

# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Gender |        | Age   |       |       |       |     |
|-------|--------|--------|-------|-------|-------|-------|-----|
|       | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+ |
|       | A      | B      | C     | D     | E     | F     | G   |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  |      |      |      |         |       |       |       |         |
|--|------|------|------|---------|-------|-------|-------|---------|
| Unweighted base  | 6472 | 3086 | 3386 | 701     | 1039  | 1107  | 1026  | 2599    |
| Base: All UK adults  | 6472 | 3139 | 3333 | 718     | 1057  | 1119  | 1055  | 2523    |
| I am currently an unpaid carer   | 13%  | 10%  | 15%  | 8%      | 7%    | 12%   | 17%   | 15%     |
|  |      |      | A    |         |       | C.D   | C.D.E | C.D.E   |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%  | 14%  | 21%  | 11%     | 10%   | 10%   | 14%   | 27%     |
|  |      |      | A    |         |       |       | D.E   | C.D.E.F |
| I have never been an unpaid carer  | 63%  | 67%  | 59%  | 65%     | 71%   | 73%   | 64%   | 54%     |
|  |      | B    |      | G       | C.F.G | C.F.G | G     |         |
| Don't know   | 2%   | 3%   | 2%   | 5%      | 3%    | 2%    | 2%    | 2%      |
|  |      |      |      | E.F.G   | G     |       |       |         |
| Prefer not to say  | 5%   | 6%   | 3%   | 12%     | 9%    | 4%    | 3%    | 2%      |
|  |      | B    |      | D.E.F.G | E.F.G | G     | G     |         |



| Total | Gender |        | Age   |       |       |       |     |
|-------|--------|--------|-------|-------|-------|-------|-----|
|       | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+ |
|       | A      | B      | C     | D     | E     | F     | G   |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |     |      |       |       |     |       |      |
|---|------|-----|------|-------|-------|-----|-------|------|
| Unweighted base   | 1963 | 754 | 1209 | 128   | 179   | 236 | 314   | 1106 |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 759 | 1186 | 132   | 183   | 240 | 323   | 1068 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 29% | 29%  | 34%   | 40%   | 27% | 20%   | 30%  |
|   |      |     |      | F     | E.F.G | F   |       | F    |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 62% | 62%  | 52%   | 54%   | 66% | 70%   | 62%  |
|   |      |     |      |       |       | C.D | C.D.G | C    |
| Don't know  | 9%   | 9%  | 9%   | 14%   | 6%    | 7%  | 10%   | 9%   |
|   |      |     |      | D.E.G |       |     |       |      |



| Total | Gender |        | Age   |       |       |       |     |
|-------|--------|--------|-------|-------|-------|-------|-----|
|       | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+ |
|       | A      | B      | C     | D     | E     | F     | G   |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|  |      |          |          |              |              |              |              |                |
|--|------|----------|----------|--------------|--------------|--------------|--------------|----------------|
| Unweighted base  | 1963 | 754      | 1209     | 128          | 179          | 236          | 314          | 1106           |
| Base: All UK adults who are or have been non-paid carers | 1944 | 759      | 1186     | 132          | 183          | 240          | 323          | 1068           |
| Very positive impact                                     | 4%   | 6%<br>B  | 2%       | 10%<br>F.G   | 13%<br>E.F.G | 5%<br>F.G    | 1%           | 2%             |
| Slightly positive impact                                 | 5%   | 7%<br>B  | 3%       | 18%<br>E.F.G | 11%<br>E.F.G | 5%           | 2%           | 3%             |
| No difference  | 61%  | 60%      | 62%      | 45%          | 49%          | 48%          | 55%          | 70%<br>C.D.E.F |
| Slightly negative impact                                 | 11%  | 13%<br>B | 10%      | 9%           | 9%           | 12%          | 11%          | 12%            |
| Very negative impact                                     | 11%  | 9%       | 12%<br>A | 6%           | 9%           | 16%<br>C.D.G | 19%<br>C.D.G | 8%             |
| Don't know   | 8%   | 5%       | 10%<br>A | 11%<br>G     | 8%           | 14%<br>D.G   | 11%<br>G     | 5%             |



| Total | Gender |        | Age   |       |       |       |     |
|-------|--------|--------|-------|-------|-------|-------|-----|
|       | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+ |
|       | A      | B      | C     | D     | E     | F     | G   |

SCU\_Q2\_2. Your job and ability to work

|   |             |            |             |            |            |            |            |             |
|---|-------------|------------|-------------|------------|------------|------------|------------|-------------|
| Unweighted base   | 1963        | 754        | 1209        | 128        | 179        | 236        | 314        | 1106        |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>759</b> | <b>1186</b> | <b>132</b> | <b>183</b> | <b>240</b> | <b>323</b> | <b>1068</b> |
| Very positive impact  | 4%          | 6%         | 4%          | 16%        | 13%        | 4%         | 3%         | 2%          |
| Slightly positive impact  | 6%          | 10%        | 4%          | 26%        | 19%        | 7%         | 2%         | 3%          |
| No difference   | 38%         | 38%        | 38%         | 28%        | 32%        | 30%        | 29%        | 46%         |
| Slightly negative impact  | 28%         | 28%        | 29%         | 22%        | 26%        | 27%        | 38%        | 27%         |
| Very negative impact  | 20%         | 16%        | 22%         | 6%         | 9%         | 28%        | 26%        | 19%         |
| Don't know  | 3%          | 2%         | 3%          | 2%         | 2%         | 3%         | 2%         | 3%          |



| Total | Gender |        | Age   |       |       |       |     |
|-------|--------|--------|-------|-------|-------|-------|-----|
|       | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+ |
|       | A      | B      | C     | D     | E     | F     | G   |

SCU\_Q2\_3. Your finances and savings

|   |             |            |             |            |            |            |            |             |
|---|-------------|------------|-------------|------------|------------|------------|------------|-------------|
| Unweighted base   | 1963        | 754        | 1209        | 128        | 179        | 236        | 314        | 1106        |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>759</b> | <b>1186</b> | <b>132</b> | <b>183</b> | <b>240</b> | <b>323</b> | <b>1068</b> |
| Very positive impact  | 5%          | 7%         | 3%          | 19%        | 17%        | 5%         | 2%         | 2%          |
|   |             | B          |             | E.F.G      | E.F.G      | F.G        |            |             |
| Slightly positive impact  | 5%          | 7%         | 4%          | 24%        | 9%         | 5%         | 2%         | 3%          |
|   |             | B          |             | D.E.F.G    | F.G        |            |            |             |
| No difference   | 41%         | 37%        | 43%         | 30%        | 35%        | 36%        | 38%        | 45%         |
|   |             |            | A           |            |            |            |            | C.D.E.F     |
| Slightly negative impact  | 27%         | 28%        | 26%         | 14%        | 24%        | 23%        | 25%        | 30%         |
|   |             |            |             | C          | C          | C          |            | C.E         |
| Very negative impact  | 20%         | 19%        | 21%         | 12%        | 13%        | 27%        | 31%        | 18%         |
|   |             |            |             |            |            | C.D.G      | C.D.G      |             |
| Don't know  | 2%          | 1%         | 2%          | 2%         | 2%         | 4%         | 2%         | 1%          |
|   |             |            |             |            |            | F.G        |            |             |



| Total   | Gender |        | Age   |       |       |       |       |      |
|---|--------|--------|-------|-------|-------|-------|-------|------|
|   | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+   |      |
|   | A      | B      | C     | D     | E     | F     | G     |      |
| <b>Unweighted base</b>  | 1963   | 754    | 1209  | 128   | 179   | 236   | 314   | 1106 |
| <b>Base: All UK adults who are or have been non-paid carers</b> | 1944   | 759    | 1186  | 132   | 183   | 240   | 323   | 1068 |
| Very positive impact  | 5%     | 7%     | 3%    | 18%   | 14%   | 6%    | 2%    | 2%   |
|   |        | B      |       | E.F.G | E.F.G | F.G   |       |      |
| Slightly positive impact  | 7%     | 10%    | 5%    | 20%   | 13%   | 6%    | 4%    | 6%   |
|   |        | B      |       | E.F.G | E.F.G |       |       |      |
| No difference   | 35%    | 39%    | 32%   | 34%   | 39%   | 33%   | 33%   | 35%  |
|   |        | B      |       |       |       |       |       |      |
| Slightly negative impact  | 36%    | 29%    | 40%   | 16%   | 26%   | 35%   | 37%   | 39%  |
|   |        | A      |       |       |       | C.D   | C.D   | C.D  |
| Very negative impact  | 17%    | 13%    | 19%   | 7%    | 7%    | 19%   | 23%   | 17%  |
|   |        | A      |       |       |       | C.D   | C.D.G | C.D  |
| Don't know  | 1%     | 1%     | 1%    | 5%    | 1%    | 2%    | 1%    | 1%   |
|   |        |        |       | F.G   |       | G     |       |      |



| Total | Gender |        | Age   |       |       |       |     |
|-------|--------|--------|-------|-------|-------|-------|-----|
|       | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+ |
|       | A      | B      | C     | D     | E     | F     | G   |

SCU\_Q2\_5. Your mental health and wellbeing

|   |             |            |             |            |            |            |            |             |
|---|-------------|------------|-------------|------------|------------|------------|------------|-------------|
| Unweighted base   | 1963        | 754        | 1209        | 128        | 179        | 236        | 314        | 1106        |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>759</b> | <b>1186</b> | <b>132</b> | <b>183</b> | <b>240</b> | <b>323</b> | <b>1068</b> |
| Very positive impact  | 6%          | 9%         | 4%          | 17%        | 16%        | 6%         | 4%         | 3%          |
|   |             | B          |             | E.F.G      | E.F.G      | G          |            |             |
| Slightly positive impact  | 10%         | 13%        | 8%          | 30%        | 15%        | 10%        | 8%         | 7%          |
|   |             | B          |             | D.E.F.G    | F.G        |            |            |             |
| No difference   | 20%         | 25%        | 17%         | 19%        | 19%        | 18%        | 17%        | 22%         |
|   |             | B          |             |            |            |            |            | F           |
| Slightly negative impact  | 39%         | 33%        | 42%         | 21%        | 31%        | 33%        | 38%        | 43%         |
|   |             |            | A           |            | C          | C          | C          | C.D.E       |
| Very negative impact  | 24%         | 19%        | 27%         | 12%        | 17%        | 29%        | 32%        | 23%         |
|   |             |            | A           |            |            | C.D.G      | C.D.G      | C           |
| Don't know  | 1%          | 1%         | 1%          | 2%         | 2%         | 3%         | 1%         | 1%          |
|   |             |            |             |            |            | G          |            |             |



| Total  | Gender |        | Age   |       |       |       |       |       |
|--|--------|--------|-------|-------|-------|-------|-------|-------|
|  | Male   | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55+   |       |
|  | A      | B      | C     | D     | E     | F     | G     |       |
| <b>SCU_Q2_6. Your relationships</b>                      |        |        |       |       |       |       |       |       |
| Unweighted base  | 1963   | 754    | 1209  | 128   | 179   | 236   | 314   | 1106  |
| Base: All UK adults who are or have been non-paid carers | 1944   | 759    | 1186  | 132   | 183   | 240   | 323   | 1068  |
| Very positive impact                                     | 11%    | 14%    | 8%    | 28%   | 21%   | 11%   | 7%    | 8%    |
|  |        | B      |       | E.F.G | E.F.G |       |       |       |
| Slightly positive impact                                 | 16%    | 19%    | 13%   | 25%   | 23%   | 13%   | 12%   | 15%   |
|  |        | B      |       | E.F.G | E.F.G |       |       |       |
| No difference  | 35%    | 35%    | 35%   | 20%   | 29%   | 31%   | 34%   | 39%   |
|  |        |        |       |       |       | C     | C     | C.D.E |
| Slightly negative impact                                 | 27%    | 22%    | 30%   | 20%   | 21%   | 25%   | 30%   | 28%   |
|  |        | A      |       |       |       |       | C.D   | C.D   |
| Very negative impact                                     | 10%    | 8%     | 12%   | 5%    | 7%    | 16%   | 16%   | 9%    |
|  |        | A      |       |       |       | C.D.G | C.D.G |       |
| Don't know   | 1%     | 1%     | 2%    | 3%    | 1%    | 3%    | 1%    | 1%    |
|  |        |        | G     |       |       | G     |       |       |

Cell Contents (Column Percentages, Statistical Test Results), Statistics (Column Proportions, (95%): A/B, C/D/E/F/G, H/I, J/K/L/M/N/O/



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Social Grade |      | Region |          |      |        |       |               |
|-------|--------------|------|--------|----------|------|--------|-------|---------------|
|       | ABC1         | C2DE | North  | Midlands | East | London | South | England (NET) |
|       | H            | I    | J      | K        | L    | M      | N     | O             |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  |      |      |      |      |      |     |                 |      |      |
|--|------|------|------|------|------|-----|-----------------|------|------|
| Unweighted base  | 6472 | 3796 | 2676 | 1517 | 1036 | 607 | 833             | 1457 | 5450 |
| Base: All UK adults  | 6472 | 3689 | 2783 | 1508 | 1042 | 601 | 848             | 1445 | 5443 |
| I am currently an unpaid carer   | 13%  | 12%  | 14%  | 13%  | 12%  | 13% | 12%             | 13%  | 13%  |
|  |      |      | H    |      |      |     |                 |      |      |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%  | 16%  | 18%  | 18%  | 16%  | 17% | 16%             | 17%  | 17%  |
|  |      |      | H    |      |      |     |                 |      |      |
| I have never been an unpaid carer  | 63%  | 66%  | 59%  | 63%  | 65%  | 65% | 58%             | 64%  | 63%  |
|  |      | I    |      | M    | M    | M   |                 | M    | M    |
| Don't know   | 2%   | 2%   | 3%   | 2%   | 3%   | 2%  | 4%              | 2%   | 2%   |
|  |      |      | H    |      | N    |     | J.L.N.O.Q       |      | N    |
| Prefer not to say  | 5%   | 4%   | 5%   | 4%   | 4%   | 3%  | 10%             | 4%   | 5%   |
|  |      |      | H    |      |      |     | J.K.L.N.O.P.Q.R |      | J.K  |



| Total | Social Grade |      | Region |          |      |        |       |               |
|-------|--------------|------|--------|----------|------|--------|-------|---------------|
|       | ABC1         | C2DE | North  | Midlands | East | London | South | England (NET) |
|       | H            | I    | J      | K        | L    | M      | N     | O             |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |      |     |     |     |     |     |     |      |
|---|------|------|-----|-----|-----|-----|-----|-----|------|
| Unweighted base   | 1963 | 1075 | 888 | 480 | 299 | 180 | 232 | 437 | 1628 |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 1035 | 910 | 472 | 296 | 178 | 234 | 430 | 1609 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 31%  | 27% | 31% | 30% | 28% | 27% | 25% | 28%  |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 61%  | 64% | 60% | 61% | 63% | 61% | 67% | 63%  |
| Don't know  | 9%   | 9%   | 9%  | 9%  | 9%  | 9%  | 12% | 8%  | 9%   |



| Total | Social Grade |      | Region |          |      |        |       |               |
|-------|--------------|------|--------|----------|------|--------|-------|---------------|
|       | ABC1         | C2DE | North  | Midlands | East | London | South | England (NET) |
|       | H            | I    | J      | K        | L    | M      | N     | O             |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|   | Unweighted base | 1963 | 1075 | 888 | 480 | 299       | 180             | 232   | 437 | 1628 |
|---|-----------------|------|------|-----|-----|-----------|-----------------|-------|-----|------|
| <b>Base: All UK adults who are or have been non-paid carers</b> |                 | 1944 | 1035 | 910 | 472 | 296       | 178             | 234   | 430 | 1609 |
| Very positive impact  | 4%              | 5%   | 3%   | 4%  | 2%  | 2%        | 13%             | 3%    | 4%  |      |
|   |                 | I    |      |     |     |           | J.K.L.N.O.P.Q.R |       | N   |      |
| Slightly positive impact  | 5%              | 6%   | 3%   | 3%  | 4%  | 7%        | 10%             | 3%    | 5%  |      |
|   |                 | I    |      |     |     | J.N.Q     | J.K.N.O.Q       |       | J   |      |
| No difference   | 61%             | 62%  | 60%  | 64% | 66% | 58%       | 49%             | 61%   | 61% |      |
|   |                 |      |      | M   | M   |           |                 | M     | M   |      |
| Slightly negative impact  | 11%             | 11%  | 12%  | 12% | 13% | 9%        | 11%             | 12%   | 12% |      |
| Very negative impact  | 11%             | 8%   | 14%  | 10% | 9%  | 16%       | 10%             | 10%   | 10% |      |
|   |                 |      | H    |     |     | J.K.N.O.R |                 |       |     |      |
| Don't know  | 8%              | 7%   | 9%   | 8%  | 6%  | 7%        | 7%              | 11%   | 8%  |      |
|   |                 |      | H    |     |     |           |                 | K.O.P |     |      |



| Total  | Social Grade |          | Region |            |          |          |                        |               |          |
|--|--------------|----------|--------|------------|----------|----------|------------------------|---------------|----------|
|  | ABC1         | C2DE     | North  | Midlands   | East     | London   | South                  | England (NET) |          |
|  | H            | I        | J      | K          | L        | M        | N                      | O             |          |
| <b>SCU_Q2_2. Your job and ability to work</b>            |              |          |        |            |          |          |                        |               |          |
| Unweighted base  | 1963         | 1075     | 888    | 480        | 299      | 180      | 232                    | 437           | 1628     |
| Base: All UK adults who are or have been non-paid carers | 1944         | 1035     | 910    | 472        | 296      | 178      | 234                    | 430           | 1609     |
| Very positive impact                                     | 4%           | 5%<br>I  | 3%     | 2%         | 4%       | 4%       | 12%<br>J.K.L.N.O.P.Q   | 3%            | 4%<br>J  |
| Slightly positive impact                                 | 6%           | 8%<br>I  | 5%     | 5%         | 6%       | 5%       | 18%<br>J.K.L.N.O.P.Q.R | 4%            | 7%<br>N  |
| No difference  | 38%          | 39%      | 38%    | 41%<br>M.O | 37%      | 35%      | 31%                    | 37%           | 37%<br>M |
| Slightly negative impact                                 | 28%          | 30%      | 26%    | 31%<br>M   | 30%<br>M | 30%<br>M | 19%                    | 30%<br>M      | 29%<br>M |
| Very negative impact                                     | 20%          | 16%<br>H | 24%    | 18%        | 21%      | 22%      | 16%                    | 21%           | 19%      |
| Don't know   | 3%           | 2%       | 4%     | 2%         | 2%       | 5%<br>P  | 4%<br>P                | 5%<br>J.K.P   | 3%       |



| Total  | Social Grade |      | Region |          |      |        |       |               |      |
|--|--------------|------|--------|----------|------|--------|-------|---------------|------|
|  | ABC1         | C2DE | North  | Midlands | East | London | South | England (NET) |      |
|  | H            | I    | J      | K        | L    | M      | N     | O             |      |
| <b>SCU_Q2_3. Your finances and savings</b>               |              |      |        |          |      |        |       |               |      |
| Unweighted base  | 1963         | 1075 | 888    | 480      | 299  | 180    | 232   | 437           | 1628 |
| Base: All UK adults who are or have been non-paid carers | 1944         | 1035 | 910    | 472      | 296  | 178    | 234   | 430           | 1609 |
| Very positive impact                                     | 5%           | 6%   | 4%     | 3%       | 1%   | 3%     | 19%   | 3%            | 5%   |
| Slightly positive impact                                 | 5%           | 7%   | 3%     | 5%       | 6%   | 4%     | 9%    | 2%            | 5%   |
| No difference  | 41%          | 41%  | 41%    | 46%      | 42%  | 39%    | 33%   | 39%           | 41%  |
| Slightly negative impact                                 | 27%          | 29%  | 24%    | 25%      | 24%  | 33%    | 25%   | 31%           | 27%  |
| Very negative impact                                     | 20%          | 15%  | 26%    | 19%      | 25%  | 19%    | 11%   | 23%           | 20%  |
| Don't know   | 2%           | 2%   | 2%     | 2%       | 1%   | 3%     | 2%    | 3%            | 2%   |



|  | Total | Social Grade |      | Region |          |      |        |       |               |
|--|-------|--------------|------|--------|----------|------|--------|-------|---------------|
|  |       | ABC1         | C2DE | North  | Midlands | East | London | South | England (NET) |
|  |       | H            | I    | J      | K        | L    | M      | N     | O             |
| <b>SCU_Q2_4. Your physical health</b>                    |       |              |      |        |          |      |        |       |               |
| Unweighted base  | 1963  | 1075         | 888  | 480    | 299      | 180  | 232    | 437   | 1628          |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1035         | 910  | 472    | 296      | 178  | 234    | 430   | 1609          |
| Very positive impact                                     | 5%    | 6%           | 3%   | 4%     | 2%       | 4%   | 15%    | 2%    | 5%            |
| Slightly positive impact                                 | 7%    | 8%           | 6%   | 5%     | 6%       | 7%   | 14%    | 5%    | 7%            |
| No difference  | 35%   | 37%          | 33%  | 34%    | 38%      | 34%  | 29%    | 35%   | 34%           |
| Slightly negative impact                                 | 36%   | 35%          | 36%  | 37%    | 36%      | 36%  | 26%    | 40%   | 36%           |
| Very negative impact                                     | 17%   | 13%          | 21%  | 18%    | 17%      | 18%  | 13%    | 17%   | 17%           |
| Don't know   | 1%    | 1%           | 1%   | 2%     | 0%       | 1%   | 3%     | 1%    | 1%            |



| Total   | Social Grade |             | Region     |            |            |            |               |               |             |
|---|--------------|-------------|------------|------------|------------|------------|---------------|---------------|-------------|
|   | ABC1         | C2DE        | North      | Midlands   | East       | London     | South         | England (NET) |             |
|   | H            | I           | J          | K          | L          | M          | N             | O             |             |
| <b>SCU_Q2_5. Your mental health and wellbeing</b>               |              |             |            |            |            |            |               |               |             |
| Unweighted base   | 1963         | 1075        | 888        | 480        | 299        | 180        | 232           | 437           | 1628        |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b>  | <b>1035</b> | <b>910</b> | <b>472</b> | <b>296</b> | <b>178</b> | <b>234</b>    | <b>430</b>    | <b>1609</b> |
| Very positive impact  | 6%           | 8%          | 4%         | 5%         | 3%         | 4%         | 17%           | 4%            | 6%          |
|   |              | I           |            |            |            |            | J.K.L.N.O.P.Q |               | K.N         |
| Slightly positive impact  | 10%          | 12%         | 8%         | 10%        | 9%         | 11%        | 16%           | 9%            | 10%         |
|   |              | I           |            |            |            |            | J.K.N.O.P.R   |               |             |
| No difference   | 20%          | 19%         | 21%        | 20%        | 26%        | 15%        | 18%           | 18%           | 20%         |
|   |              |             |            |            | J.L.M.N.O  |            |               |               |             |
| Slightly negative impact  | 39%          | 40%         | 37%        | 40%        | 39%        | 40%        | 28%           | 41%           | 38%         |
|   |              |             | M          | M          | M          |            |               | M             | M           |
| Very negative impact  | 24%          | 20%         | 29%        | 24%        | 23%        | 30%        | 18%           | 27%           | 24%         |
|   |              | H           |            |            |            | M.Q        |               | M             | M           |
| Don't know  | 1%           | 1%          | 1%         | 1%         | -          | 1%         | 2%            | 1%            | 1%          |
|   |              |             | K          |            |            |            | K             |               | K           |



| Total   | Social Grade |          | Region    |          |                  |           |                      |               |          |
|---|--------------|----------|-----------|----------|------------------|-----------|----------------------|---------------|----------|
|   | ABC1         | C2DE     | North     | Midlands | East             | London    | South                | England (NET) |          |
|   | H            | I        | J         | K        | L                | M         | N                    | O             |          |
| <b>Unweighted base</b>  | 1963         | 1075     | 888       | 480      | 299              | 180       | 232                  | 437           | 1628     |
| <b>Base: All UK adults who are or have been non-paid carers</b> | 1944         | 1035     | 910       | 472      | 296              | 178       | 234                  | 430           | 1609     |
| Very positive impact  | 11%          | 12%<br>I | 9%        | 10%      | 8%               | 8%        | 22%<br>J.K.L.N.O.P.Q | 8%            | 11%<br>N |
| Slightly positive impact  | 16%          | 19%<br>I | 12%       | 16%      | 14%              | 18%       | 23%<br>J.K.N.O.P.Q   | 13%           | 16%<br>N |
| No difference   | 35%          | 32%      | 38%<br>H  | 33%      | 43%<br>J.L.M.N.O | 29%       | 26%                  | 34%           | 34%<br>M |
| Slightly negative impact  | 27%          | 27%      | 26%       | 29%<br>M | 25%<br>M         | 30%<br>M  | 17%                  | 31%<br>M.O.P  | 27%<br>M |
| Very negative impact  | 10%          | 8%       | 13%<br>H  | 9%       | 10%              | 13%       | 9%                   | 13%<br>J.Q    | 11%      |
| Don't know  | 1%           | 1%       | 2%<br>K.N | 2%       | 0%               | 3%<br>K.N | 2%                   | 1%            | 1%<br>K  |

Cell Contents (CP/Q/R, S/T/U/V/W/X/Y/Z/AA/AB/AC/AD/AE, AF/AG/AH/AI/AJ/AK/AL, AM/AN/AO/AP/AQ, AR/AS/AT/AU/AV/AW, AX/AY/AZ/BA/BB/BC/



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total |       |          |                  |            |            |                          |               |               |
|-------|-------|----------|------------------|------------|------------|--------------------------|---------------|---------------|
|       | Wales | Scotland | Northern Ireland | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands |
|       | P     | Q        | R                | S          | T          | U                        | V             | W             |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  | Unweighted base            | P          | Q          | R          | S          | T          | U          | V          | W          |
|--|----------------------------|------------|------------|------------|------------|------------|------------|------------|------------|
|  | 6472                       | 312        | 543        | 167        | 279        | 690        | 548        | 498        | 538        |
|  | <b>Base: All UK adults</b> | <b>311</b> | <b>544</b> | <b>175</b> | <b>277</b> | <b>687</b> | <b>545</b> | <b>504</b> | <b>538</b> |
| I am currently an unpaid carer   | 13%                        | 13%        | 13%        | 14%        | 16%        | 13%        | 13%        | 12%        | 13%        |
|  |                            |            |            |            | Y          |            |            |            |            |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%                        | 19%        | 19%        | 21%        | 21%        | 16%        | 18%        | 16%        | 16%        |
|  |                            |            |            |            | Y.AB       |            |            |            |            |
| I have never been an unpaid carer  | 63%                        | 62%        | 62%        | 62%        | 58%        | 64%        | 64%        | 67%        | 63%        |
|  |                            |            |            |            |            | Y          | Y          | S.Y        |            |
| Don't know   | 2%                         | 3%         | 2%         | 2%         | 1%         | 2%         | 2%         | 2%         | 3%         |
|  |                            |            |            |            |            |            |            |            | AA         |
| Prefer not to say  | 5%                         | 3%         | 4%         | 2%         | 2%         | 5%         | 3%         | 3%         | 4%         |
|  |                            |            |            |            |            | S.U.V      |            |            |            |



| Total |       |          |                  |            |            |                          |               |               |
|-------|-------|----------|------------------|------------|------------|--------------------------|---------------|---------------|
|       | Wales | Scotland | Northern Ireland | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands |
|       | P     | Q        | R                | S          | T          | U                        | V             | W             |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |     |     |     |     |     |     |     |     |
|---|------|-----|-----|-----|-----|-----|-----|-----|-----|
| Unweighted base   | 1963 | 103 | 174 | 58  | 106 | 202 | 172 | 143 | 156 |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 102 | 174 | 60  | 104 | 198 | 169 | 141 | 155 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 29% | 34% | 33% | 32% | 33% | 28% | 27% | 34% |
|   |      |     | N   | *   | AA  | AA  |     |     | AA  |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 64% | 58% | 58% | 58% | 58% | 64% | 66% | 57% |
|   |      |     |     | *   |     |     |     |     |     |
| Don't know  | 9%   | 6%  | 7%  | 9%  | 10% | 9%  | 8%  | 8%  | 10% |
|   |      |     |     | *   |     |     |     |     |     |



| Total |       |          |                  |            |            |                          |               |               |
|-------|-------|----------|------------------|------------|------------|--------------------------|---------------|---------------|
|       | Wales | Scotland | Northern Ireland | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands |
|       | P     | Q        | R                | S          | T          | U                        | V             | W             |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|  |      |          |                    |            |               |          |          |          |          |
|--|------|----------|--------------------|------------|---------------|----------|----------|----------|----------|
| Unweighted base  | 1963 | 103      | 174                | 58         | 106           | 202      | 172      | 143      | 156      |
| Base: All UK adults who are or have been non-paid carers | 1944 | 102      | 174                | 60         | 104           | 198      | 169      | 141      | 155      |
| Very positive impact                                     | 4%   | 1%       | 2%                 | 3%<br>*    | 2%            | 4%       | 4%       | 2%       | 3%       |
| Slightly positive impact                                 | 5%   | 4%       | 2%                 | 9%<br>J.Q* | 1%            | 2%       | 5%       | 2%       | 6%<br>S  |
| No difference  | 61%  | 66%<br>M | 60%<br>M           | 67%<br>M*  | 66%<br>Y      | 65%<br>Y | 61%<br>Y | 65%<br>Y | 67%<br>Y |
| Slightly negative impact                                 | 11%  | 11%      | 10%                | 10%<br>*   | 10%           | 12%      | 12%      | 16%      | 11%      |
| Very negative impact                                     | 11%  | 14%<br>R | 19%<br>J.K.M.N.O.R | 4%<br>*    | 10%           | 12%      | 7%       | 9%       | 9%       |
| Don't know   | 8%   | 4%       | 7%                 | 7%<br>*    | 12%<br>T.W.AC | 5%       | 11%<br>T | 6%       | 5%       |



|  | Total |                  |          |                  |            |             |                          |               |               |
|--|-------|------------------|----------|------------------|------------|-------------|--------------------------|---------------|---------------|
|  |       | Wales            | Scotland | Northern Ireland | North East | North West  | Yorkshire and the Humber | East Midlands | West Midlands |
|  |       | P                | Q        | R                | S          | T           | U                        | V             | W             |
| <b>SCU_Q2_2. Your job and ability to work</b>            |       |                  |          |                  |            |             |                          |               |               |
| Unweighted base  | 1963  | 103              | 174      | 58               | 106        | 202         | 172                      | 143           | 156           |
| Base: All UK adults who are or have been non-paid carers | 1944  | 102              | 174      | 60               | 104        | 198         | 169                      | 141           | 155           |
| Very positive impact                                     | 4%    | 2%               | 5%       | 5%<br>*          | 4%<br>T    | -           | 4%<br>T                  | 4%<br>T       | 4%<br>T       |
| Slightly positive impact                                 | 6%    | 3%               | 3%       | 4%<br>*          | 4%         | 7%          | 4%                       | 4%            | 8%<br>AA      |
| No difference  | 38%   | 50%<br>K.L.M.N.O | 42%<br>M | 42%<br>*         | 39%        | 44%<br>Y.AB | 40%                      | 36%           | 38%           |
| Slightly negative impact                                 | 28%   | 23%              | 26%      | 34%<br>M*        | 34%<br>Y   | 32%<br>Y    | 28%<br>Y                 | 30%<br>Y      | 31%<br>Y      |
| Very negative impact                                     | 20%   | 22%              | 22%      | 14%<br>*         | 17%        | 16%         | 22%<br>Y                 | 24%<br>Y      | 19%           |
| Don't know   | 3%    | -                | 2%       | 2%<br>*          | 3%         | 1%          | 3%                       | 3%            | 1%            |



|  | Total |              |          |                  |             |                   |                          |               |               |
|--|-------|--------------|----------|------------------|-------------|-------------------|--------------------------|---------------|---------------|
|  |       | Wales        | Scotland | Northern Ireland | North East  | North West        | Yorkshire and the Humber | East Midlands | West Midlands |
|  |       | P            | Q        | R                | S           | T                 | U                        | V             | W             |
| <b>SCU_Q2_3. Your finances and savings</b>               |       |              |          |                  |             |                   |                          |               |               |
| Unweighted base  | 1963  | 103          | 174      | 58               | 106         | 202               | 172                      | 143           | 156           |
| Base: All UK adults who are or have been non-paid carers | 1944  | 102          | 174      | 60               | 104         | 198               | 169                      | 141           | 155           |
| Very positive impact                                     | 5%    | 2%           | 6%<br>K  | 3%<br>*          | 3%          | 3%                | 3%                       | 2%            | 1%            |
| Slightly positive impact                                 | 5%    | 3%           | 8%<br>N  | 9%<br>N*         | 7%<br>Z     | 3%                | 6%                       | 5%            | 8%<br>T.Z.AA  |
| No difference  | 41%   | 50%<br>M.N.Q | 34%      | 46%<br>*         | 46%<br>Y.AA | 49%<br>Y.AA.AB.AD | 45%<br>Y.AA.AD           | 41%           | 44%<br>Y.AA   |
| Slightly negative impact                                 | 27%   | 21%          | 29%      | 26%<br>*         | 24%         | 29%               | 21%                      | 24%           | 24%           |
| Very negative impact                                     | 20%   | 23%<br>M     | 22%<br>M | 16%<br>*         | 19%         | 16%               | 23%<br>Y                 | 28%<br>T.Y.AB | 23%<br>Y      |
| Don't know   | 2%    | 1%           | 1%       | -<br>*           | 1%          | 1%                | 3%                       | 1%            | 1%            |



|  | Total |       |          |                  |            |            |                          |               |               |
|--|-------|-------|----------|------------------|------------|------------|--------------------------|---------------|---------------|
|  |       | Wales | Scotland | Northern Ireland | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands |
|  |       | P     | Q        | R                | S          | T          | U                        | V             | W             |
| <b>SCU_Q2_4. Your physical health</b>                    |       |       |          |                  |            |            |                          |               |               |
| Unweighted base  | 1963  | 103   | 174      | 58               | 106        | 202        | 172                      | 143           | 156           |
| Base: All UK adults who are or have been non-paid carers | 1944  | 102   | 174      | 60               | 104        | 198        | 169                      | 141           | 155           |
| Very positive impact                                     | 5%    | 3%    | 6%       | 3%               | 3%         | 4%         | 5%                       | 1%            | 2%            |
|  |       |       | K.N      | *                |            |            |                          |               |               |
| Slightly positive impact                                 | 7%    | 7%    | 6%       | 11%              | 3%         | 4%         | 7%                       | 2%            | 9%            |
|  |       |       |          | *                |            |            | V                        |               | V             |
| No difference  | 35%   | 40%   | 34%      | 41%              | 37%        | 37%        | 30%                      | 33%           | 43%           |
|  |       |       |          | *                |            |            |                          |               | U.Y.Z.AB      |
| Slightly negative impact                                 | 36%   | 37%   | 33%      | 32%              | 33%        | 38%        | 37%                      | 43%           | 31%           |
|  |       |       |          | *                |            | Y          | Y                        | W.Y           |               |
| Very negative impact                                     | 17%   | 14%   | 19%      | 12%              | 22%        | 15%        | 19%                      | 21%           | 14%           |
|  |       |       |          | *                | Y          |            |                          | Y             |               |
| Don't know   | 1%    | -     | 1%       | -                | 2%         | 2%         | 2%                       | -             | 1%            |
|  |       |       |          | *                |            |            |                          |               |               |



|   | Total       |            |            |                  |            |            |                          |               |                 |
|---|-------------|------------|------------|------------------|------------|------------|--------------------------|---------------|-----------------|
|   |             | Wales      | Scotland   | Northern Ireland | North East | North West | Yorkshire and the Humber | East Midlands | West Midlands   |
|   |             | P          | Q          | R                | S          | T          | U                        | V             | W               |
| <b>SCU_Q2_5. Your mental health and wellbeing</b>               |             |            |            |                  |            |            |                          |               |                 |
| Unweighted base   | 1963        | 103        | 174        | 58               | 106        | 202        | 172                      | 143           | 156             |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>102</b> | <b>174</b> | <b>60</b>        | <b>104</b> | <b>198</b> | <b>169</b>               | <b>141</b>    | <b>155</b>      |
| Very positive impact  | 6%          | 7%         | 3%         | 7%<br>*          | 4%         | 6%         | 4%                       | 3%            | 4%              |
| Slightly positive impact  | 10%         | 6%         | 12%        | 3%<br>*          | 7%         | 9%         | 12%                      | 6%            | 11%             |
| No difference   | 20%         | 26%<br>L   | 21%        | 21%<br>*         | 24%        | 20%        | 18%                      | 25%<br>X.Z    | 27%<br>X.Y.Z.AB |
| Slightly negative impact  | 39%         | 35%        | 43%<br>M   | 41%<br>*         | 40%<br>Y   | 41%<br>Y   | 38%<br>Y                 | 38%<br>Y      | 39%<br>Y        |
| Very negative impact  | 24%         | 24%        | 20%        | 25%<br>*         | 23%        | 23%        | 26%                      | 27%<br>Y      | 20%             |
| Don't know  | 1%          | 2%<br>K    | 1%         | 3%<br>K*         | 2%         | 1%         | 2%                       | -             | -               |



|  | Total |                  |            |                  |                   |            |                          |               |                        |
|--|-------|------------------|------------|------------------|-------------------|------------|--------------------------|---------------|------------------------|
|  |       | Wales            | Scotland   | Northern Ireland | North East        | North West | Yorkshire and the Humber | East Midlands | West Midlands          |
|  |       | P                | Q          | R                | S                 | T          | U                        | V             | W                      |
| <b>SCU_Q2_6. Your relationships</b>                      |       |                  |            |                  |                   |            |                          |               |                        |
| Unweighted base  | 1963  | 103              | 174        | 58               | 106               | 202        | 172                      | 143           | 156                    |
| Base: All UK adults who are or have been non-paid carers | 1944  | 102              | 174        | 60               | 104               | 198        | 169                      | 141           | 155                    |
| Very positive impact                                     | 11%   | 11%              | 10%        | 12%<br>*         | 12%               | 9%         | 11%                      | 7%            | 8%                     |
| Slightly positive impact                                 | 16%   | 11%              | 14%        | 19%<br>*         | 14%               | 18%<br>Z   | 16%                      | 15%           | 13%                    |
| No difference  | 35%   | 47%<br>J.L.M.N.O | 41%<br>L.M | 34%<br>*         | 34%               | 35%        | 31%                      | 39%<br>Y      | 47%<br>T.U.X.Y.Z.AA.AE |
| Slightly negative impact                                 | 27%   | 20%              | 28%        | 27%<br>*         | 28%               | 28%<br>Y   | 30%<br>Y                 | 27%<br>Y      | 23%                    |
| Very negative impact                                     | 10%   | 11%              | 7%         | 9%<br>*          | 7%                | 10%        | 10%                      | 11%           | 10%                    |
| Don't know   | 1%    | 1%               | 1%         | -<br>*           | 5%<br>V.W.Z.AB.AD | 1%         | 2%                       | 1%            | -                      |

Cell Contents (CBD/BE, BF/BG/BH/BI/BJ/BK/BL/BM/BN/BO, BP/BQ, Minimum Base: 30 (\*\*), Small Base: 100 (\*))



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Government Region |        |            |            |               |       |          |                  |
|-------|-------------------|--------|------------|------------|---------------|-------|----------|------------------|
|       | East of England   | London | South East | South West | England (NET) | Wales | Scotland | Northern Ireland |
|       | X                 | Y      | Z          | AA         | AB            | AC    | AD       | AE               |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  |      |     |                              |     |     |      |     |     |     |
|--|------|-----|------------------------------|-----|-----|------|-----|-----|-----|
| Unweighted base  | 6472 | 607 | 833                          | 853 | 604 | 5450 | 312 | 543 | 167 |
| Base: All UK adults  | 6472 | 601 | 848                          | 846 | 599 | 5443 | 311 | 544 | 175 |
| I am currently an unpaid carer   | 13%  | 13% | 12%                          | 13% | 12% | 13%  | 13% | 13% | 14% |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%  | 17% | 16%                          | 17% | 17% | 17%  | 19% | 19% | 21% |
| I have never been an unpaid carer  | 63%  | 65% | 58%                          | 64% | 65% | 63%  | 62% | 62% | 62% |
| Don't know   | 2%   | 2%  | 4%                           | 2%  | 1%  | 2%   | 3%  | 2%  | 2%  |
| Prefer not to say  | 5%   | 3%  | 10%                          | 4%  | 4%  | 5%   | 3%  | 4%  | 2%  |
|  |      |     | S.T.V.X.Z.AA.AB.AD           |     |     |      |     |     |     |
|  |      |     | S.T.U.V.W.X.Z.AA.AB.AC.AD.AE |     |     | U.V  |     |     |     |



| Total | Government Region |        |            |            |               |       |          |                  |
|-------|-------------------|--------|------------|------------|---------------|-------|----------|------------------|
|       | East of England   | London | South East | South West | England (NET) | Wales | Scotland | Northern Ireland |
|       | X                 | Y      | Z          | AA         | AB            | AC    | AD       | AE               |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |     |     |     |     |      |     |     |     |
|---|------|-----|-----|-----|-----|------|-----|-----|-----|
| Unweighted base   | 1963 | 180 | 232 | 261 | 176 | 1628 | 103 | 174 | 58  |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 178 | 234 | 257 | 173 | 1609 | 102 | 174 | 60  |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 28% | 27% | 28% | 21% | 28%  | 29% | 34% | 33% |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 63% | 61% | 66% | 68% | 63%  | 64% | 58% | 58% |
| Don't know  | 9%   | 9%  | 12% | 6%  | 11% | 9%   | 6%  | 7%  | 9%  |
|   |      |     | Z   |     |     | Z    |     |     | *   |



| Total | Government Region |        |            |            |               |       |          |                  |
|-------|-------------------|--------|------------|------------|---------------|-------|----------|------------------|
|       | East of England   | London | South East | South West | England (NET) | Wales | Scotland | Northern Ireland |
|       | X                 | Y      | Z          | AA         | AB            | AC    | AD       | AE               |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|   | Unweighted base | 1963                         | 180 | 232              | 261 | 176 | 1628 | 103            | 174       | 58 |
|---|-----------------|------------------------------|-----|------------------|-----|-----|------|----------------|-----------|----|
| <b>Base: All UK adults who are or have been non-paid carers</b> |                 | 1944                         | 178 | 234              | 257 | 173 | 1609 | 102            | 174       | 60 |
| Very positive impact  | 4%              | 2%                           | 13% | 2%               | 4%  | 4%  | 1%   | 2%             | 3%        | *  |
|   |                 | S.T.U.V.W.X.Z.AA.AB.AC.AD.AE |     |                  |     |     | Z    |                |           |    |
| Slightly positive impact  | 5%              | 7%                           | 10% | 4%               | 3%  | 5%  | 4%   | 2%             | 9%        |    |
|   |                 | S.T.V.AD                     |     | S.T.V.Z.AA.AB.AD |     | S   |      |                | S.T.V.AD* |    |
| No difference   | 61%             | 58%                          | 49% | 60%              | 64% | 61% | 66%  | 60%            | 67%       |    |
|   |                 |                              |     | Y                | Y   | Y   | Y    | Y              | Y*        |    |
| Slightly negative impact  | 11%             | 9%                           | 11% | 13%              | 10% | 12% | 11%  | 10%            | 10%       | *  |
| Very negative impact  | 11%             | 16%                          | 10% | 10%              | 9%  | 10% | 14%  | 19%            | 4%        | *  |
|   |                 | U.W.AA.AB.AE                 |     |                  |     |     | AE   | .V.W.Y.Z.AA.AB |           |    |
| Don't know  | 8%              | 7%                           | 7%  | 11%              | 10% | 8%  | 4%   | 7%             | 7%        | *  |
|   |                 |                              |     | T.W.AC           | T   | T   |      |                |           |    |



| Total | Government Region |        |            |            |               |       |          |                  |
|-------|-------------------|--------|------------|------------|---------------|-------|----------|------------------|
|       | East of England   | London | South East | South West | England (NET) | Wales | Scotland | Northern Ireland |
|       | X                 | Y      | Z          | AA         | AB            | AC    | AD       | AE               |

SCU\_Q2\_2. Your job and ability to work

Unweighted base

|   |            |                              |            |            |             |               |            |           |
|---|------------|------------------------------|------------|------------|-------------|---------------|------------|-----------|
| 1963  | 180        | 232                          | 261        | 176        | 1628        | 103           | 174        | 58        |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>178</b> | <b>234</b>                   | <b>257</b> | <b>173</b> | <b>1609</b> | <b>102</b>    | <b>174</b> | <b>60</b> |
| Very positive impact  | 4%         | 12%                          | 3%         | 4%         | 4%          | 2%            | 5%         | 5%        |
|   | T          | V.W.X.Z.AA.AB.               | T          | T          | T           | T             | T          | T*        |
| Slightly positive impact  | 6%         | 18%                          | 5%         | 3%         | 7%          | 3%            | 3%         | 4%        |
|   |            | S.T.U.V.W.X.Z.AA.AB.AC.AD.AE |            |            | AA          |               |            | *         |
| No difference   | 38%        | 31%                          | 37%        | 37%        | 37%         | 50%           | 42%        | 42%       |
|   |            |                              |            |            | Y           | V.X.Y.Z.AA.AB | Y          | *         |
| Slightly negative impact  | 28%        | 19%                          | 29%        | 31%        | 29%         | 23%           | 26%        | 34%       |
|   | Y          |                              | Y          | Y          | Y           |               |            | Y*        |
| Very negative impact  | 20%        | 16%                          | 22%        | 20%        | 19%         | 22%           | 22%        | 14%       |
|   |            |                              |            |            |             |               |            | *         |
| Don't know  | 3%         | 4%                           | 4%         | 5%         | 3%          | -             | 2%         | 2%        |
|   | W.AC       | W.AC                         | W.AC       | T.W.AC     | W           |               |            | *         |



| Total | Government Region |        |            |            |               |       |          |                  |
|-------|-------------------|--------|------------|------------|---------------|-------|----------|------------------|
|       | East of England   | London | South East | South West | England (NET) | Wales | Scotland | Northern Ireland |
|       | X                 | Y      | Z          | AA         | AB            | AC    | AD       | AE               |

SCU\_Q2\_3. Your finances and savings

Unweighted base

|      |     |     |     |     |      |     |     |    |
|------|-----|-----|-----|-----|------|-----|-----|----|
| 1963 | 180 | 232 | 261 | 176 | 1628 | 103 | 174 | 58 |
|------|-----|-----|-----|-----|------|-----|-----|----|

Base: All UK adults who are or have been non-paid carers

|      |     |     |     |     |      |     |     |    |
|------|-----|-----|-----|-----|------|-----|-----|----|
| 1944 | 178 | 234 | 257 | 173 | 1609 | 102 | 174 | 60 |
|------|-----|-----|-----|-----|------|-----|-----|----|

|                          |     |                              |     |         |                   |      |         |        |         |
|--------------------------|-----|------------------------------|-----|---------|-------------------|------|---------|--------|---------|
| Very positive impact     | 5%  | 3%                           | 19% | 3%      | 2%                | 5%   | 2%      | 6%     | 3%      |
|                          |     | S.T.U.V.W.X.Z.AA.AB.AC.AD.AE |     |         |                   | W    |         | W      | *       |
| Slightly positive impact | 5%  | 4%                           | 9%  | 2%      | 3%                | 5%   | 3%      | 8%     | 9%      |
|                          |     | T.Z.AA.AB.AC                 |     |         |                   | Z    |         | T.Z.AA | T.Z.AA* |
| No difference            | 41% | 39%                          | 33% | 44%     | 31%               | 41%  | 50%     | 34%    | 46%     |
|                          |     |                              |     | Y.AA.AD |                   | Y.AA | Y.AA.AD |        | AA*     |
| Slightly negative impact | 27% | 33%                          | 25% | 26%     | 37%               | 27%  | 21%     | 29%    | 26%     |
|                          |     | U.AC                         |     |         | S.U.V.W.Y.Z.AB.AC |      |         |        | *       |
| Very negative impact     | 20% | 19%                          | 11% | 22%     | 24%               | 20%  | 23%     | 22%    | 16%     |
|                          |     | Y                            |     | Y       | Y                 | Y    | Y       | Y      | *       |
| Don't know               | 2%  | 3%                           | 2%  | 2%      | 4%                | 2%   | 1%      | 1%     | -       |
|                          |     |                              |     |         |                   |      |         |        | *       |



|  | Total | Government Region            |                  |            |            |               |       |          |                  |
|--|-------|------------------------------|------------------|------------|------------|---------------|-------|----------|------------------|
|  |       | East of England              | London           | South East | South West | England (NET) | Wales | Scotland | Northern Ireland |
|  |       | X                            | Y                | Z          | AA         | AB            | AC    | AD       | AE               |
| <b>SCU_Q2_4. Your physical health</b>                    |       |                              |                  |            |            |               |       |          |                  |
| Unweighted base  | 1963  | 180                          | 232              | 261        | 176        | 1628          | 103   | 174      | 58               |
| Base: All UK adults who are or have been non-paid carers | 1944  | 178                          | 234              | 257        | 173        | 1609          | 102   | 174      | 60               |
| Very positive impact                                     | 5%    | 4%                           | 15%              | 2%         | 2%         | 5%            | 3%    | 6%       | 3%               |
|  |       | S.T.U.V.W.X.Z.AA.AB.AC.AD.AE |                  |            |            | V.Z           |       | V.Z      | *                |
| Slightly positive impact                                 | 7%    | 7%                           | 14%              | 6%         | 4%         | 7%            | 7%    | 6%       | 11%              |
|  |       | V                            | U.V.X.Z.AA.AB.AD |            |            | V             |       |          | V*               |
| No difference  | 35%   | 34%                          | 29%              | 32%        | 39%        | 34%           | 40%   | 34%      | 41%              |
|  |       |                              |                  |            | Y          |               |       |          | *                |
| Slightly negative impact                                 | 36%   | 36%                          | 26%              | 41%        | 38%        | 36%           | 37%   | 33%      | 32%              |
|  |       | Y                            |                  | W.Y.AB     | Y          | Y             |       |          | *                |
| Very negative impact                                     | 17%   | 18%                          | 13%              | 18%        | 16%        | 17%           | 14%   | 19%      | 12%              |
|  |       |                              |                  |            |            |               |       |          | *                |
| Don't know   | 1%    | 1%                           | 3%               | 1%         | 1%         | 1%            | -     | 1%       | -                |
|  |       |                              |                  |            |            |               |       |          | *                |



|  | Government Region |                           |        |            |            |               |       |          |                  |
|--|-------------------|---------------------------|--------|------------|------------|---------------|-------|----------|------------------|
|  | Total             | East of England           | London | South East | South West | England (NET) | Wales | Scotland | Northern Ireland |
|  |                   | X                         | Y      | Z          | AA         | AB            | AC    | AD       | AE               |
| <b>SCU_Q2_5. Your mental health and wellbeing</b>        |                   |                           |        |            |            |               |       |          |                  |
| Unweighted base  | 1963              | 180                       | 232    | 261        | 176        | 1628          | 103   | 174      | 58               |
| Base: All UK adults who are or have been non-paid carers | 1944              | 178                       | 234    | 257        | 173        | 1609          | 102   | 174      | 60               |
| Very positive impact                                     | 6%                | 4%                        | 17%    | 4%         | 4%         | 6%            | 7%    | 3%       | 7%               |
|  |                   | S.T.U.V.W.X.Z.AA.AB.AC.AD |        |            |            |               |       |          |                  |
| Slightly positive impact                                 | 10%               | 11%                       | 16%    | 11%        | 6%         | 10%           | 6%    | 12%      | 3%               |
|  |                   | S.T.V.AA.AB.AC.AE         |        |            |            |               |       |          |                  |
| No difference  | 20%               | 15%                       | 18%    | 15%        | 22%        | 20%           | 26%   | 21%      | 21%              |
|  |                   | Z                         |        |            |            |               |       |          |                  |
| Slightly negative impact                                 | 39%               | 40%                       | 28%    | 41%        | 42%        | 38%           | 35%   | 43%      | 41%              |
|  |                   | Y                         |        | Y          | Y          | Y             |       | Y        | *                |
| Very negative impact                                     | 24%               | 30%                       | 18%    | 28%        | 25%        | 24%           | 24%   | 20%      | 25%              |
|  |                   | W.Y.AD                    |        | Y          |            | Y             |       |          | *                |
| Don't know   | 1%                | 1%                        | 2%     | 1%         | 1%         | 1%            | 2%    | 1%       | 3%               |
|  |                   | V.W*                      |        |            |            |               |       |          |                  |



|  | Total | Government Region         |         |            |            |               |                 |          |                  |
|--|-------|---------------------------|---------|------------|------------|---------------|-----------------|----------|------------------|
|  |       | East of England           | London  | South East | South West | England (NET) | Wales           | Scotland | Northern Ireland |
|  |       | X                         | Y       | Z          | AA         | AB            | AC              | AD       | AE               |
| <b>SCU_Q2_6. Your relationships</b>                      |       |                           |         |            |            |               |                 |          |                  |
| Unweighted base  | 1963  | 180                       | 232     | 261        | 176        | 1628          | 103             | 174      | 58               |
| Base: All UK adults who are or have been non-paid carers | 1944  | 178                       | 234     | 257        | 173        | 1609          | 102             | 174      | 60               |
| Very positive impact                                     | 11%   | 8%                        | 22%     | 9%         | 6%         | 11%           | 11%             | 10%      | 12%              |
|  |       | S.T.U.V.W.X.Z.AA.AB.AC.AD |         |            |            | AA            |                 |          | *                |
| Slightly positive impact                                 | 16%   | 18%                       | 23%     | 11%        | 15%        | 16%           | 11%             | 14%      | 19%              |
|  |       | W.Z.AB.AC.AD              |         |            | Z          |               |                 |          | *                |
| No difference  | 35%   | 29%                       | 26%     | 34%        | 34%        | 34%           | 47%             | 41%      | 34%              |
|  |       |                           |         |            | Y          |               | T.U.X.Y.Z.AA.AE | X.Y      | *                |
| Slightly negative impact                                 | 27%   | 30%                       | 17%     | 31%        | 32%        | 27%           | 20%             | 28%      | 27%              |
|  |       | Y                         |         | Y.AC       | Y.AC       | Y             |                 | Y        | *                |
| Very negative impact                                     | 10%   | 13%                       | 9%      | 15%        | 11%        | 11%           | 11%             | 7%       | 9%               |
|  |       |                           | S.AB.AD |            |            |               |                 |          | *                |
| Don't know   | 1%    | 3%                        | 2%      | 0%         | 1%         | 1%            | 1%              | 1%       | -                |
|  |       | W.Z                       |         |            |            |               |                 |          | *                |

Cell Contents (C)



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Working Status    |                   |                   |                   |         |            |                    |
|-------|-------------------|-------------------|-------------------|-------------------|---------|------------|--------------------|
|       | Working full time | Working part time | ALL WORKERS (NET) | Full time student | Retired | Unemployed | Not working/ Other |
|       | AF                | AG                | AH                | AI                | AJ      | AK         | AL                 |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  |      |                |             |             |             |                   |          |             |
|--|------|----------------|-------------|-------------|-------------|-------------------|----------|-------------|
| Unweighted base  | 6472 | 2839           | 977         | 3816        | 327         | 1521              | 241      | 567         |
| Base: All UK adults  | 6472 | 2868           | 986         | 3854        | 337         | 1433              | 256      | 592         |
| I am currently an unpaid carer   | 13%  | 9%             | 16%         | 11%         | 7%          | 15%               | 18%      | 20%         |
|  |      |                | AF.AH.AI    | AF.AI       |             | AF.AH.AI          | AF.AH.AI | AF.AH.AI.AJ |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%  | 12%            | 18%         | 13%         | 11%         | 30%               | 11%      | 18%         |
|  |      |                | AF.AH.AI.AK | AF          |             | AF.AG.AH.AI.AK.AL |          | AF.AH.AI.AK |
| I have never been an unpaid carer  | 63%  | 73%            | 59%         | 69%         | 69%         | 51%               | 60%      | 49%         |
|  |      | AG.AH.AJ.AK.AL | AJ.AL       | AG.AJ.AK.AL | AG.AJ.AK.AL |                   | AJ.AL    |             |
| Don't know   | 2%   | 2%             | 3%          | 2%          | 4%          | 2%                | 4%       | 5%          |
|  |      |                |             |             | AF.AJ       |                   | AF.AH.AJ | AF.AG.AH.AJ |
| Prefer not to say  | 5%   | 4%             | 5%          | 4%          | 10%         | 2%                | 6%       | 8%          |
|  |      | AJ             | AJ          | AJ          | AF.AG.AH.AJ |                   | AJ       | AF.AG.AH.AJ |



| Total | Working Status    |                   |                   |                   |         |            |                    |
|-------|-------------------|-------------------|-------------------|-------------------|---------|------------|--------------------|
|       | Working full time | Working part time | ALL WORKERS (NET) | Full time student | Retired | Unemployed | Not working/ Other |
|       | AF                | AG                | AH                | AI                | AJ      | AK         | AL                 |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |     |     |     |     |     |     |     |
|---|------|-----|-----|-----|-----|-----|-----|-----|
| Unweighted base   | 1963 | 601 | 330 | 931 | 57  | 688 | 72  | 215 |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 607 | 332 | 939 | 59  | 647 | 76  | 224 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 27% | 30% | 28% | 35% | 33% | 22% | 23% |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 63% | 63% | 63% | 52% | 59% | 65% | 70% |
| Don't know  | 9%   | 10% | 7%  | 9%  | 13% | 8%  | 13% | 7%  |



| Total | Working Status    |                   |                   |                   |         |            |                    |
|-------|-------------------|-------------------|-------------------|-------------------|---------|------------|--------------------|
|       | Working full time | Working part time | ALL WORKERS (NET) | Full time student | Retired | Unemployed | Not working/ Other |
|       | AF                | AG                | AH                | AI                | AJ      | AK         | AL                 |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|  |      |       |       |       |                   |                  |                |                |
|--|------|-------|-------|-------|-------------------|------------------|----------------|----------------|
| Unweighted base  | 1963 | 601   | 330   | 931   | 57                | 688              | 72             | 215            |
| Base: All UK adults who are or have been non-paid carers | 1944 | 607   | 332   | 939   | 59                | 647              | 76             | 224            |
| Very positive impact                                     | 4%   | 6%    | 4%    | 5%    | 7%                | 2%               | 6%             | 2%             |
|  |      | AJ.AL |       | AJ    | AJ*               |                  | AJ*            |                |
| Slightly positive impact                                 | 5%   | 7%    | 4%    | 6%    | 21%               | 2%               | 4%             | 2%             |
|  |      | AJ.AL |       | AJ.AL | F.AG.AH.AJ.AK.AL* |                  | *              |                |
| No difference  | 61%  | 58%   | 57%   | 57%   | 51%               | 75%              | 41%            | 45%            |
|  |      | AK.AL | AK.AL | AK.AL | *                 | F.AG.AH.AI.AK.AJ | *              |                |
| Slightly negative impact                                 | 11%  | 12%   | 15%   | 13%   | 3%                | 11%              | 11%            | 11%            |
|  |      |       | AI.AJ | AI    | *                 |                  | *              |                |
| Very negative impact                                     | 11%  | 10%   | 13%   | 11%   | 8%                | 6%               | 14%            | 24%            |
|  |      | AJ    | AJ    | AJ    | *                 |                  | AJ*            | AF.AG.AH.AI.AJ |
| Don't know   | 8%   | 7%    | 8%    | 7%    | 8%                | 4%               | 24%            | 17%            |
|  |      | AJ    | AJ    | AJ    | *                 |                  | AF.AG.AH.AI.AJ | AF.AG.AH.AJ    |



|  | Total | Working Status    |                   |                   |                   |                  |              |                    |
|--|-------|-------------------|-------------------|-------------------|-------------------|------------------|--------------|--------------------|
|  |       | Working full time | Working part time | ALL WORKERS (NET) | Full time student | Retired          | Unemployed   | Not working/ Other |
|  |       | AF                | AG                | AH                | AI                | AJ               | AK           | AL                 |
| <b>SCU_Q2_2. Your job and ability to work</b>            |       |                   |                   |                   |                   |                  |              |                    |
| Unweighted base  | 1963  | 601               | 330               | 931               | 57                | 688              | 72           | 215                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 607               | 332               | 939               | 59                | 647              | 76           | 224                |
| Very positive impact                                     | 4%    | 5%                | 6%                | 5%                | 14%               | 2%               | 6%           | 4%                 |
|  |       | AJ                | AJ                | AJ                | AF.AG.AH.AJ.AL*   |                  | *            |                    |
| Slightly positive impact                                 | 6%    | 9%                | 8%                | 8%                | 26%               | 2%               | 11%          | 4%                 |
|  |       | AJ.AL             | AJ                | AJ.AL             | F.AG.AH.AJ.AK.AL* |                  | AJ.AL*       |                    |
| No difference  | 38%   | 33%               | 33%               | 33%               | 22%               | 53%              | 30%          | 27%                |
|  |       |                   |                   |                   | *                 | F.AG.AH.AI.AK.AJ | *            |                    |
| Slightly negative impact                                 | 28%   | 36%               | 32%               | 35%               | 33%               | 24%              | 14%          | 18%                |
|  |       | AJ.AK.AL          | AJ.AK.AL          | AJ.AK.AL          | AK.AL*            | AK               | *            |                    |
| Very negative impact                                     | 20%   | 16%               | 21%               | 18%               | 5%                | 15%              | 31%          | 41%                |
|  |       | AI                | AI.AJ             | AF.AI             | *                 | AI               | AF.AH.AI.AJ* | AF.AG.AH.AI.AJ     |
| Don't know   | 3%    | 1%                | 1%                | 1%                | -                 | 4%               | 9%           | 6%                 |
|  |       |                   |                   |                   | *                 | AF.AG.AH         | AF.AG.AH.AI* | AF.AG.AH           |



|  | Total | Working Status    |                   |                   |                   |             |                |                    |
|--|-------|-------------------|-------------------|-------------------|-------------------|-------------|----------------|--------------------|
|  |       | Working full time | Working part time | ALL WORKERS (NET) | Full time student | Retired     | Unemployed     | Not working/ Other |
|  |       | AF                | AG                | AH                | AI                | AJ          | AK             | AL                 |
| <b>SCU_Q2_3. Your finances and savings</b>               |       |                   |                   |                   |                   |             |                |                    |
| Unweighted base  | 1963  | 601               | 330               | 931               | 57                | 688         | 72             | 215                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 607               | 332               | 939               | 59                | 647         | 76             | 224                |
| Very positive impact                                     | 5%    | 6%                | 6%                | 6%                | 14%               | 2%          | 6%             | 5%                 |
|  |       | AJ                | AJ                | AJ                | AF.AG.AH.AJ.AL*   |             | *              | AJ                 |
| Slightly positive impact                                 | 5%    | 6%                | 7%                | 6%                | 14%               | 3%          | 6%             | 4%                 |
|  |       | AJ                | AJ                | AJ                | AF.AH.AJ.AL*      |             | *              |                    |
| No difference  | 41%   | 39%               | 38%               | 38%               | 38%               | 49%         | 37%            | 30%                |
|  |       | AL                | AL                | AL                | *                 | AF.AG.AH.AL | *              |                    |
| Slightly negative impact                                 | 27%   | 28%               | 29%               | 28%               | 23%               | 29%         | 19%            | 20%                |
|  |       | AL                | AL                | AL                | *                 | AL          | *              |                    |
| Very negative impact                                     | 20%   | 19%               | 19%               | 19%               | 12%               | 16%         | 31%            | 37%                |
|  |       |                   |                   |                   | *                 |             | AF.AG.AH.AI.AJ | AF.AG.AH.AI.AJ     |
| Don't know   | 2%    | 2%                | 1%                | 2%                | -                 | 1%          | 1%             | 4%                 |
|  |       |                   |                   |                   | *                 |             | *              | AG.AH.AJ           |



|  | Total | Working Status    |                   |                   |                    |             |                 |                    |
|--|-------|-------------------|-------------------|-------------------|--------------------|-------------|-----------------|--------------------|
|  |       | Working full time | Working part time | ALL WORKERS (NET) | Full time student  | Retired     | Unemployed      | Not working/ Other |
|  |       | AF                | AG                | AH                | AI                 | AJ          | AK              | AL                 |
| <b>SCU_Q2_4. Your physical health</b>                    |       |                   |                   |                   |                    |             |                 |                    |
| Unweighted base  | 1963  | 601               | 330               | 931               | 57                 | 688         | 72              | 215                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 607               | 332               | 939               | 59                 | 647         | 76              | 224                |
| Very positive impact                                     | 5%    | 6%                | 4%                | 5%                | 22%                | 2%          | 5%              | 4%                 |
|  |       | AJ                |                   | AJ                | AG.AH.AJ.AK.AL*    |             | *               |                    |
| Slightly positive impact                                 | 7%    | 7%                | 7%                | 7%                | 21%                | 5%          | 8%              | 5%                 |
|  |       |                   |                   |                   | AF.AG.AH.AJ.AK.AL* |             | *               |                    |
| No difference  | 35%   | 36%               | 37%               | 37%               | 40%                | 36%         | 31%             | 24%                |
|  |       | AL                | AL                | AL                | AL*                | AL          | *               |                    |
| Slightly negative impact                                 | 36%   | 32%               | 35%               | 33%               | 17%                | 41%         | 24%             | 39%                |
|  |       | AI                | AI                | AI                | *                  | AF.AH.AI.AK | *               | AI.AK              |
| Very negative impact                                     | 17%   | 17%               | 15%               | 16%               | -                  | 15%         | 26%             | 27%                |
|  |       | AI                | AI                | AI                | *                  | AI          | AG.AH.AI.AJ*    | AF.AG.AH.AI.AJ     |
| Don't know   | 1%    | 1%                | 1%                | 1%                | -                  | 1%          | 5%              | 1%                 |
|  |       |                   |                   |                   | *                  |             | AF.AG.AH.AJ.AL* |                    |



|   | Total       | Working Status    |                   |                   |                   |                   |            |                    |
|---|-------------|-------------------|-------------------|-------------------|-------------------|-------------------|------------|--------------------|
|   |             | Working full time | Working part time | ALL WORKERS (NET) | Full time student | Retired           | Unemployed | Not working/ Other |
|   |             | AF                | AG                | AH                | AI                | AJ                | AK         | AL                 |
| <b>SCU_Q2_5. Your mental health and wellbeing</b>               |             |                   |                   |                   |                   |                   |            |                    |
| Unweighted base   | 1963        | 601               | 330               | 931               | 57                | 688               | 72         | 215                |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>607</b>        | <b>332</b>        | <b>939</b>        | <b>59</b>         | <b>647</b>        | <b>76</b>  | <b>224</b>         |
| Very positive impact  | 6%          | 8%                | 7%                | 8%                | 22%               | 3%                | 5%         | 4%                 |
|   |             | AJ                | AJ                | AJ                | F.AG.AH.AJ.AK.AL* |                   | *          |                    |
| Slightly positive impact  | 10%         | 12%               | 10%               | 11%               | 23%               | 6%                | 14%        | 11%                |
|   |             | AJ                | AJ                | AJ                | AF.AG.AH.AJ.AL*   |                   | AJ*        | AJ                 |
| No difference   | 20%         | 16%               | 21%               | 18%               | 24%               | 26%               | 21%        | 12%                |
|   |             |                   | AL                |                   | AL*               | AF.AH.AL          | *          |                    |
| Slightly negative impact  | 39%         | 37%               | 35%               | 36%               | 25%               | 45%               | 27%        | 35%                |
|   |             |                   |                   |                   | *                 | F.AG.AH.AI.AK.AJ* | *          |                    |
| Very negative impact  | 24%         | 25%               | 26%               | 26%               | 5%                | 19%               | 29%        | 36%                |
|   |             | AI.AJ             | AI.AJ             | AI.AJ             | *                 | AI                | AI*        | AF.AG.AH.AI.AJ     |
| Don't know  | 1%          | 2%                | 0%                | 1%                | -                 | 1%                | 4%         | 1%                 |
|   |             |                   | AG                |                   | *                 |                   | AG.AH.AJ*  |                    |



|  | Total | Working Status    |                   |                   |                   |                  |            |                    |
|--|-------|-------------------|-------------------|-------------------|-------------------|------------------|------------|--------------------|
|  |       | Working full time | Working part time | ALL WORKERS (NET) | Full time student | Retired          | Unemployed | Not working/ Other |
|  |       | AF                | AG                | AH                | AI                | AJ               | AK         | AL                 |
| <b>SCU_Q2_6. Your relationships</b>                      |       |                   |                   |                   |                   |                  |            |                    |
| Unweighted base  | 1963  | 601               | 330               | 931               | 57                | 688              | 72         | 215                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 607               | 332               | 939               | 59                | 647              | 76         | 224                |
| Very positive impact                                     | 11%   | 11%               | 13%               | 12%               | 27%               | 9%               | 12%        | 6%                 |
|  |       | AL                | AL                | AL                | F.AG.AH.AJ.AK.AL* |                  | *          |                    |
| Slightly positive impact                                 | 16%   | 19%               | 15%               | 17%               | 28%               | 14%              | 18%        | 9%                 |
|  |       | AJ.AL             | AL                | AL                | AG.AH.AJ.AL*      | AL               | AL*        |                    |
| No difference  | 35%   | 30%               | 34%               | 32%               | 24%               | 42%              | 29%        | 34%                |
|  |       |                   |                   |                   | *                 | F.AG.AH.AI.AK.AJ | *          |                    |
| Slightly negative impact                                 | 27%   | 26%               | 30%               | 27%               | 20%               | 26%              | 23%        | 31%                |
|  |       |                   |                   |                   | *                 |                  | *          |                    |
| Very negative impact                                     | 10%   | 12%               | 8%                | 11%               | 2%                | 8%               | 15%        | 18%                |
|  |       | AG.AH.AI.AJ       |                   | AG.AI             | *                 |                  | AI.AJ*     | AF.AG.AH.AI.AJ     |
| Don't know   | 1%    | 2%                | 0%                | 1%                | -                 | 1%               | 3%         | 3%                 |
|  |       |                   |                   | AG                | *                 |                  | AG*        | AG                 |

Cell Contents (C)



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Marital Status             |                   |                     |         |               |
|-------|----------------------------|-------------------|---------------------|---------|---------------|
|       | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed | Never Married |
|       | AM                         | AN                | AO                  | AP      | AQ            |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  | Unweighted base | AM    | AN       | AO       | AP          | AQ          |
|--|-----------------|-------|----------|----------|-------------|-------------|
|  | 6472            | 2879  | 761      | 546      | 248         | 1986        |
| <b>Base: All UK adults</b>   | 6472            | 2850  | 765      | 537      | 234         | 2029        |
| I am currently an unpaid carer   | 13%             | 15%   | 13%      | 14%      | 7%          | 9%          |
|  |                 | AP.AQ | AP.AQ    | AP.AQ    |             |             |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%             | 17%   | 14%      | 24%      | 54%         | 13%         |
|  |                 | AN.AQ |          | AM.AN.AQ | AM.AN.AO.AQ |             |
| I have never been an unpaid carer  | 63%             | 62%   | 69%      | 59%      | 35%         | 67%         |
|  |                 | AP    | AM.AO.AP | AP       |             | AM.AO.AP    |
| Don't know   | 2%              | 2%    | 2%       | 1%       | 1%          | 4%          |
|  |                 | AO    |          |          |             | AM.AN.AO.AP |
| Prefer not to say  | 5%              | 3%    | 2%       | 3%       | 3%          | 7%          |
|  |                 |       |          |          |             | AM.AN.AO.AP |



| Total | Marital Status             |                   |                     |         |               |
|-------|----------------------------|-------------------|---------------------|---------|---------------|
|       | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed | Never Married |
|       | AM                         | AN                | AO                  | AP      | AQ            |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   | AM   | AN  | AO  | AP  | AQ  |     |
|---|------|-----|-----|-----|-----|-----|
| <b>Unweighted base</b>  | 1963 | 939 | 200 | 207 | 151 | 452 |
| <b>Base: All UK adults who are or have been non-paid carers</b>                     | 1944 | 924 | 203 | 203 | 143 | 457 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 28% | 28% | 27% | 31% | 32% |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 64% | 62% | 64% | 61% | 58% |
| Don't know  | 9%   | 8%  | 10% | 9%  | 8%  | 10% |



| Total | Marital Status             |                   |                     |         |               |
|-------|----------------------------|-------------------|---------------------|---------|---------------|
|       | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed | Never Married |
|       | AM                         | AN                | AO                  | AP      | AQ            |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|   | Unweighted base | 1963 | 939   | 200   | 207   | 151   | 452         |
|---|-----------------|------|-------|-------|-------|-------|-------------|
| <b>Base: All UK adults who are or have been non-paid carers</b> |                 | 1944 | 924   | 203   | 203   | 143   | 457         |
| Very positive impact  | 4%              | 4%   | 4%    | 2%    | 2%    | 1%    | 6%          |
|   |                 |      | AP    |       |       |       | AN.AO.AP    |
| Slightly positive impact  | 5%              | 4%   | 4%    | 2%    | 3%    | 3%    | 8%          |
|   |                 |      |       |       |       |       | AM.AN.AO.AP |
| No difference   | 61%             | 64%  | 64%   | 58%   | 62%   | 70%   | 54%         |
|   |                 |      | AQ    |       | AQ    | AN.AQ |             |
| Slightly negative impact  | 11%             | 12%  | 12%   | 10%   | 13%   | 15%   | 9%          |
|   |                 |      | AQ    |       |       | AQ    |             |
| Very negative impact  | 11%             | 9%   | 9%    | 16%   | 14%   | 7%    | 12%         |
|   |                 |      | AM.AP | AM.AP | AM.AP |       |             |
| Don't know  | 8%              | 6%   | 6%    | 11%   | 6%    | 5%    | 11%         |
|   |                 |      | AM.AP | AM.AP |       |       | AM.AP       |



| Total | Marital Status             |                   |                     |         |               |
|-------|----------------------------|-------------------|---------------------|---------|---------------|
|       | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed | Never Married |
|       | AM                         | AN                | AO                  | AP      | AQ            |

SCU\_Q2\_2. Your job and ability to work

|   |             |                 |              |              |                 |                    |
|---|-------------|-----------------|--------------|--------------|-----------------|--------------------|
| Unweighted base   | 1963        | 939             | 200          | 207          | 151             | 452                |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>924</b>      | <b>203</b>   | <b>203</b>   | <b>143</b>      | <b>457</b>         |
| Very positive impact  | 4%          | 4%<br>AN        | 0%           | 4%<br>AN     | 3%              | 7%<br>AM.AN.AP     |
| Slightly positive impact  | 6%          | 4%              | 6%           | 5%           | 3%              | 12%<br>AM.AN.AO.AP |
| No difference   | 38%         | 42%<br>AN.AO.AQ | 33%          | 34%          | 49%<br>AN.AO.AQ | 34%                |
| Slightly negative impact  | 28%         | 31%<br>AP       | 34%<br>AP.AQ | 27%<br>AP    | 17%             | 26%<br>AP          |
| Very negative impact  | 20%         | 17%             | 25%<br>AM    | 28%<br>AM.AQ | 25%<br>AM       | 18%                |
| Don't know  | 3%          | 2%              | 2%           | 3%           | 4%              | 3%                 |



| Total | Marital Status             |                   |                     |         |               |
|-------|----------------------------|-------------------|---------------------|---------|---------------|
|       | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed | Never Married |
|       | AM                         | AN                | AO                  | AP      | AQ            |

SCU\_Q2\_3. Your finances and savings

|  |      |     |              |     |     |                   |
|--|------|-----|--------------|-----|-----|-------------------|
| Unweighted base  | 1963 | 939 | 200          | 207 | 151 | 452               |
| Base: All UK adults who are or have been non-paid carers | 1944 | 924 | 203          | 203 | 143 | 457               |
| Very positive impact                                     | 5%   | 4%  | 2%           | 4%  | 3%  | 8%<br>AM.AN.AO.AP |
| Slightly positive impact                                 | 5%   | 5%  | 4%           | 6%  | 2%  | 8%<br>AM.AN.AP    |
| No difference  | 41%  | 44% | 37%          | 41% | 39% | 38%               |
| Slightly negative impact                                 | 27%  | 28% | 29%          | 24% | 29% | 25%               |
| Very negative impact                                     | 20%  | 18% | 26%<br>AM.AQ | 24% | 24% | 19%               |
| Don't know   | 2%   | 1%  | 3%           | 1%  | 3%  | 1%                |



|  | Total | Marital Status             |                   |                     |           |                |
|--|-------|----------------------------|-------------------|---------------------|-----------|----------------|
|  |       | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed   | Never Married  |
|  |       | AM                         | AN                | AO                  | AP        | AQ             |
| <b>SCU_Q2_4. Your physical health</b>                    |       |                            |                   |                     |           |                |
| Unweighted base  | 1963  | 939                        | 200               | 207                 | 151       | 452            |
| Base: All UK adults who are or have been non-paid carers | 1944  | 924                        | 203               | 203                 | 143       | 457            |
| Very positive impact                                     | 5%    | 4%                         | 1%                | 4%                  | 2%        | 8%<br>AM.AN.AP |
| Slightly positive impact                                 | 7%    | 6%                         | 6%                | 6%                  | 4%        | 10%<br>AM.AP   |
| No difference  | 35%   | 36%<br>AO                  | 35%               | 27%                 | 28%       | 38%<br>AO.AP   |
| Slightly negative impact                                 | 36%   | 38%<br>AQ                  | 34%<br>AQ         | 41%<br>AQ           | 43%<br>AQ | 26%            |
| Very negative impact                                     | 17%   | 15%                        | 23%<br>AM.AQ      | 22%<br>AM.AQ        | 20%       | 15%            |
| Don't know   | 1%    | 1%                         | -                 | 1%                  | 2%<br>AN  | 2%<br>AM.AN    |



|   | Marital Status             |                   |                     |                 |               |                 |
|---|----------------------------|-------------------|---------------------|-----------------|---------------|-----------------|
|   | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed         | Never Married |                 |
|   | AM                         | AN                | AO                  | AP              | AQ            |                 |
| <b>SCU_Q2_5. Your mental health and wellbeing</b>               |                            |                   |                     |                 |               |                 |
| Unweighted base   | 1963                       | 939               | 200                 | 207             | 151           | 452             |
| <b>Base: All UK adults who are or have been non-paid carers</b> | 1944                       | 924               | 203                 | 203             | 143           | 457             |
| Very positive impact  | 6%                         | 5%<br>AN          | 1%                  | 5%<br>AN        | 3%            | 10%<br>AM.AN.AP |
| Slightly positive impact  | 10%                        | 9%                | 10%                 | 10%             | 5%            | 15%<br>AM.AP    |
| No difference   | 20%                        | 21%               | 22%                 | 18%             | 21%           | 19%             |
| Slightly negative impact  | 39%                        | 42%<br>AQ         | 38%                 | 34%             | 49%<br>AO.AQ  | 31%             |
| Very negative impact  | 24%                        | 22%               | 29%<br>AM.AP        | 32%<br>AM.AP.AQ | 19%           | 24%             |
| Don't know  | 1%                         | 1%                | -                   | 0%              | 3%<br>AM.AN   | 2%<br>AN        |



| Total  | Marital Status             |                   |                     |              |                 |                    |
|--|----------------------------|-------------------|---------------------|--------------|-----------------|--------------------|
|  | Married/ Civil Partnership | Living as married | Separated/ Divorced | Widowed      | Never Married   |                    |
|  | AM                         | AN                | AO                  | AP           | AQ              |                    |
| <b>SCU_Q2_6. Your relationships</b>                      |                            |                   |                     |              |                 |                    |
| Unweighted base  | 1963                       | 939               | 200                 | 207          | 151             | 452                |
| Base: All UK adults who are or have been non-paid carers | 1944                       | 924               | 203                 | 203          | 143             | 457                |
| Very positive impact                                     | 11%                        | 9%<br>AN          | 5%                  | 10%          | 9%              | 17%<br>AM.AN.AO.AP |
| Slightly positive impact                                 | 16%                        | 15%               | 15%                 | 16%          | 14%             | 18%                |
| No difference  | 35%                        | 37%<br>AQ         | 39%<br>AQ           | 31%          | 47%<br>AM.AO.AQ | 29%                |
| Slightly negative impact                                 | 27%                        | 29%<br>AQ         | 31%<br>AQ           | 28%          | 22%             | 23%                |
| Very negative impact                                     | 10%                        | 9%                | 11%                 | 15%<br>AM.AP | 7%              | 12%                |
| Don't know   | 1%                         | 1%                | 0%                  | 0%           | 1%              | 2%                 |

Cell Contents (C)



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  |      |      |     |     |     |      |     |
|--|------|------|-----|-----|-----|------|-----|
| Unweighted base  | 6472 | 4537 | 797 | 711 | 232 | 1740 | 195 |
| Base: All UK adults  | 6472 | 4506 | 807 | 722 | 236 | 1765 | 200 |
| I am currently an unpaid carer   | 13%  | 13%  | 13% | 12% | 15% | 13%  | 9%  |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%  | 20%  | 10% | 13% | 15% | 12%  | 10% |
| I have never been an unpaid carer  | 63%  | 62%  | 70% | 66% | 56% | 67%  | 43% |
| Don't know   | 2%   | 2%   | 3%  | 3%  | 5%  | 3%   | 5%  |
| Prefer not to say  | 5%   | 3%   | 3%  | 7%  | 9%  | 5%   | 32% |

AS.AT.AU.AV.AW AS A^

AR.AU.AV.AW AR.AU.AW AW AR.AU.AW

AR.AT AR AR.AT

AR.AS AR.AS.AV AR.AS AR.AS.AT.AU.A^



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |      |     |     |     |     |     |
|---|------|------|-----|-----|-----|-----|-----|
| Unweighted base   | 1963 | 1498 | 187 | 174 | 68  | 429 | 36  |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 1472 | 189 | 177 | 69  | 436 | 37  |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 29%  | 25% | 29% | 31% | 28% | 23% |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 61%  | 68% | 62% | 67% | 65% | 57% |
| Don't know  | 9%   | 9%   | 7%  | 8%  | 3%  | 7%  | 20% |
|   |      |      |     |     | *   |     | *   |
|   |      |      |     |     | *   |     | *   |
|   |      |      |     |     | *   |     | *   |

AR.AS.AT.AU.AV



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|   | Unweighted base | 1963        | 1498 | 187      | 174 | 68    | 429 | 36 |
|---|-----------------|-------------|------|----------|-----|-------|-----|----|
| <b>Base: All UK adults who are or have been non-paid carers</b> |                 | 1944        | 1472 | 189      | 177 | 69    | 436 | 37 |
| Very positive impact  | 4%              | 2%          | 5%   | 12%      | 9%  | 9%    | 11% |    |
|   |                 |             | AR   | AR.AS.AV | AR* | AR.AS | AR* |    |
| Slightly positive impact  | 5%              | 3%          | 9%   | 9%       | 13% | 9%    | 5%  |    |
|   |                 |             | AR   | AR       | AR* | AR    | *   |    |
| No difference   | 61%             | 65%         | 49%  | 49%      | 41% | 48%   | 51% |    |
|   |                 | AS.AT.AU.AV |      |          | *   |       | *   |    |
| Slightly negative impact  | 11%             | 12%         | 11%  | 8%       | 14% | 10%   | 19% |    |
|   |                 |             |      |          | *   |       | *   |    |
| Very negative impact  | 11%             | 10%         | 14%  | 12%      | 13% | 13%   | 6%  |    |
|   |                 |             |      |          | *   |       | *   |    |
| Don't know  | 8%              | 7%          | 13%  | 10%      | 10% | 11%   | 8%  |    |
|   |                 |             | AR   |          | *   | AR    | *   |    |



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

SCU\_Q2\_2. Your job and ability to work

Unweighted base

|                          |             |            |            |           |            |           |     |
|--------------------------|-------------|------------|------------|-----------|------------|-----------|-----|
| 1963                     | 1498        | 187        | 174        | 68        | 429        | 36        |     |
| <b>1944</b>              | <b>1472</b> | <b>189</b> | <b>177</b> | <b>69</b> | <b>436</b> | <b>37</b> |     |
| Very positive impact     | 4%          | 3%         | 9%         | 12%       | 10%        | 10%       | 5%  |
|                          |             | AR         | AR         | AR*       | AR         | *         |     |
| Slightly positive impact | 6%          | 4%         | 8%         | 14%       | 18%        | 12%       | 23% |
|                          |             | AR         | AR         | AR.AS*    | AR.AS      | AR.AS*    |     |
| No difference            | 38%         | 41%        | 24%        | 34%       | 29%        | 29%       | 26% |
|                          |             | AS.AU.AV   |            | AS.AV     | *          | AS        | *   |
| Slightly negative impact | 28%         | 28%        | 33%        | 22%       | 30%        | 28%       | 29% |
|                          |             | AT         |            |           | *          | AT        | *   |
| Very negative impact     | 20%         | 20%        | 23%        | 18%       | 10%        | 19%       | 13% |
|                          |             | AU         | AU.AV      |           | *          | AU        | *   |
| Don't know               | 3%          | 3%         | 3%         | 1%        | 3%         | 2%        | 3%  |
|                          |             | AT         |            |           | *          |           | *   |



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

SCU\_Q2\_3. Your finances and savings

|  |      |             |     |     |           |       |              |
|--|------|-------------|-----|-----|-----------|-------|--------------|
| Unweighted base  | 1963 | 1498        | 187 | 174 | 68        | 429   | 36           |
| Base: All UK adults who are or have been non-paid carers | 1944 | 1472        | 189 | 177 | 69        | 436   | 37           |
| Very positive impact                                     | 5%   | 3%          | 9%  | 14% | 11%       | 11%   | 9%           |
|  |      |             | AR  | AR  | AR*       | AR    | *            |
| Slightly positive impact                                 | 5%   | 4%          | 5%  | 8%  | 16%       | 8%    | 23%          |
|  |      |             |     | AR  | AR.AS.AV* | AR.AS | AR.AS.AT.AV* |
| No difference  | 41%  | 43%         | 34% | 35% | 27%       | 33%   | 37%          |
|  |      | AS.AT.AU.AV |     |     | *         |       | *            |
| Slightly negative impact                                 | 27%  | 29%         | 25% | 21% | 23%       | 23%   | 5%           |
|  |      | AT.AV.AW    | AW  | AW  | AW*       | AW    | *            |
| Very negative impact                                     | 20%  | 20%         | 24% | 20% | 19%       | 22%   | 19%          |
|  |      |             |     |     | *         |       | *            |
| Don't know   | 2%   | 1%          | 2%  | 1%  | 4%        | 2%    | 8%           |
|  |      |             |     |     | *         |       | AR.AT.AV*    |



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

SCU\_Q2\_4. Your physical health

|  |      |      |       |          |              |       |        |
|--|------|------|-------|----------|--------------|-------|--------|
| Unweighted base  | 1963 | 1498 | 187   | 174      | 68           | 429   | 36     |
| Base: All UK adults who are or have been non-paid carers | 1944 | 1472 | 189   | 177      | 69           | 436   | 37     |
| Very positive impact                                     | 5%   | 2%   | 5%    | 17%      | 13%          | 11%   | 21%    |
|  |      |      | AR    | AR.AS.AV | AR.AS*       | AR.AS | AR.AS* |
| Slightly positive impact                                 | 7%   | 6%   | 8%    | 7%       | 17%          | 9%    | 14%    |
|  |      |      |       |          | AR.AS.AT.AV* | AR    | *      |
| No difference  | 35%  | 36%  | 35%   | 33%      | 30%          | 34%   | 23%    |
|  |      |      |       |          | *            |       | *      |
| Slightly negative impact                                 | 36%  | 37%  | 32%   | 30%      | 31%          | 31%   | 23%    |
|  |      | AV   |       |          | *            |       | *      |
| Very negative impact                                     | 17%  | 18%  | 18%   | 13%      | 7%           | 14%   | 16%    |
|  |      | AU   | AU.AV |          | *            |       | *      |
| Don't know   | 1%   | 1%   | 2%    | 1%       | 1%           | 1%    | 3%     |
|  |      |      |       |          | *            |       | *      |



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

SCU\_Q2\_5. Your mental health and wellbeing

|   |             |             |            |            |           |            |           |
|---|-------------|-------------|------------|------------|-----------|------------|-----------|
| Unweighted base   | 1963        | 1498        | 187        | 174        | 68        | 429        | 36        |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>1472</b> | <b>189</b> | <b>177</b> | <b>69</b> | <b>436</b> | <b>37</b> |
| Very positive impact  | 6%          | 4%          | 11%        | 14%        | 19%       | 13%        | 14%       |
|   |             |             | AR         | AR         | AR*       | AR         | AR*       |
| Slightly positive impact  | 10%         | 9%          | 10%        | 13%        | 17%       | 13%        | 27%       |
|   |             |             |            |            | AR*       | AR         | AR.AS.AV* |
| No difference   | 20%         | 20%         | 21%        | 21%        | 16%       | 20%        | 20%       |
|   |             |             |            |            | *         |            | *         |
| Slightly negative impact  | 39%         | 41%         | 30%        | 31%        | 30%       | 31%        | 21%       |
|   |             | AS.AT.AV.AW |            |            | *         |            | *         |
| Very negative impact  | 24%         | 25%         | 26%        | 21%        | 17%       | 22%        | 16%       |
|   |             |             |            |            | *         |            | *         |
| Don't know  | 1%          | 1%          | 2%         | 1%         | -         | 1%         | 3%        |
|   |             |             |            |            | *         |            | *         |



| Total | Children in Household |    |    |    |                                      |         |
|-------|-----------------------|----|----|----|--------------------------------------|---------|
|       | 0                     | 1  | 2  | 3+ | ALL WITH CHILDREN IN HOUSEHOLD (NET) | Refused |
|       | AR                    | AS | AT | AU | AV                                   | AW      |

SCU\_Q2\_6. Your relationships

|  |      |          |       |          |     |       |     |
|--|------|----------|-------|----------|-----|-------|-----|
| Unweighted base  | 1963 | 1498     | 187   | 174      | 68  | 429   | 36  |
| Base: All UK adults who are or have been non-paid carers | 1944 | 1472     | 189   | 177      | 69  | 436   | 37  |
| Very positive impact                                     | 11%  | 9%       | 11%   | 21%      | 17% | 16%   | 14% |
|  |      |          |       | AR.AS.AV | AR* | AR.AS | *   |
| Slightly positive impact                                 | 16%  | 15%      | 18%   | 15%      | 19% | 17%   | 26% |
|  |      |          |       | *        | *   | *     | *   |
| No difference  | 35%  | 37%      | 32%   | 22%      | 37% | 29%   | 20% |
|  |      | AT.AV.AW | AT    |          | AT* | AT    | *   |
| Slightly negative impact                                 | 27%  | 27%      | 22%   | 31%      | 22% | 26%   | 24% |
|  |      |          |       | *        | *   | *     | *   |
| Very negative impact                                     | 10%  | 10%      | 14%   | 9%       | 4%  | 11%   | 11% |
|  |      |          | AU.AV |          | *   | *     | *   |
| Don't know   | 1%   | 1%       | 2%    | 1%       | -   | 1%    | 5%  |
|  |      |          |       |          | *   | *     | *   |

Cell Contents (C)



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Parent/ Guardian           |                      |                   |               |                |                |                    |               |
|-------|----------------------------|----------------------|-------------------|---------------|----------------|----------------|--------------------|---------------|
|       | Parent/ guardian (any age) | Not parent/ guardian | 4 years and under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and under | Over 18 years |
|       | AX                         | AY                   | AZ                | BA            | BB             | BC             | BD                 | BE            |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  |      |                   |             |                   |             |                |             |             |                   |
|--|------|-------------------|-------------|-------------------|-------------|----------------|-------------|-------------|-------------------|
| Unweighted base  | 6472 | 3648              | 2824        | 526               | 747         | 663            | 242         | 1598        | 2228              |
| Base: All UK adults  | 6472 | 3626              | 2846        | 527               | 761         | 671            | 248         | 1623        | 2186              |
| I am currently an unpaid carer   | 13%  | 15%               | 10%         | 8%                | 12%         | 18%            | 18%         | 13%         | 17%               |
|  |      | AY.AZ.BA.BD       |             |                   | AZ          | AX.AY.AZ.BA.BC | AY.AZ.BA.BD | AY.AZ       | AX.AY.AZ.BA.BC    |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%  | 19%               | 15%         | 13%               | 12%         | 13%            | 14%         | 12%         | 24%               |
|  |      | AY.AZ.BA.BB.BC.BE | BA.BD       |                   |             |                |             |             | AX.AY.AZ.BA.BB.BC |
| I have never been an unpaid carer  | 63%  | 61%               | 66%         | 71%               | 67%         | 63%            | 61%         | 68%         | 55%               |
|  |      | BE                | AX.BE       | AX.AY.BB.BC.BD.BE | AX.BE       | BE             |             | AX.BB.BC.BE |                   |
| Don't know   | 2%   | 2%                | 3%          | 4%                | 3%          | 2%             | 3%          | 3%          | 2%                |
|  |      | BE                | AX.BE       | AX.BE             | BE          |                |             | AX.BE       |                   |
| Prefer not to say  | 5%   | 3%                | 7%          | 5%                | 7%          | 3%             | 4%          | 5%          | 2%                |
|  |      | BE                | AX.BB.BD.BE | AX.BE             | AX.BB.BD.BE |                | BE          | AX.BB.BE    |                   |



| Total | Parent/ Guardian           |                      |                   |               |                |                |                    |               |
|-------|----------------------------|----------------------|-------------------|---------------|----------------|----------------|--------------------|---------------|
|       | Parent/ guardian (any age) | Not parent/ guardian | 4 years and under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and under | Over 18 years |
|       | AX                         | AY                   | AZ                | BA            | BB             | BC             | BD                 | BE            |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |      |                |     |     |     |     |     |     |
|---|------|------|----------------|-----|-----|-----|-----|-----|-----|
| Unweighted base   | 1963 | 1258 | 705            | 108 | 174 | 207 | 77  | 397 | 922 |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 1239 | 705            | 109 | 177 | 211 | 80  | 404 | 899 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 29%  | 29%            | 29% | 29% | 27% | 22% | 28% | 29% |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 64%  | 60%            | 63% | 67% | 68% | 69% | 66% | 64% |
| Don't know  | 9%   | 7%   | 11%            | 8%  | 4%  | 5%  | 9%  | 7%  | 8%  |
|   | *    |      | AX.BA.BB.BD.BE |     |     | AY  | *   |     | *   |



| Total | Parent/ Guardian           |                      |                   |               |                |                |                    |               |
|-------|----------------------------|----------------------|-------------------|---------------|----------------|----------------|--------------------|---------------|
|       | Parent/ guardian (any age) | Not parent/ guardian | 4 years and under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and under | Over 18 years |
|       | AX                         | AY                   | AZ                | BA            | BB             | BC             | BD                 | BE            |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|   | Unweighted base | 1963 | 1258           | 705            | 108         | 174      | 207   | 77                    | 397      | 922               |
|---|-----------------|------|----------------|----------------|-------------|----------|-------|-----------------------|----------|-------------------|
| <b>Base: All UK adults who are or have been non-paid carers</b> |                 | 1944 | 1239           | 705            | 109         | 177      | 211   | 80                    | 404      | 899               |
| Very positive impact  | 4%              | 4%   | 4%             | 4%             | 10%         | 9%       | 7%    | 4%                    | 8%       | 2%                |
|   |                 |      | BE             | BE             | AX.AY.BE    | AX.AY.BE | AX.BE | *                     | AX.AY.BE |                   |
| Slightly positive impact  | 5%              | 4%   | 4%             | 6%             | 12%         | 5%       | 8%    | 5%                    | 8%       | 3%                |
|   |                 |      | BE             | BE             | AX.AY.BA.BE |          | AX.BE | *                     | AX.BE    |                   |
| No difference   | 61%             | 62%  | 62%            | 60%            | 45%         | 52%      | 50%   | 43%                   | 49%      | 67%               |
|   |                 |      | AZ.BA.BB.BC.BE | AZ.BA.BB.BC.BD |             |          |       | *                     |          | AX.AY.AZ.BA.BB.BC |
| Slightly negative impact  | 11%             | 12%  | 12%            | 11%            | 11%         | 10%      | 11%   | 26%                   | 12%      | 11%               |
|   |                 |      |                |                |             |          |       | AX.AY.AZ.BA.BB.BD.BE* |          |                   |
| Very negative impact  | 11%             | 11%  | 11%            | 10%            | 12%         | 16%      | 15%   | 11%                   | 14%      | 10%               |
|   |                 |      | BE             |                | AX.AY.BE    | BE       | BE    | *                     | AX.BE    |                   |
| Don't know  | 8%              | 7%   | 7%             | 9%             | 10%         | 8%       | 10%   | 10%                   | 9%       | 6%                |
|   |                 |      | BE             |                |             |          |       | *                     |          |                   |



| Total | Parent/ Guardian                 |                         |                      |               |                |                |                       |               |
|-------|----------------------------------|-------------------------|----------------------|---------------|----------------|----------------|-----------------------|---------------|
|       | Parent/<br>guardian (any<br>age) | Not parent/<br>guardian | 4 years and<br>under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and<br>under | Over 18 years |
|       | AX                               | AY                      | AZ                   | BA            | BB             | BC             | BD                    | BE            |

SCU\_Q2\_2. Your job and ability to work

Unweighted base

Base: All UK adults who are or have been non-paid carers

|  |      |                |       |             |          |          |     |                   |     |
|--|------|----------------|-------|-------------|----------|----------|-----|-------------------|-----|
| Unweighted base  | 1963 | 1258           | 705   | 108         | 174      | 207      | 77  | 397               | 922 |
| Base: All UK adults who are or have been non-paid carers | 1944 | 1239           | 705   | 109         | 177      | 211      | 80  | 404               | 899 |
| Very positive impact                                     | 4%   | 4%             | 5%    | 9%          | 8%       | 8%       | 7%  | 9%                | 2%  |
|  |      | BE             | BE    | AX.BE       | AX.BE    | AX.BE    | BE* | AX.AY.BE          |     |
| Slightly positive impact                                 | 6%   | 5%             | 9%    | 15%         | 12%      | 10%      | 3%  | 11%               | 2%  |
|  |      | BE             | AX.BE | AX.AY.BC.BE | AX.BC.BE | AX.BC.BE | *   | AX.BC.BE          |     |
| No difference  | 38%  | 40%            | 35%   | 31%         | 33%      | 26%      | 30% | 29%               | 45% |
|  |      | AY.AZ.BA.BB.BC | BB    |             | BB       |          | *   | AX.AY.AZ.BA.BB.BC |     |
| Slightly negative impact                                 | 28%  | 28%            | 29%   | 25%         | 28%      | 35%      | 32% | 29%               | 27% |
|  |      |                |       |             |          | AX.BD.BE | *   |                   |     |
| Very negative impact                                     | 20%  | 20%            | 19%   | 17%         | 17%      | 20%      | 27% | 20%               | 20% |
|  |      |                |       |             |          |          | BA* |                   |     |
| Don't know   | 3%   | 3%             | 3%    | 3%          | 2%       | 2%       | 1%  | 2%                | 3%  |
|  |      |                |       |             |          |          | *   |                   |     |



| Total | Parent/ Guardian                 |                         |                      |               |                |                |                       |               |
|-------|----------------------------------|-------------------------|----------------------|---------------|----------------|----------------|-----------------------|---------------|
|       | Parent/<br>guardian (any<br>age) | Not parent/<br>guardian | 4 years and<br>under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and<br>under | Over 18 years |
|       | AX                               | AY                      | AZ                   | BA            | BB             | BC             | BD                    | BE            |

SCU\_Q2\_3. Your finances and savings

Unweighted base

|      |      |     |     |     |     |    |     |     |
|------|------|-----|-----|-----|-----|----|-----|-----|
| 1963 | 1258 | 705 | 108 | 174 | 207 | 77 | 397 | 922 |
|------|------|-----|-----|-----|-----|----|-----|-----|

Base: All UK adults who are or have been non-paid carers

|      |      |     |     |     |     |    |     |     |
|------|------|-----|-----|-----|-----|----|-----|-----|
| 1944 | 1239 | 705 | 109 | 177 | 211 | 80 | 404 | 899 |
|------|------|-----|-----|-----|-----|----|-----|-----|

|                          |     |             |       |       |          |          |     |          |                  |
|--------------------------|-----|-------------|-------|-------|----------|----------|-----|----------|------------------|
| Very positive impact     | 5%  | 4%          | 6%    | 8%    | 11%      | 10%      | 6%  | 10%      | 2%               |
|                          |     | BE          | BE    | BE    | AX.AY.BE | AX.AY.BE | *   | AX.AY.BE |                  |
| Slightly positive impact | 5%  | 4%          | 7%    | 11%   | 9%       | 5%       | 5%  | 7%       | 3%               |
|                          |     | BE          | AX.BE | AX.BE | AX.BE    |          | *   | AX.BE    |                  |
| No difference            | 41% | 42%         | 39%   | 32%   | 33%      | 32%      | 35% | 33%      | 46%              |
|                          |     | AZ.BA.BB.BD |       |       |          |          | *   |          | AX.AY.AZ.BA.BB.I |
| Slightly negative impact | 27% | 27%         | 26%   | 24%   | 23%      | 27%      | 27% | 24%      | 29%              |
|                          |     |             |       |       |          |          | *   |          |                  |
| Very negative impact     | 20% | 20%         | 20%   | 21%   | 22%      | 24%      | 26% | 24%      | 19%              |
|                          |     |             |       |       |          |          | *   |          |                  |
| Don't know               | 2%  | 1%          | 2%    | 3%    | 2%       | 2%       | 1%  | 2%       | 1%               |
|                          |     |             |       |       |          |          | *   |          |                  |



|  | Total | Parent/ Guardian           |                      |                   |               |                |                |                    |                |
|--|-------|----------------------------|----------------------|-------------------|---------------|----------------|----------------|--------------------|----------------|
|  |       | Parent/ guardian (any age) | Not parent/ guardian | 4 years and under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and under | Over 18 years  |
|  |       | AX                         | AY                   | AZ                | BA            | BB             | BC             | BD                 | BE             |
| <b>SCU_Q2_4. Your physical health</b>                    |       |                            |                      |                   |               |                |                |                    |                |
| Unweighted base  | 1963  | 1258                       | 705                  | 108               | 174           | 207            | 77             | 397                | 922            |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1239                       | 705                  | 109               | 177           | 211            | 80             | 404                | 899            |
| Very positive impact                                     | 5%    | 4%                         | 6%                   | 8%                | 11%           | 8%             | 5%             | 9%                 | 2%             |
|  |       | BE                         | BE                   | AX.BE             | AX.AY.BE      | AX.BE          | BE*            | AX.BE              |                |
| Slightly positive impact                                 | 7%    | 7%                         | 7%                   | 10%               | 9%            | 8%             | 3%             | 8%                 | 6%             |
|  |       | BE                         |                      | BC                | BC            |                | *              | BC                 |                |
| No difference  | 35%   | 33%                        | 38%                  | 33%               | 34%           | 31%            | 37%            | 32%                | 34%            |
|  |       |                            |                      |                   |               |                | *              |                    |                |
| Slightly negative impact                                 | 36%   | 38%                        | 32%                  | 39%               | 31%           | 34%            | 29%            | 33%                | 40%            |
|  |       | AY.BD                      |                      |                   |               |                | *              |                    | AX.AY.BA.BC.BD |
| Very negative impact                                     | 17%   | 17%                        | 16%                  | 6%                | 15%           | 18%            | 27%            | 16%                | 18%            |
|  |       | AZ                         | AZ                   |                   | AZ            | AZ             | AX.AY.AZ.BA.BD | AZ                 | AZ             |
| Don't know   | 1%    | 1%                         | 2%                   | 4%                | 1%            | 0%             | -              | 2%                 | 1%             |
|  |       |                            |                      | AX.BA.BB.BD.BE    |               |                | *              | BB                 |                |



| Total | Parent/ Guardian           |                      |                   |               |                |                |                    |               |
|-------|----------------------------|----------------------|-------------------|---------------|----------------|----------------|--------------------|---------------|
|       | Parent/ guardian (any age) | Not parent/ guardian | 4 years and under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and under | Over 18 years |
|       | AX                         | AY                   | AZ                | BA            | BB             | BC             | BD                 | BE            |

SCU\_Q2\_5. Your mental health and wellbeing

|  |      |       |       |             |             |          |     |             |                |
|--|------|-------|-------|-------------|-------------|----------|-----|-------------|----------------|
| Unweighted base  | 1963 | 1258  | 705   | 108         | 174         | 207      | 77  | 397         | 922            |
| Base: All UK adults who are or have been non-paid carers | 1944 | 1239  | 705   | 109         | 177         | 211      | 80  | 404         | 899            |
| Very positive impact                                     | 6%   | 6%    | 5%    | 15%         | 13%         | 10%      | 4%  | 12%         | 4%             |
|  |      | BE    |       | AX.AY.BC.BE | AX.AY.BC.BE | AX.AY.BE | *   | AX.AY.BC.BE |                |
| Slightly positive impact                                 | 10%  | 9%    | 12%   | 14%         | 15%         | 10%      | 9%  | 12%         | 7%             |
|  |      | BE    | AX.BE | BE          | AX.BE       |          | *   | AX.BE       |                |
| No difference  | 20%  | 21%   | 19%   | 18%         | 21%         | 21%      | 21% | 20%         | 22%            |
|  |      |       |       |             |             |          | *   |             |                |
| Slightly negative impact                                 | 39%  | 40%   | 37%   | 36%         | 28%         | 34%      | 41% | 33%         | 42%            |
|  |      | BA.BD | BA    |             |             |          | BA* |             | AX.AY.BA.BB.BE |
| Very negative impact                                     | 24%  | 24%   | 25%   | 15%         | 23%         | 24%      | 26% | 23%         | 25%            |
|  |      | AZ    | AZ    |             |             | AZ       | *   | AZ          | AZ             |
| Don't know   | 1%   | 1%    | 2%    | 2%          | 1%          | 0%       | -   | 1%          | 1%             |
|  |      |       |       |             |             |          | *   |             |                |



|  | Total | Parent/ Guardian           |                      |                   |               |                |                |                    |                |
|--|-------|----------------------------|----------------------|-------------------|---------------|----------------|----------------|--------------------|----------------|
|  |       | Parent/ guardian (any age) | Not parent/ guardian | 4 years and under | 5 to 11 years | 12 to 16 years | 17 to 18 years | 18 years and under | Over 18 years  |
|  |       | AX                         | AY                   | AZ                | BA            | BB             | BC             | BD                 | BE             |
| <b>SCU_Q2_6. Your relationships</b>                      |       |                            |                      |                   |               |                |                |                    |                |
| Unweighted base  | 1963  | 1258                       | 705                  | 108               | 174           | 207            | 77             | 397                | 922            |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1239                       | 705                  | 109               | 177           | 211            | 80             | 404                | 899            |
| Very positive impact                                     | 11%   | 10%                        | 12%                  | 12%               | 17%           | 14%            | 9%             | 14%                | 8%             |
|  |       | BE                         | BE                   |                   | AX.BE         | AX.BE          | *              | AX.BE              |                |
| Slightly positive impact                                 | 16%   | 15%                        | 17%                  | 25%               | 15%           | 16%            | 13%            | 17%                | 13%            |
|  |       | BE                         | BE                   | AZ.BA.BB.BC.BD.BE |               |                | *              |                    |                |
| No difference  | 35%   | 36%                        | 34%                  | 26%               | 28%           | 33%            | 33%            | 29%                | 39%            |
|  |       | AZ.BA.BD                   |                      |                   |               |                | *              |                    | AX.AY.AZ.BA.BE |
| Slightly negative impact                                 | 27%   | 29%                        | 24%                  | 30%               | 27%           | 26%            | 29%            | 27%                | 29%            |
|  |       | AY                         |                      |                   |               |                | *              |                    | AY             |
| Very negative impact                                     | 10%   | 10%                        | 11%                  | 6%                | 13%           | 10%            | 15%            | 12%                | 9%             |
|  |       |                            |                      |                   | AZ            |                | AZ*            | AZ                 |                |
| Don't know   | 1%    | 1%                         | 2%                   | 2%                | 1%            | 1%             | -              | 1%                 | 1%             |
|  |       |                            |                      |                   |               |                | *              |                    |                |

Cell Contents (C)



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Social Media/ Messaging service (within the last month) |    |          |           |           |          |        |                    |
|-------|---|----|----------|-----------|-----------|----------|--------|--------------------|
|       | Facebook  | X  | LinkedIn | Pinterest | Instagram | Snapchat | TikTok | Facebook Messenger |
|       | BF  | BG | BH       | BI        | BJ        | BK       | BL     | BM                 |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  | Unweighted base            | BF               | BG              | BH            | BI          | BJ              | BK             | BL             | BM               |             |
|--|----------------------------|------------------|-----------------|---------------|-------------|-----------------|----------------|----------------|------------------|-------------|
|  | 6472                       | 4453             | 1895            | 1365          | 795         | 2936            | 903            | 1329           | 3915             |             |
|  | <b>Base: All UK adults</b> | <b>6472</b>      | <b>4446</b>     | <b>1909</b>   | <b>1348</b> | <b>791</b>      | <b>2946</b>    | <b>923</b>     | <b>1352</b>      | <b>3916</b> |
| I am currently an unpaid carer   | 13%                        | 13%              | 11%             | 10%           | 14%         | 11%             | 10%            | 12%            | 13%              |             |
|  |                            | BG.BH.BJ.BK      |                 |               | BG.BH.BJ.BK |                 |                | BH.BK          | BG.BH.BJ.BK.BN   |             |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%                        | 18%              | 16%             | 15%           | 17%         | 13%             | 13%            | 14%            | 18%              |             |
|  |                            | BG.BH.BJ.BK.BL.E | BJ              |               | BJ.BK.BL    |                 |                |                | BG.BH.BJ.BK.BL.E |             |
| I have never been an unpaid carer  | 63%                        | 63%              | 67%             | 71%           | 63%         | 68%             | 67%            | 65%            | 62%              |             |
|  |                            | BM.BO            | BF.BI.BM.BN.BC3 | BI.BJ.BL.BM.B | BO          | F.BI.BL.BM.BN.E | BF.BI.BM.BO    | BM.BO          | BO               |             |
| Don't know   | 2%                         | 2%               | 1%              | 1%            | 2%          | 2%              | 2%             | 3%             | 2%               |             |
|  |                            | BG               |                 |               | BG          | BG              | BG             | BG.BH          | BF.BG.BH.BJ      |             |
| Prefer not to say  | 5%                         | 4%               | 5%              | 3%            | 4%          | 5%              | 7%             | 6%             | 5%               |             |
|  |                            |                  | BF.BH.BN        |               |             | BF.BH.BM.BN     | BG.BH.BI.BJ.BM | BF.BH.BI.BM.BN | BF.BH.BN         |             |



| Total | Social Media/ Messaging service (within the last month) |    |          |           |           |          |        |                    |
|-------|---|----|----------|-----------|-----------|----------|--------|--------------------|
|       | Facebook  | X  | LinkedIn | Pinterest | Instagram | Snapchat | TikTok | Facebook Messenger |
|       | BF  | BG | BH       | BI        | BJ        | BK       | BL     | BM                 |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |      |     |     |     |     |     |     |      |
|---|------|------|-----|-----|-----|-----|-----|-----|------|
| Unweighted base   | 1963 | 1373 | 506 | 338 | 246 | 735 | 212 | 346 | 1225 |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 1360 | 504 | 335 | 243 | 734 | 217 | 353 | 1213 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 30%  | 27% | 28% | 26% | 29% | 31% | 30% | 30%  |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 62%  | 64% | 62% | 65% | 62% | 57% | 62% | 61%  |
| Don't know  | 9%   | 8%   | 9%  | 10% | 9%  | 9%  | 12% | 8%  | 9%   |



| Total | Social Media/ Messaging service (within the last month) |    |          |           |           |          |        |                    |
|-------|---|----|----------|-----------|-----------|----------|--------|--------------------|
|       | Facebook  | X  | LinkedIn | Pinterest | Instagram | Snapchat | TikTok | Facebook Messenger |
|       | BF  | BG | BH       | BI        | BJ        | BK       | BL     | BM                 |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

Unweighted base

|   |      |                       |                |                    |                |                |                        |                         |                 |
|---|------|-----------------------|----------------|--------------------|----------------|----------------|------------------------|-------------------------|-----------------|
|   | 1963 | 1373                  | 506            | 338                | 246            | 735            | 212                    | 346                     | 1225            |
| <b>Base: All UK adults who are or have been non-paid carers</b> | 1944 | 1360                  | 504            | 335                | 243            | 734            | 217                    | 353                     | 1213            |
| Very positive impact  | 4%   | 4%                    | 6%<br>BF.BM.BN | 4%                 | 5%             | 6%<br>BF.BM.BN | 13%<br>G.BH.BI.BJ.BL.B | 7%<br>BF.BH.BM.BN       | 4%              |
| Slightly positive impact  | 5%   | 5%                    | 6%             | 7%<br>BF           | 9%<br>BF.BM.BN | 6%<br>BF       | 13%<br>F.BG.BH.BJ.BM.I | 12%<br>F.BG.BH.BJ.BM.BN | 5%              |
| No difference   | 61%  | 61%<br>BI.BJ.BK.BL.BM | 59%<br>BK.BL   | 62%<br>BI.BJ.BK.BL | 52%<br>BK      | 56%<br>BK.BL   | 44%                    | 50%                     | 59%<br>BI.BK.BL |
| Slightly negative impact  | 11%  | 11%                   | 12%            | 13%                | 14%            | 11%            | 10%                    | 10%                     | 12%             |
| Very negative impact  | 11%  | 11%<br>BH.BO          | 10%<br>BH.BO   | 6%                 | 11%<br>BH.BO   | 11%<br>BH.BO   | 9%                     | 13%<br>BH.BO            | 12%<br>BH.BO    |
| Don't know  | 8%   | 8%                    | 8%             | 7%                 | 9%             | 9%<br>BN       | 11%<br>BO              | 9%                      | 8%              |



|  | Total | Social Media/ Messaging service (within the last month) |          |                |           |           |                 |                   |                    |
|--|-------|---|----------|----------------|-----------|-----------|-----------------|-------------------|--------------------|
|  |       | Facebook  | X        | LinkedIn       | Pinterest | Instagram | Snapchat        | TikTok            | Facebook Messenger |
|  |       | BF  | BG       | BH             | BI        | BJ        | BK              | BL                | BM                 |
| <b>SCU_Q2_2. Your job and ability to work</b>            |       |   |          |                |           |           |                 |                   |                    |
| Unweighted base  | 1963  | 1373  | 506      | 338            | 246       | 735       | 212             | 346               | 1225               |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1360  | 504      | 335            | 243       | 734       | 217             | 353               | 1213               |
| Very positive impact                                     | 4%    | 5%  | 6%       | 4%             | 7%        | 7%        | 16%             | 8%                | 5%                 |
|  |       |   |          |                |           | BF.BN     | G.BH.BI.BJ.BL.B | BF.BH.BM.BN       | BF                 |
| Slightly positive impact                                 | 6%    | 6%  | 7%       | 8%             | 7%        | 9%        | 18%             | 15%               | 6%                 |
|  |       |   | BF       |                |           | BF.BM.BN  | BG.BH.BI.BJ.BM  | BG.BH.BI.BJ.BM.BN |                    |
| No difference  | 38%   | 38%   | 34%      | 36%            | 32%       | 33%       | 29%             | 30%               | 37%                |
|  |       | BG.BJ.BK.BL   |          | BK.BL          |           |           |                 |                   | BJ.BK.BL           |
| Slightly negative impact                                 | 28%   | 29%   | 33%      | 37%            | 33%       | 30%       | 25%             | 28%               | 29%                |
|  |       |   | BK.BM.BO | BJ.BK.BL.BM.BN | BK.BO     | BO        |                 |                   |                    |
| Very negative impact                                     | 20%   | 21%   | 18%      | 12%            | 17%       | 20%       | 11%             | 17%               | 21%                |
|  |       | BH.BK.BN.BO   | BH.BK    |                | BH.BK     | BH.BK.BO  |                 | BH.BK             | BH.BK.BN.BO        |
| Don't know   | 3%    | 2%  | 2%       | 2%             | 4%        | 2%        | 2%              | 2%                | 2%                 |



|  | Total | Social Media/ Messaging service (within the last month) |                 |                       |                    |                |                         |                         |                    |
|--|-------|---|-----------------|-----------------------|--------------------|----------------|-------------------------|-------------------------|--------------------|
|  |       | Facebook  | X               | LinkedIn              | Pinterest          | Instagram      | Snapchat                | TikTok                  | Facebook Messenger |
|  |       | BF  | BG              | BH                    | BI                 | BJ             | BK                      | BL                      | BM                 |
| <b>SCU_Q2_3. Your finances and savings</b>               |       |   |                 |                       |                    |                |                         |                         |                    |
| Unweighted base  | 1963  | 1373  | 506             | 338                   | 246                | 735            | 212                     | 346                     | 1225               |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1360  | 504             | 335                   | 243                | 734            | 217                     | 353                     | 1213               |
| Very positive impact                                     | 5%    | 5%  | 7%<br>BF.BN     | 5%                    | 7%                 | 7%<br>BF.BM.BN | 19%<br>G.BH.BI.BJ.BL.BF | 11%<br>F.BG.BH.BJ.BM.I  | 5%<br>BF           |
| Slightly positive impact                                 | 5%    | 5%  | 6%<br>BH        | 3%                    | 7%<br>BH           | 6%<br>BF.BH    | 9%<br>BF.BH.BM.BN       | 10%<br>F.BG.BH.BJ.BM.BN | 5%                 |
| No difference  | 41%   | 41%<br>BI.BK.BL.BM                                      | 39%             | 42%<br>BI.BK.BL       | 33%                | 39%<br>BK.BL   | 32%                     | 34%                     | 39%<br>BI.BK.BL    |
| Slightly negative impact                                 | 27%   | 27%<br>BK.BL.BO   | 28%<br>BK.BL.BO | 32%<br>BJ.BK.BL.BM.BN | 31%<br>BJ.BK.BL.BO | 26%<br>BK      | 20%                     | 22%                     | 27%<br>BK.BL.BO    |
| Very negative impact                                     | 20%   | 21%<br>BH   | 19%             | 15%                   | 20%                | 21%<br>BH      | 18%                     | 23%<br>BH               | 21%<br>BH.BN       |
| Don't know   | 2%    | 2%  | 1%              | 2%                    | 2%                 | 2%             | 2%                      | 1%                      | 2%                 |



|  | Total | Social Media/ Messaging service (within the last month) |             |          |           |           |          |        |                    |
|--|-------|---|-------------|----------|-----------|-----------|----------|--------|--------------------|
|  |       | Facebook  | X           | LinkedIn | Pinterest | Instagram | Snapchat | TikTok | Facebook Messenger |
|  |       | BF  | BG          | BH       | BI        | BJ        | BK       | BL     | BM                 |
| <b>SCU_Q2_4. Your physical health</b>                    |       |   |             |          |           |           |          |        |                    |
| Unweighted base  | 1963  | 1373  | 506         | 338      | 246       | 735       | 212      | 346    | 1225               |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1360  | 504         | 335      | 243       | 734       | 217      | 353    | 1213               |
| Very positive impact                                     | 5%    | 4%  | 7%<br>BF.BH | 4%       | 6%        | 6%        | 13%      | 10%    | 5%                 |
| Slightly positive impact                                 | 7%    | 6%  | 8%<br>BF.BM | 9%       | 9%        | 7%        | 14%      | 11%    | 6%                 |
| No difference  | 35%   | 35%   | 36%         | 42%      | 31%       | 36%       | 35%      | 33%    | 33%                |
| Slightly negative impact                                 | 36%   | 37%   | 33%         | 31%      | 35%       | 33%       | 25%      | 29%    | 37%                |
| Very negative impact                                     | 17%   | 17%   | 15%         | 14%      | 17%       | 17%       | 11%      | 16%    | 18%                |
| Don't know   | 1%    | 1%  | 1%          | 1%       | 1%        | 2%        | 2%       | 1%     | 1%                 |



|  | Total | Social Media/ Messaging service (within the last month) |     |          |           |           |          |        |                    |
|--|-------|---|-----|----------|-----------|-----------|----------|--------|--------------------|
|  |       | Facebook  | X   | LinkedIn | Pinterest | Instagram | Snapchat | TikTok | Facebook Messenger |
|  |       | BF  | BG  | BH       | BI        | BJ        | BK       | BL     | BM                 |
| <b>SCU_Q2_5. Your mental health and wellbeing</b>        |       |   |     |          |           |           |          |        |                    |
| Unweighted base  | 1963  | 1373  | 506 | 338      | 246       | 735       | 212      | 346    | 1225               |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1360  | 504 | 335      | 243       | 734       | 217      | 353    | 1213               |
| Very positive impact                                     | 6%    | 6%  | 6%  | 7%       | 7%        | 7%        | 18%      | 10%    | 6%                 |
| Slightly positive impact                                 | 10%   | 10%   | 13% | 12%      | 9%        | 12%       | 17%      | 16%    | 10%                |
| No difference  | 20%   | 20%   | 19% | 19%      | 20%       | 18%       | 17%      | 18%    | 18%                |
| Slightly negative impact                                 | 39%   | 39%   | 35% | 40%      | 35%       | 36%       | 28%      | 31%    | 40%                |
| Very negative impact                                     | 24%   | 25%   | 26% | 20%      | 28%       | 26%       | 18%      | 24%    | 24%                |
| Don't know   | 1%    | 1%  | 1%  | 1%       | 1%        | 1%        | 1%       | 1%     | 1%                 |



|  | Total | Social Media/ Messaging service (within the last month) |                |          |             |           |                                  |                  |                    |
|--|-------|---|----------------|----------|-------------|-----------|----------------------------------|------------------|--------------------|
|  |       | Facebook  | X              | LinkedIn | Pinterest   | Instagram | Snapchat                         | TikTok           | Facebook Messenger |
|  |       | BF  | BG             | BH       | BI          | BJ        | BK                               | BL               | BM                 |
| <b>SCU_Q2_6. Your relationships</b>                      |       |   |                |          |             |           |                                  |                  |                    |
| Unweighted base  | 1963  | 1373  | 506            | 338      | 246         | 735       | 212                              | 346              | 1225               |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1360  | 504            | 335      | 243         | 734       | 217                              | 353              | 1213               |
| Very positive impact                                     | 11%   | 11%   | 14%            | 12%      | 11%         | 14%       | 24%                              | 18%              | 11%                |
|  |       |   | BF.BM          |          |             | BF.BM.BN  | G.BH.BI.BJ.BL.BBG.BH.BI.BJ.BM.BN |                  |                    |
| Slightly positive impact                                 | 16%   | 15%   | 16%            | 23%      | 20%         | 16%       | 18%                              | 18%              | 15%                |
|  |       |   | BF.BG.BJ.BM.BN |          | BF.BM.BN    |           |                                  | BM               |                    |
| No difference  | 35%   | 36%   | 32%            | 31%      | 28%         | 30%       | 27%                              | 28%              | 36%                |
|  |       | BI.BJ.BK.BL.BN.BO                                       |                |          |             |           |                                  | BG.BI.BJ.BK.BL.B |                    |
| Slightly negative impact                                 | 27%   | 27%   | 28%            | 25%      | 27%         | 28%       | 20%                              | 23%              | 27%                |
|  |       | BK  | BK.BL          |          | BK          | BK.BL     |                                  | BK.BL            |                    |
| Very negative impact                                     | 10%   | 11%   | 10%            | 8%       | 12%         | 11%       | 9%                               | 11%              | 10%                |
| Don't know   | 1%    | 1%  | 1%             | 1%       | 3%          | 1%        | 2%                               | 1%               | 1%                 |
|  |       |   |                |          | BF.BG.BH.BM |           | BF.BG.BH                         |                  |                    |

Cell Contents (C)



# Carers UK

## Unpaid Carers

UK18 Sample: 4th - 8th April 2024



| Total | Unpaid Carers |       |                      |                     |
|-------|---------------|-------|----------------------|---------------------|
|       | WhatsApp      | Skype | Current unpaid carer | Former unpaid carer |
|       | BN            | BO    | BP                   | BQ                  |

SCU\_Q1. The following questions are on the topic of providing support to someone who is older, seriously ill, or has a disability, without being paid for it. This could be for a family member, a friend, neighbour or colleague. The person could be finding it hard to manage because of mental or physical illness, needing extra help as they grow older or because they have physical or learning disability. Your support might include shopping, helping find or arrange care or support, helping with managing money, giving regular emotional support, helping with transport, picking up prescriptions or providing personal care such as help with bathing or dressing. Which ONE, of the following statements best applies to you?

|  | Unweighted base            | WhatsApp    | Skype                | Current unpaid carer | Former unpaid carer |
|--|----------------------------|-------------|----------------------|----------------------|---------------------|
|  | 6472                       | 5283        | 389                  | 819                  | 1144                |
|  | <b>Base: All UK adults</b> | 5278        | 384                  | 823                  | 1122                |
| I am currently an unpaid carer   | 13%                        | 13%         | 12%                  | 100%                 | -                   |
|  |                            | BG.BH.BJ.BK |                      | BQ                   |                     |
| I have previously been an unpaid carer, but am no longer an unpaid carer | 17%                        | 17%         | 24%                  | -                    | 100%                |
|  |                            | BH.BJ.BK.BL | BH.BI.BJ.BK.BL.BM.BN |                      | BP                  |
| I have never been an unpaid carer  | 63%                        | 65%         | 55%                  | -                    | -                   |
|  |                            | BF.BM.BO    |                      |                      |                     |
| Don't know   | 2%                         | 2%          | 2%                   | -                    | -                   |
|  |                            | BF.BG.BH    |                      |                      |                     |
| Prefer not to say  | 5%                         | 4%          | 7%                   | -                    | -                   |
|  |                            |             | BF.BH.BI.BM.BN       |                      |                     |



| Total | Unpaid Carers |       |                      |                     |
|-------|---------------|-------|----------------------|---------------------|
|       | WhatsApp      | Skype | Current unpaid carer | Former unpaid carer |
|       | BN            | BO    | BP                   | BQ                  |

SCU\_Q2. Which, ONE, if any of the following best reflects your position as an unpaid carer?

|   |      |      |     |     |      |
|---|------|------|-----|-----|------|
| Unweighted base   | 1963 | 1548 | 140 | 819 | 1144 |
| Base: All UK adults who are or have been non-paid carers                            | 1944 | 1535 | 138 | 823 | 1122 |
| Other care options were available, but I chose to take on the unpaid carer role     | 29%  | 30%  | 35% | 23% | 33%  |
| I had to take on the unpaid carer role because no other care options were available | 62%  | 62%  | 55% | 66% | 59%  |
| Don't know  | 9%   | 9%   | 10% | 10% | 8%   |



| Total | Unpaid Carers |       |                      |                     |
|-------|---------------|-------|----------------------|---------------------|
|       | WhatsApp      | Skype | Current unpaid carer | Former unpaid carer |
|       | BN            | BO    | BP                   | BQ                  |

Still thinking about your unpaid caring role... In general, do you think that being an unpaid carer had a positive or negative impact, or do you think it has made no difference on the following?

SCU\_Q2\_1. Your pension

|   | Unweighted base | 1963 | 1548           | 140                 | 819 | 1144 |
|---|-----------------|------|----------------|---------------------|-----|------|
| <b>Base: All UK adults who are or have been non-paid carers</b> |                 | 1944 | 1535           | 138                 | 823 | 1122 |
| Very positive impact  | 4%              | 4%   | 4%             | 12%                 | 4%  | 4%   |
|   |                 |      | BF             | G.BH.BI.BJ.BL.BM.BN |     |      |
| Slightly positive impact  | 5%              | 5%   | 5%             | 11%                 | 5%  | 4%   |
|   |                 |      |                | BF.BG.BJ.BM.BN      |     |      |
| No difference   | 61%             | 61%  | 61%            | 58%                 | 56% | 65%  |
|   |                 |      | BI.BJ.BK.BL.BM | BK                  |     | BP   |
| Slightly negative impact  | 11%             | 11%  | 11%            | 9%                  | 11% | 12%  |
| Very negative impact  | 11%             | 11%  | 11%            | 4%                  | 13% | 9%   |
|   |                 |      | BH.BO          |                     | BQ  |      |
| Don't know  | 8%              | 8%   | 8%             | 5%                  | 11% | 6%   |
|   |                 |      |                |                     | BQ  |      |



|  | Total | Unpaid Carers           |       |                      |                     |
|--|-------|-------------------------|-------|----------------------|---------------------|
|  |       | WhatsApp                | Skype | Current unpaid carer | Former unpaid carer |
|  |       | BN                      | BO    | BP                   | BQ                  |
| <b>SCU_Q2_2. Your job and ability to work</b>            |       |                         |       |                      |                     |
| Unweighted base  | 1963  | 1548                    | 140   | 819                  | 1144                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1535                    | 138   | 823                  | 1122                |
| Very positive impact                                     | 4%    | 5%                      | 14%   | 5%                   | 4%                  |
|  |       | BF.BG.BH.BI.BJ.BL.BM.BN |       |                      |                     |
| Slightly positive impact                                 | 6%    | 6%                      | 13%   | 6%                   | 7%                  |
|  |       | BF.BG.BH.BI.BM.BN       |       |                      |                     |
| No difference  | 38%   | 38%                     | 36%   | 38%                  | 39%                 |
|  |       | BG.BJ.BK.BL             |       |                      |                     |
| Slightly negative impact                                 | 28%   | 30%                     | 22%   | 27%                  | 29%                 |
|  |       | BO                      |       |                      |                     |
| Very negative impact                                     | 20%   | 19%                     | 12%   | 21%                  | 19%                 |
|  |       | BH.BK                   |       |                      |                     |
| Don't know   | 3%    | 2%                      | 3%    | 4%                   | 2%                  |
|  |       |                         |       | BQ                   |                     |



|  | Total | Unpaid Carers        |       |                      |                     |
|--|-------|----------------------|-------|----------------------|---------------------|
|  |       | WhatsApp             | Skype | Current unpaid carer | Former unpaid carer |
|  |       | BN                   | BO    | BP                   | BQ                  |
| <b>SCU_Q2_3. Your finances and savings</b>               |       |                      |       |                      |                     |
| Unweighted base  | 1963  | 1548                 | 140   | 819                  | 1144                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1535                 | 138   | 823                  | 1122                |
| Very positive impact                                     | 5%    | 5%                   | 14%   | 5%                   | 4%                  |
|  |       | BF.BG.BH.BI.BJ.BM.BN |       |                      |                     |
| Slightly positive impact                                 | 5%    | 6%                   | 7%    | 5%                   | 5%                  |
|  |       | BF.BH                |       |                      |                     |
| No difference  | 41%   | 41%                  | 42%   | 38%                  | 43%                 |
|  |       | BI.BK.BL.BM          |       | BK                   | BP                  |
| Slightly negative impact                                 | 27%   | 26%                  | 20%   | 26%                  | 28%                 |
|  |       | BK.BL                |       |                      |                     |
| Very negative impact                                     | 20%   | 20%                  | 16%   | 23%                  | 18%                 |
|  |       | BH                   |       | BQ                   |                     |
| Don't know   | 2%    | 2%                   | 2%    | 2%                   | 2%                  |



|  | Total | Unpaid Carers      |                            |                      |                     |
|--|-------|--------------------|----------------------------|----------------------|---------------------|
|  |       | WhatsApp           | Skype                      | Current unpaid carer | Former unpaid carer |
|  |       | BN                 | BO                         | BP                   | BQ                  |
| <b>SCU_Q2_4. Your physical health</b>                    |       |                    |                            |                      |                     |
| Unweighted base  | 1963  | 1548               | 140                        | 819                  | 1144                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1535               | 138                        | 823                  | 1122                |
| Very positive impact                                     | 5%    | 5%<br>BF           | 13%<br>BG.BH.BI.BJ.BM.BN   | 4%                   | 5%                  |
| Slightly positive impact                                 | 7%    | 7%<br>BM           | 19%<br>G.BH.BI.BJ.BL.BM.BN | 7%                   | 7%                  |
| No difference  | 35%   | 35%                | 30%                        | 34%                  | 35%                 |
| Slightly negative impact                                 | 36%   | 35%<br>BJ.BK.BL.BO | 26%                        | 35%                  | 36%                 |
| Very negative impact                                     | 17%   | 16%<br>BK          | 12%                        | 18%                  | 16%                 |
| Don't know   | 1%    | 1%                 | 1%                         | 1%                   | 1%                  |



| Total | Unpaid Carers |       |                      |                     |
|-------|---------------|-------|----------------------|---------------------|
|       | WhatsApp      | Skype | Current unpaid carer | Former unpaid carer |
|       | BN            | BO    | BP                   | BQ                  |

SCU\_Q2\_5. Your mental health and wellbeing

|   |             |                      |            |            |             |
|---|-------------|----------------------|------------|------------|-------------|
| Unweighted base   | 1963        | 1548                 | 140        | 819        | 1144        |
| <b>Base: All UK adults who are or have been non-paid carers</b> | <b>1944</b> | <b>1535</b>          | <b>138</b> | <b>823</b> | <b>1122</b> |
| Very positive impact  | 6%          | 6%                   | 14%        | 5%         | 6%          |
|   |             | BF.BG.BH.BI.BJ.BM.BN |            |            |             |
| Slightly positive impact  | 10%         | 10%                  | 20%        | 8%         | 12%         |
|   |             | BF.BG.BH.BI.BJ.BM.BN |            |            |             |
| No difference   | 20%         | 19%                  | 14%        | 20%        | 20%         |
| Slightly negative impact  | 39%         | 39%                  | 35%        | 41%        | 37%         |
|   |             | BG.BK.BL             |            |            |             |
| Very negative impact  | 24%         | 24%                  | 16%        | 24%        | 24%         |
|   |             | BK.BO                |            |            |             |
| Don't know  | 1%          | 1%                   | 1%         | 1%         | 1%          |



|  | Total | Unpaid Carers      |                       |                      |                     |
|--|-------|--------------------|-----------------------|----------------------|---------------------|
|  |       | WhatsApp           | Skype                 | Current unpaid carer | Former unpaid carer |
|  |       | BN                 | BO                    | BP                   | BQ                  |
| <b>SCU_Q2_6. Your relationships</b>                      |       |                    |                       |                      |                     |
| Unweighted base  | 1963  | 1548               | 140                   | 819                  | 1144                |
| Base: All UK adults who are or have been non-paid carers | 1944  | 1535               | 138                   | 823                  | 1122                |
| Very positive impact                                     | 11%   | 12%<br>BF          | 17%<br>BF.BM          | 10%                  | 12%                 |
| Slightly positive impact                                 | 16%   | 16%                | 25%<br>BF.BG.BJ.BM.BN | 13%                  | 18%<br>BP           |
| No difference  | 35%   | 34%<br>BI.BJ.BK.BL | 27%                   | 35%                  | 35%                 |
| Slightly negative impact                                 | 27%   | 27%<br>BK.BL       | 23%                   | 30%<br>BQ            | 25%                 |
| Very negative impact                                     | 10%   | 10%                | 7%                    | 11%                  | 10%                 |
| Don't know   | 1%    | 1%                 | 1%                    | 2%                   | 1%                  |

Cell Contents (C)