



CSPA Annual General Meeting 2024

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Carers UK

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About Carers UK

Our mission is to make life better for carers.

We provide information and advice on caring, help carers connect with each other, campaign with carers for lasting change, and use innovation to improve services.



Our past successes

Throughout our history we've helped to transform understanding of what caring is and have won critical developments in carers' rights.



Carers (Equal Opportunities) Act 2004



Work and Families
Act 2006



Care Act 2014



Carer's Leave Act
2023

A snapshot of caring in 2024

5.7 million people in the UK are providing unpaid care – 9% of the population⁵




The value of carers' support in the UK is a staggering **£162 billion** per year



- Every year, **4.3 million** people become unpaid carers – **12,000** people a day.⁶
- **59%** of carers are women.⁷
- Women have a **50:50** chance of providing care by the time they are 46; men have the same chance by age 57 – 11 years later.⁸
- **3 in 5** carers are worried about living costs and how they will manage in future.⁹
- **27%** of unpaid carers have bad or very bad mental health; **79%** feel stressed or anxious, **50%** feel depressed and/or lonely.¹⁰
- Nearly **3 million** carers are juggling paid work and unpaid care across the UK – **9%** of everyone in employment.¹¹
- **51%** of carers take **over a year** to recognise their caring role, with **36%** taking **over three years** to do so – meaning they often miss out on vital support when they need it most.¹²
- **61%** of carers are uncertain about what practical support they can access.¹³
- **57%** of carers say they do not have a life outside of caring and are unable to remain connected to the people who matter to them.¹⁴

Carers' priorities for the future

Through our State of Caring survey, 11,000 carers told us about the changes they would like to see in the future:

- **83%**: Reform of Carer's Allowance and other social security payments.
 - **80%**: Investment in social care services.
 - **80%**: The introduction of two weeks of paid Carer's Leave a year for working carers.
 - **73%**: All carers to be supported to take a break.
 - **72%**: New NHS legislation to ensure carers are regularly identified and supported.
 - **70%**: Improvements to carers' health and wellbeing.
 - **66%**: Caring to be made the 10th protected characteristic under the Equality Act.
 - **61%**: Better identification and awareness of unpaid carers.
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Our manifesto for unpaid carers

General Election 2024

A manifesto for unpaid carers



carersuk.org



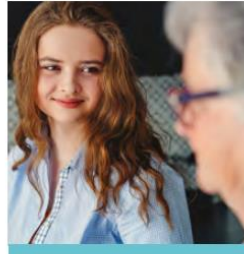
The change carers want to see...



Supporting carers' health and wellbeing 08



Preventing financial hardship 11



Better identification and recognition 14



Improving care and support 16



Support to juggle work and care 19



Equality for carers 22

You can download our full list of manifesto asks here:
www.carersuk.org/generalelection2024

We are calling on the new Government to:

- 1. Reform Carer's Allowance** and other social security payments.
 - Stop cases of **Carer's Allowance overpayments**.
 - Invest in carers' breaks** and respite services and legislate so all carers have a statutory right to a break in England.
 - Make the NHS the most carer-friendly health service in the world**, with new rights and practical support.
 - Introduce a statutory right to **paid Carer's Leave** for working carers.
 - Recognise caring as the 10th protected characteristic** under the Equality Act 2010.
 - Provide sustainable funding and investment in social care services.**
 - Support carers to better manage their health and wellbeing.**
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We are also calling for the development of a new, ambitious and comprehensive **National Carers Strategy** to transform the way Government supports carers over the next 10 years



Our recent influencing and work in Parliament:



Carer Poverty Coalition

46%

of carers in receipt of Carer's Allowance are cutting back on essentials including food and heating



**Carer
Poverty
Coalition**

State of Caring 2023, The impact of caring on: finances



**Carer
Poverty
Coalition**

“

I am at breaking point due to the abject poverty I am forced to live in whilst caring for my parent... My debts are increasing at an alarming rate as my quality of life continues to decrease”

- Unpaid carer

State of Caring 2023, The impact of caring on: finances

Any questions?

For further information, please visit:
www.carersuk.org

Or contact: policy@carersuk.org

