- There are around 5,000 young carers and young adult carers (5-24) in Leeds, young carers and young adult carers are less likely to be employed than their peers without a caring role and this is particularly true for those who provide more hours of care per week, young carers and young adult carers report poorer physical and psychological health than their peers without a caring role.
- The likelihood of caring increases with age with the age group where someone is most likely to be a carer is 50-64 years old.
- Around 1 in 8 working aged women are carers and the likelihood of them becoming carers increases in their late forties and fifties. In addition working aged women they are more likely to be caring for 50 hours or more per week than working aged men which is likely to impact on employment, social and leisure activities. Leaving employment has several far-reaching consequences for a carer, including a loss of household income and subsequent pension, loss of identity and social contacts, increased risk of loneliness and social isolation, and a subsequent negative impact on mental health and carer wellbeing
- Carers aged 65 and over are significantly more likely to be caring for 50 hours per week than all other age groups and almost 3,000 (5%) of unpaid carers in Leeds are aged 80 and over.
- Around 15% of unpaid carers in Leeds are from diverse ethnic communities which is broadly in line with the 2011 Census but lower than the proportion of the Leeds population that are from diverse ethnic communities

- We know from research that carers from ethnic groups other than White British are less likely to be aware of and/or accessing support services available and also less likely to seek help than White British carers. This may be due to a lack of awareness that services exist but could also be due to a perception that any support provided will not be culturally appropriate.
- It is also likely the views and experiences of non-White British carers are less likely to be gathered, for example through user surveys.
- Fewer carers from all ethnic groups report their general health as good or very good the more hours caring per week.
- However, carers from Black, Black British, Caribbean, or African groups are less likely to report their health is bad or very bad.
- Carers from White and Asian/Asian British backgrounds are more likely to be providing 50 hours of unpaid care per week than other groups
- 26.9% of carers, compared to 16.4% of the general population of Leeds are disabled under the Equality Act. This figure rises to 34.6% for carers who are caring for more than 50 hours per week. The figures are slightly higher for females than males.
- Of those carers who are disabled and care for more than 50 hours per week, 14.6% say their day-to-day activities are limited a lot compared to 6.8% of disabled people who are not carers.
- 45.6% of unpaid carers are economically inactive compared to 40% of non-carers with around 50% in both groups due to retirement. 69.5% of carers providing more than 50 hours of unpaid care per week are economically inactive.
- 69.6% of non-carers who are economically inactive report their general health as bad or very bad. This increases to 83.3% for carers who are caring for 50 hours or more per week.
- There is very little variance between carers and non-carers in terms of sexual orientation with around 89% identifying as straight or heterosexual and around 7% not answering the Census question.
- There is very little variance between carers and non-carers in terms of gender identity with around 93% identifying as the same sex as registered at birth and around 6% not answering the Census question.
- Across England and Wales, there is a higher percentage of people providing unpaid care in the most deprived (10.1% and 11.5% respectively) compared with the least deprived areas, which had the lowest percentage of people providing unpaid care in both England and Wales (8.1% and 9.7%, respectively)

What carers are telling us

Survey of Adult Carers in England (SACE)

- The Survey of Adult Carers in England is usually carried out every two years and asks carers who are known to Adult Social Care about the impact of services on their quality of life and general health and well-being. Carer responses are used to populate outcome measures in the Adult Social Care Outcomes Framework (ASCOF).
- Of the 1,300 carers who were sent the 2023/2024 SACE, 204 responded which gives a response rate of 15.7%. This is a reduction of 4.1% compared to the previous survey. Although the target number of returned surveys was not achieved, this was also the case across several authorities in Yorkshire and Humberside.
- While the survey provides information which can help us to understand the impact of current service provision as well as informing strategy and decision making, the caveat to this is that

the number of carers included in the survey cohort represents 2.1% of the carer population in Leeds, and the number of carers who actually responded represents 0.3% of the carer population in Leeds.

- Of the 204 carers who responded:
- 73.4% were female; 26.6% were male
 - 23.3% were aged 75+; 38.6% were aged 65+; 61.4% were under 65
 - 76.4% were white, 14.4% were diverse BAME, 9.4% ethnicity not known
 - 62% were retired; 27% were in some form of employment
 - 76% live with the person they care for
 - 64% have been caring for over 5 years
 - 52% are caring for over 50 hours per week
 - 58.2% were caring for someone aged 75 or over
 - Each cared for person has an average 2.5 'conditions'
- The table below shows the latest (provisional) survey measures for Leeds compared to the previous survey and the last survey that was carried out before the COVID pandemic. Compared to the previous survey, there is an increase in 3 of the five measures and a decrease in 2.

ASCOF Measure	2023/24 Survey	2021/22 Survey
Carer reported quality of life	7.1	7.4
Proportion of carers who reported they had as much social contact as they would like	29.2%	30.8%
Overall carer satisfaction with social services	39.7%	32.5%
Proportion of carers who feel that they have been included or consulted in discussions about the person they care for	60.7%	58.4%
Proportion of carers who find it easy to find information about services	58.1%	57.1%

- The Carer Reported Quality of Life Score is calculated by looking at the responses to 6 'I-statements' in the survey. Compared to previous surveys we can see:
 - a shift from carers reporting they can do some of the things they value or enjoy to not doing anything they value or enjoy
 - an increase in the proportion of carers reporting they have as much control as they want over their daily life
 - a shift from carers reporting they can look after themselves to feeling that they are neglecting their own health
 - although the proportion of carers reporting they are extremely concerned about their personal safety is less than 4%, the proportion in 2023/24 survey is higher than previous
 - there is little difference in the proportion of carers reporting they have as much or some of the social contact they would like between 2023/24 and 2021/22 surveys, this is below pre-pandemic levels

- an increase from 21/22 in the proportion of carers reporting they feel encouraged and supported in their caring role
- Carers also can provide qualitative 'free text' feedback. Key themes reported by carers include:
 - concerns about their own health and wellbeing
 - balancing work and care
 - lack of availability of respite
 - difficulty finding your way around health and care
 - delays and health and care staff not responding/returning calls or emails
 - cost of living and finance
 - lack of awareness and recognition of caring

Carers Leeds Annual Survey

Carers Leeds carried out an annual survey of carers in Leeds in both 2022 and 2023. The survey sought to better understand what unpaid carers were most concerned about; their experiences as unpaid carers and what matters most to them. More than 1,200 carers have responded to two surveys including carers of different ages, gender, ethnicity, sexual orientation, and carers with disabilities. The top 3 concerns for carers were:

- Their own health & wellbeing needs
- The changing needs of the person they care for
- finances and the cost of living

What difference do we want to make?

Unpaid carers in Leeds will be recognised, valued, and supported.

Key actions

- Refresh the Leeds Carers Partnership strategy
- Improve the council's identification of carers, including carers from ethnically diverse communities
- Improve our digital offer for carers
- Develop new approaches to providing short breaks for carers
- Continue to work with third sector partners to provide information and advice for carers
- LCC to become a 'Carer Confident' accredited employer