Who are carers?

18% say they care for someone due to physical or mental disability or ill health.

Older carers spend more time providing support than younger people – three times as many over 65s provide 50+ hours of support per week.

Who are carers?

- 49% of non-carers
- 56% of carers are in full time or part time paid work, compared to 61% of non-carers

Access to GP services

- 85% of carers report a positive overall experience of their GP surgery – the same as non-carers

People with caring responsibilities are more likely to have seen a GP or nurse in the last 12 months

<table>
<thead>
<tr>
<th>Carers</th>
<th>Non-Carers</th>
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<tbody>
<tr>
<td>86%</td>
<td>72%</td>
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They are more likely to have a preferred GP – and this increases with increasing carer responsibility.

Long term health conditions

Carers are more likely to have a long term health condition than non-carers.

This is related to age (carers are older in general), but young adult carers are more likely to have a long term condition than young non carers. This is not the case for those aged 65+

- 61% of carers
- 56% of non-carers

People with caring responsibilities are more likely to report problems in a variety of areas:

- [% All: slight, moderate, severe or extreme problems]
  - Anxiety/Depression: 30% (Carers), 39% (Non-Carers)
  - Pain/Discomfort: 24% (Carers), 26% (Non-Carers)
  - Usual activities: 24% (Carers), 31% (Non-Carers)
  - Mobility: 45% (Carers), 46% (Non-Carers)
  - Suffer anxiety/depression: 35% (Carers), 31% (Non-Carers)
  - Problems with usual activities: 45% (Carers), 46% (Non-Carers)
  - Report mobility problem: 25% (Carers), 38% (Non-Carers)
  - Suffer pain and discomfort: 12% (Carers), 6% (Non-Carers)

Out of hours services

Carers are more likely to feel it took too long to receive care and advice and report a worse overall experience.

Overall, most carers have a fairly good or very good experience of making an appointment, but this varies by age.

- Very good and fairly good experience:
  - 97% (Non-Carers), 95% (Carers)
  - Very good and fairly good experience:
    - 61% (Carers), 83% (Non-Carers)
    - 87% (65+)

Out of hours services

Carers are more likely to use out of hours services than non-carers, especially for someone else.

Overall, carers are just as likely as non-carers to get an appointment when they last tried.

- 88% (Carers), 89% (Non-Carers)
- 92% (Carers), 92% (Non-Carers)

Contacting out of hours services

- 12% (Carers), 7% (Non-Carers)