

Appendix 1

Supplementary information and research

The Survey of Adult Carers in England 2021/22 responses for Oxfordshire should that adult carers: feel tired (78%) and stressed (63%) over their caring role. One in 5 had seen a GP in the last 12 months because of the stress of caring, this had dropped from 33% from previous surveys. For just under a half (43%), their caring has caused financial hardship. Half of the people they care for have a physical disability, 38% have a long-standing illness and 35% have dementia.

- We need to better understand the Census 2021 data – could the apparent reduction in unpaid carers have been caused by the change of wording of the question?
[Health and unpaid care question development for Census 2021 - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/people-in-the-uk/care-and-support/health-and-unpaid-care-question-development-for-census-2021)
- Protected characteristics Census 2021 data released on 13 February 2023 includes young carers data.
- Research shows status changes in and out of the caring role; this needs to be taken into account when engaging with carers and reinforces the need for engagement and review to be a continuous process: Petrillo, M., Bennett, M.R., and Pryce, G. (2022) Cycles of caring: transitions in and out of unpaid care. London: Carers UK.
<https://centreforcure.ac.uk/publications/cycles-of-caring-transitions-in-and-out-of-unpaid-care/>
- Research shows that unpaid carers save the UK £billions each year, but often then have poor health and financial outcomes themselves because of their caring role. Budgetary pressures on Local Authorities since 2010 have resulted in a decrease in support for unpaid carers. <https://www.nuffieldtrust.org.uk/files/2022-10/nuffield-trust-unpaid-carers-web-final.pdf>
- The impact on young carers of Covid has been particularly acute:
<https://carers.org/what-we-do/our-survey-on-the-impact-of-coronavirus-on-young-carers-and-young-adult-carers->
<https://www.childrenscommissioner.gov.uk/2022/03/16/the-big-ask-voices-shining-a-light-on-young-carers/>