



Carers 2000

Joanne Maher
Hazel Green

London: The Stationery Office

© **Crown copyright 2002**

Published with the permission of the Controller of Her Majesty's Stationery Office (HMSO).

ISBN 011 621 555 0

Applications for reproduction should be submitted to HMSO under HMSO's Class Licence:
www.clickanduse@hmso.gov.uk

Alternatively applications can be made in writing to:
HMSO

Licensing Division
St. Clement's House
2-16 Colegate
Norwich
NR3 1BQ

Contact points

For enquiries about this publication, contact
Lesley Sanders
Tel: 020 7533 5444
e-mail: lesley.sanders@ons.gov.uk

To order this publication, call The Stationery Office on **0870 600 5522**. See also back cover.

For general enquiries, contact the National Statistics Public Enquiry Service on **0845 601 3034**
(minicom: 01633 812399)
e-mail: info@statistics.gov.uk
fax: 01633 652747
Letters: Room DG/18, 1 Drummond Gate,
London SW1V 2QQ

You can also find National Statistics on the Internet at **www.statistics.gov.uk**

The report of the main GHS is available on the web **www.statistics.gov.uk/lib**

For further information about access to GHS data deposited at The Data Archive contact:

The Data Archive
University of Essex
Wivenhoe Park
Colchester
Essex CO4 3SQ

Tel: 01206 872001
Fax: 01206 872003
E-mail: archive@essex.ac.uk
Website: www.data-archive.ac.uk

About the Office for National Statistics

The Office for National Statistics (ONS) is the government agency responsible for compiling, analysing and disseminating many of the United Kingdom's economic, social and demographic statistics, including the retail prices index, trade figures and labour market data, as well as the periodic census of the population and health statistics. The Director of ONS is also the National Statistician and the Registrar General for England and Wales, and the agency that administers the registration of births, marriages and deaths there.

A National Statistics Publication

National Statistics are produced to high professional standards set out in the National Statistics Code of Practice. They undergo regular quality assurance reviews to ensure that they meet customer needs. They are produced free from any political interference.

Navigate through this document by using the Bookmarks, Thumbnails, or Links from the Contents listing below. There are more sub-categories in the Bookmarks than there are in the Contents listing. Prevent printing of these instructions by unchecking 'Annotations' in the print dialogue box.

Select the HAND tool. Position it over the Contents list below and when an Arrow appears on the hand click the mouse button once to enlarge the text. Continue clicking the arrowed hand tool to advance down the list. When the HAND tool changes to a POINTED FINGER click the mouse button once to link to the listed item.

Contents

Page

Acknowledgements

Notes to tables

Summary

1 Introduction and main trends

Outline of report	1
Definition of carers	1
Trends in caring: 1985 to 2000	1
Gender differences in extent and nature of care	2
Households containing carers	2
Tables 1.1 – 1.2	3

2 Prevalence of caring

Age and marital status variations	4
Economic status variations	4
Regional variations	4
Tables 2.1 – 2.5	6

3 Who is caring for whom?

Characteristics of carers	9
All carers	9
Carers looking after someone in the same household	9
Carers looking after someone living elsewhere	9
Carers spending at least 20 hours per week	10
Characteristics of the people being cared for	10
Carer households	10
Tables 3.1 – 3.9	11

4 Caring commitments

Types of help given	15
Time spent on caring activities	15
Main carers	15
Profile of those caring for at least 20 hours a week	15
Number of years caring	15
Tables 4.1 – 4.10	17

5 Use of services

Attendance at centres by main person cared for	21
Tables 5.1 – 5.5	22

	Page
6 Health and well-being	
Health of the person being cared for	24
Health of the carer	24
Tables 6.1 – 6.4	26
Appendix A Background information	28
Appendix B The questions	30

Select the HAND tool. Position it over the List of tables below and when an Arrow appears on the hand click the mouse button once to enlarge the text. Continue clicking the arrowed hand tool to advance down the list. When the HAND tool changes to a POINTED FINGER click the mouse button once to link to the listed item.

List of tables

Table number	Page
1 Introduction and main trends	
1.1 Percentage of adults who were carers and percentages in some sub-groups of carers by sex: 1985, 1990, 1995 and 2000	3
1.2 Percentage of households with carers and percentages with some sub-groups of carers: 1985, 1990, 1995 and 2000	3
2 Prevalence of caring	
2.1 Percentage of adults who were carers, by sex and age: 1985, 1990, 1995 and 2000	6
2.2 Percentage of adults who were carers, by sex and marital status: 1985, 1990, 1995 and 2000	6
2.3 Percentage of adults who were carers, by sex, age and marital status	7
2.4 Percentage of adults who were carers, by economic activity status and sex	8
2.5 Percentage of adults who were carers by Government Office Region and by whether the person cared for lived in the carer's household	8
3 Who is caring for whom?	
3.1 Percentage of adults who were carers and number of people cared for by whether the person cared for lived in the carer's household	11
3.2 Whether the carer was the main carer for the main person cared for, and the number of hours spent caring per week, by whether that person lived in the carer's household	11
3.3 Whether main carer for main person cared for by sex of carer and whether the person cared for lived in the carer's household	12
3.4 Carers: sex, age and marital status	12
3.5 Carers: family type and whether dependent children	13
3.6 Carers: relationship of person cared for to carer	13
3.7 Sex and age of main person cared for, by whether that person lived in the carer's household	13
3.8 Households with carers looking after someone in the same household: number of carers and number of people being cared for in the household	14
3.9 Households containing carers: household type, percentages containing dependent children and two or more families	14
4 Caring commitments	
4.1 Types of help given to main person cared for, by whether that person lived in the carer's household	17
4.2 Number of hours spent caring per week (for all people cared for) by sex of carer	17
4.3 Number of hours spent caring per week (for all people cared for) by whether people cared for lived in the carer's household	17
4.4 Total hours spent caring for main person cared for and whether that person lived in carer's household by age of carer	18
4.5 Number of hours per week caring for main person cared for by whether the person lived in the carer's household and whether main carer	18

Table number	Page
4.6 Characteristics of carers spending at least 20 hours per week caring (all people cared for)	19
4.7 Carers aged 16 to 64 who were spending at least 20 hours per week caring (for all people cared for): percentages who were working full time and part time by sex of carer	19
4.8 Number of years caring for main person cared for by whether the person cared for lived in the carer's household	20
4.9 Carers with main person cared for in the household: percentage who had looked after that person for at least 10 years by relationship of person cared for to carer	20
4.10 Carers with main person cared for in the household: percentage who had looked after that person for at least 10 years by age and disability of person cared for	20
5 Use of services	
5.1 Carers spending at least 20 hours a week caring: whether the person cared for could be left for a few hours	22
5.2 Carers: whether the main person cared for went to work, college or a social centre by whether that person lived in the carer's household	22
5.3 Carers: whether the main person cared for went to work, college or a social centre by that person's age	22
5.4 Carers: whether the main person cared for went to work, college or a social centre by number of hours caring per week	23
5.5 Percentage of carers whose main person cared for received regular visits from health, social and voluntary services, by whether that person lived in the carer's household	23
6 Health and well-being	
6.1 Disability of main person cared for, by whether that person lived in the carer's household	26
6.2 Carers spending at least 20 hours per week caring for main person cared for: percentages who reported longstanding illness by age of carer	26
6.3 How the carer's health has been affected by the number of hours spent caring per week	26
6.4 How the carer's health has been affected by whether people cared for lived in the carer's household	27

Select the HAND tool. Position it over the List of figures below and when an Arrow appears on the hand click the mouse button once to enlarge the text. Continue clicking the arrowed hand tool to advance down the list. When the HAND tool changes to a POINTED FINGER click the mouse button once to link to the listed item.

List of figures

Figure number		Page
1 Introduction and main trends		
Figure 1A	Percentage of adults who were carers: Great Britain, 1985, 1990, 1995 and 2000	2
Figure 1B	Percentage of households with carers: Great Britain, 1985, 1990, 1995 and 2000	2
2 Prevalence of caring		
Figure 2A	Percentage of adults aged 16 - 64 who were carers by economic activity status and sex: Great Britain, 2000	5
4 Caring commitments		
Figure 4A	Carers aged 16-64 spending at least 20 hours per week caring: percentage working full time and part time by sex of carer: Great Britain, 2000	16
6 Health and well-being		
Figure 6A	Disability of main person cared for by whether that person lived in carer's household: Great Britain, 2000	24
Figure 6B	Carers spending at least 20 hours per week caring: percentage reporting longstanding illness by age of carer: Great Britain, 2000	25

Acknowledgements

We would like to thank everybody who contributed to the Survey and the production of this report. We were supported by our specialist colleagues in ONS who were responsible for sampling, fieldwork, coding and editing.

Our thanks also go to colleagues who supported us with administrative duties. Particular thanks are due to the interviewers who worked on the 2000 survey, and to all those members of the public who gave their time and co-operation.

Notes to tables

1. The following conventions have been used within tables:

.. data not available

- category not applicable

0 less than 0.5% or no observations

[] the numbers in square brackets are percentages on a base of 20-49. See note 2.

2. Very small bases have been avoided wherever possible because of the relatively high sampling errors that attach to small numbers. In general, percentage distributions are shown if the base is 50 or more. Where the base is 20-49, the percentages are shown in square brackets.

3. A percentage may be quoted in the text for a single category that is identifiable in the tables only by summing two or more component percentages. In order to avoid rounding errors, the percentage has been recalculated for the single category and therefore may differ by one percentage point from the sum of the percentages derived from the tables.

The row or column percentages may add to 99% or 101% because of rounding.

4. A few informants failed to answer some questions. These 'no answers' have been excluded from the analysis, and it follows that the base numbers for tables that describe the same population may vary.

5. Unless otherwise stated, changes and differences mentioned in the text have been found to be statistically significant at the 95% confidence level.

6. All percentages presented in the tables are based on data weighted to compensate for differential nonresponse. Both the unweighted and weighted bases are given. The unweighted base represents the actual number of people/households in the specified group. The weighted base gives a grossed up population estimate in thousands. These bases are shown to enable data users to estimate the population numbers in the table cells. It should be noted that missing answers are excluded from the tables and this is reflected in the weighted bases, i.e. these numbers vary between tables. For this reason, the bases themselves are not recommended as a source for population estimates.

Recommended data sources for population estimates for most socio-demographic groups are: ONS mid-year estimates, the Labour Force Survey, or Housing Statistics from the Department for Transport, Local Government and the Regions.

In trend tables, for the weighted 2000 data, the weighted base (000's) is the base for percentages. Unweighted data (up to 1995) are based on the unweighted sample.

Summary

The General Household Survey (GHS) has collected information on the extent and nature of care-giving in Britain at five-yearly intervals since 1985. The main aim of the questions is to provide national estimates of the number of carers overall and in different subgroups. In 2000, as in previous years, 'carers' were defined as people who were looking after, or providing some regular service for, a sick, disabled or elderly person living in their own or another household. All types of caring tasks for any number of hours were included.¹ The results are based on a nationally representative sample of approximately 14,000 adults living in private households in Great Britain.

Prevalence of caring

- In 2000, one in six people aged 16 or over (16%) was caring for a sick, disabled or elderly person and one in five households (21%) contained a carer. These figures represent around 6.8 million adult carers in 5 million households.
- About a third of carers (5% of adults) were looking after someone living with them and two-thirds (11% of adults) were caring for someone living elsewhere.
- Nearly one in ten adults (9%) were the main support for the person they were looking after and nearly one in twenty (4%) were spending 20 or more hours per week on caring tasks.

Trends in caring

- There has been little change in the prevalence of caring over the last decade. The proportions of adults caring in 1990 and 2000 were very similar, 15% and 16%. Likewise, there was little change in the main subgroups.

Gender variations

- Women were more likely to be carers than men, 18% compared with 14%. There were no gender differences in the proportion caring for someone in the same household but women were more likely than men to look after someone outside the household, 12% compared with 9%.
- Women also predominated in the sub-groups

with the heaviest commitments: 11% of women compared with 7% of men were main carers and 5% of women compared with 3% of men spent 20 hours a week or more on caring tasks.

Age, marital and economic status variations

- In 2000, the proportion of people aged 16 and over with caring responsibilities for a sick, disabled or elderly person increased with age from 8% of 16-29 year olds to a peak of 24% among those in the 45-64 age group. The proportion then decreased to 16% among those aged 65 or over. People aged 45-64 are likely to have caring responsibilities for elderly parents and sometimes for a spouse or partner with age-related health problems, hence the high proportion of carers in this age group.
- Married or cohabiting adults were more likely to be carers than those who were single or previously married (19% compared with 10% and 12%).
- Almost a third of married or cohabiting women aged 45-64 were carers. In this age group married or cohabiting women were much more likely to be carers than their male counterparts (30% compared with 21%).
- Among people of working age, the economically inactive were the most likely to be carers – 21% were looking after someone compared with 13% of full-time workers, 17% of part-time workers and 15% of the unemployed.

Regional variations

- People aged 16 or over living in the North East were more likely to be carers than adults living in other regions of Britain: 20% were carers in 2000. The North West, South West and Wales also had relatively high proportions of carers (18%-19%). London had the lowest proportion caring for someone, 11%, almost half that of the proportion caring in the North East.

Who is caring for whom?

- Three per cent of adults were caring for two or more people: 1% were caring for more than 1 person living with them and 2% were looking

after 2 or more people living elsewhere.

- A third of carers were the only support for the main person cared for. The remainder shared their caring responsibilities with others. Just under a third of carers were the cared for person's main support, either alone or jointly with someone else and just over a third were subsidiary carers.
- Women were more likely than men to be the main support both where they were the only carer (35% and 30%) and where duties were shared (25% compared with 19%).
- Just over half (52%) of carers were looking after a parent(-in-law), 18% were caring for their spouse or partner and 8% for their child. Two-thirds were caring for females, reflecting the predominance of women in the older age groups.

Caring commitments

- Over two-thirds (71%) of carers provided practical help such as preparing a meal, shopping and doing laundry, 60% kept an eye on the person cared for and 55% provided company. Smaller proportions of carers provided more intimate forms of help: 26% gave assistance with personal care, such as washing, 22% administered medicines and 35% provided physical help, for example with walking.
- Over 1 in 4 carers (28%) spent at least twenty hours per week on their caring responsibilities and 1 in 10 spent 50 hours or more.
- Carers looking after someone in the same household were much more likely to spend 20 hours per week or more on caring tasks than those giving support to someone in another household (63% compared with 11%).
- Among carers of working age who spent 20 or more hours a week on caring, just under a half were also in paid employment
- One in five carers (21%) had been caring for someone for at least 10 years and nearly a half (45%) had been carers for 5 years or more.

Use of services

- Among those spending 20 hours per week or more on caring, about a half were looking after someone who needed constant attention and therefore could not be left for a few hours.

However, most carers who could not be away for such a period had someone else who could take over – usually a relative. Only 8% said that they could not rely on anyone to help them

- One third of the people being cared for were working (2%) or attending day-time activities, for example a day centre, day hospital, social club or support group (31%).
- Only two-fifths (41%) of people being cared for received visits from health, social and voluntary services. Among those who lived with their carer, less than a quarter received such services compared with half of the people who lived in a different household from the person looking after them (23% compared with 50%).

Health and well-being

- The majority of carers (62%) were looking after someone with a physical disability only. A further 6% were caring for someone with a mental disability only and 18% of carers were looking after someone with both a mental and a physical disability. Most of the others (14%) simply said that the person was receiving care because they were old.
- Among carers devoting at least 20 hours per week to caring, a half reported having a longstanding illness and over a third (35%) said that their illness limited their activities. The proportion reporting health problems was particularly high among elderly carers who were spending 20 hours or more a week on caring tasks: just under half (47%) reported a limiting longstanding illness.
- Two-fifths of carers (39%) reported that their physical or mental health had been affected as a result of caring. Carers looking after someone who lived with them were more likely than those caring for someone living elsewhere to report health problems stemming from their responsibilities, 59% compared with 29%.

Notes and references

1 Certain types of caring have been excluded: those caring for someone in their capacity as a volunteer for a charity or other organisation; those caring for someone receiving care in an institution; those providing financial support only; and those caring for someone with a temporary illness or disability (as defined by the respondent).

This is a blank page.

Introduction and main trends

Outline of report

The General Household Survey (GHS) has collected information on the extent and nature of care-giving for the elderly, sick and disabled in Britain at five-year intervals since 1985.

The report describes:

- Trends in the numbers of carers (Chapter 1)
- The prevalence of care-giving among men and women and people in different age, marital and economic status groups (Chapter 2)
- Who is caring for whom (Chapter 3)
- The commitment to care that is made by carers in terms of the amount of time spent and the types of tasks performed (Chapter 4)
- The use of services by the person the carer is looking after (Chapter 5)
- The impact of caring on the health of the carer (Chapter 6).

Definition of carers

The definition of care in the report is based on respondents' answers to the following questions:

Q1. *Some people have extra responsibilities because they look after someone who has long-term physical or mental ill health or disability, or problems related to old age.*

May I check, is there anyone living with you who is sick, disabled or elderly whom you look after or give special help to, other than in a professional capacity (for example, a sick or disabled (or elderly) relative/husband/wife/child/friend/parent, etc.)?

Q2. *May I check, is there anyone, (either living with you or) not living with you who is sick, disabled or elderly whom you look after or give special help to, other than in a professional capacity (for example, a sick or disabled (or elderly) relative/husband/wife/child/friend/parent, etc.)?*

These questions produce a self-defined measure of care-giving. Interviewers are instructed not to define care for the respondent other than to exclude instances where only financial support is given. The range of tasks performed and the time given to caring will vary. The definition of care reported here includes all types of caring task and does not impose limits on the number of hours given to caring.¹

Carers are a heterogeneous group of people. All types of people, in all social situations are likely to provide care for someone at some time in their lives. The type and extent of care undertaken by family members or friends has implications for government policies aiming to meet the needs of those giving and receiving care.

The report focuses on the carer and the tasks they perform. Other studies have described caring from the perspective of the recipient and have examined the inter-dependency of the caring relationship. The role of the GHS in providing information on a range of topics means that it was not possible to cover those subjects within the time constraints of the interview.

Trends in caring: 1985 to 2000

The analyses here examine the prevalence of care in Britain over the last 15 years in terms of the percentage of adults who were carers and the proportion of households containing one or more carer². Where there was more than one person caring for an individual, the person spending the most time caring is identified as the main carer. The extent of care given is measured in terms of the number of hours spent on caring tasks. In most analyses, the carers are divided into two groups, those giving care for 20 hours or more per week and those giving care for fewer hours. This is in order to distinguish carers giving a substantial amount of care.

In 2000, 16% of people aged 16 or over were caring for a sick, disabled or elderly person. This represents around 6.8 million adults living in Britain. Of these about a third (5% of adults) were looking after someone living with them and two-thirds (11% of adults) were caring for someone living elsewhere. Considering the sub-groups with the heaviest commitments, 9% of adults were the main support for the person they were looking after and 4% were spending at least 20 hours per week on caring tasks.

Figure 1A, Table 1.1

In general, there has been little change in the prevalence of caring over the last decade. The proportion of adults caring in 1990 and 2000 were very similar, 15% and 16%. Likewise there was little change in the main sub-groups.

Figure 1A, Table 1.1

Figure 1A Percentage of adults who were carers: Great Britain, 1985, 1990, 1995 and 2000

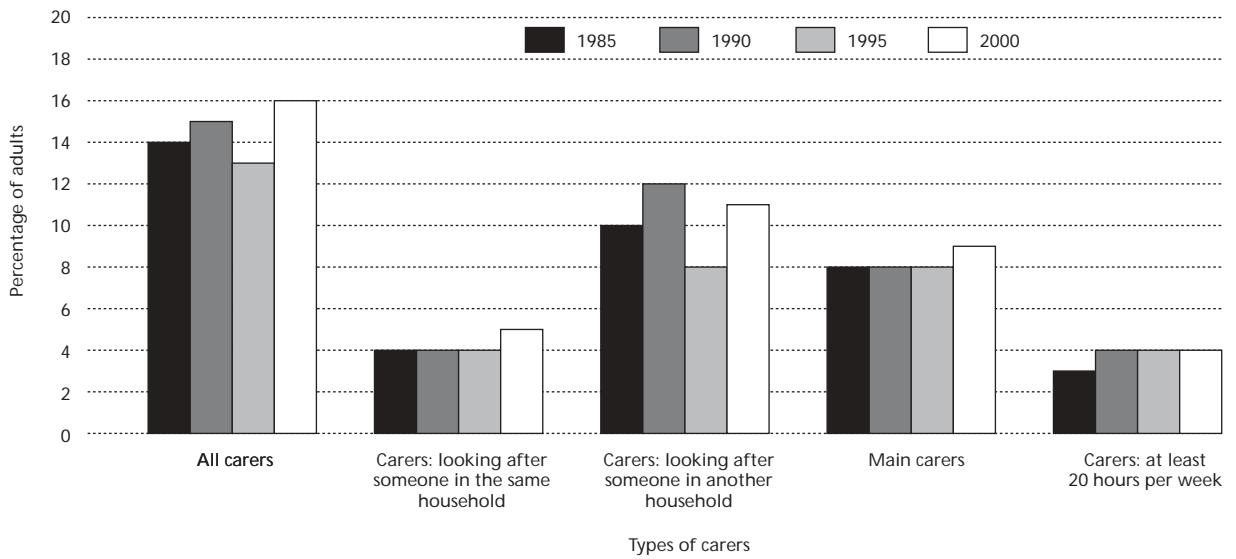
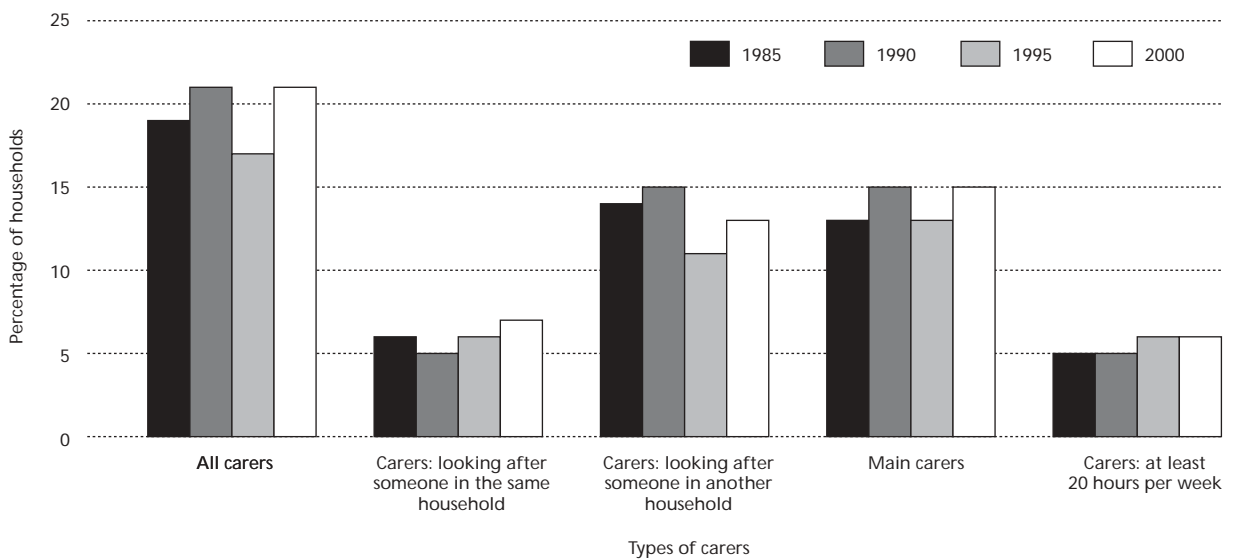


Figure 1B Percentage of households with carers: Great Britain, 1985, 1990, 1995 and 2000



Gender differences in extent and nature of care

Women were more likely to be carers than men, 18% compared with 14%. There were no gender differences in the proportions caring for someone in the same household – as is to be expected, in households consisting of couples looking after a sick or disabled child or relative living with them, both partners are likely to have some involvement in caring tasks. Women were more likely than men to look after someone outside the household, 12% compared with 9%. Women also predominated in the sub-groups with the heaviest commitments: 11% of women compared with 7% of men were main carers and 5% of women compared with 3% of men spent 20 hours a week or more on caring

tasks. Trends for men and women during the 1990s followed the overall pattern.

Table 1.1

Households containing carers

Table 1.2 shows trends in the proportion of households containing a carer. One in 5 households (21%) in Britain contained at least one carer, representing just over 5 million households. Just over 1 in 20 households (6%) contained someone spending at least 20 hours on caring tasks.

Table 1.2, Figure 1B

Notes and references

1 Certain types of caring have been excluded: those caring for someone in their capacity as a volunteer for a charity or other organisation; those caring for someone receiving care in an institution; those providing financial support only; and those caring for someone with a temporary illness or disability (as defined by the respondent).

2 In 2000 the GHS weighted its data for non-response and to population totals for the first time. The data were weighted for non-response using data from the 1991 Census. This means that the 2000 results are not strictly comparable with figures for previous years although the effect of the weighting is generally very small. For a more detailed explanation of the weighting procedures refer to 'Living in Britain: Results of the 2000 General Household Survey'.

Table 1.1 Percentage of adults who were carers and percentages in some sub-groups of carers by sex: 1985, 1990, 1995 and 2000

	Great Britain											
	Men				Women				Total			
	1985	1990	1995	2000	1985	1990	1995	2000	1985	1990	1995	2000
<i>Persons aged 16 and over</i>												
Percentage of adults who were:												
Carers	12	13	11	14	15	17	14	18	14	15	13	16
Caring for someone in the same household*	4	4	4	5	4	4	4	5	4	4	4	5
Caring for someone in another household only	8	10	7	9	11	13	10	12	10	12	8	11
Main carers	6	6	6	7	10	10	9	11	8	8	8	9
Caring for at least 20 hours a week	3	3	3	3	4	4	4	5	3	4	4	4
<i>Weighted base (000's) = 100%†</i>				20,366				22,060				42,426
<i>Unweighted sample</i>	8484	8013	7680	6598	9846	9432	9065	7498	18330	17535	16745	14096

* Includes people who were caring for someone in the same household and someone in another private household.

† Unweighted data (up to 1995) are based on the unweighted sample. For weighted data for 2000, the weighted base (000's) is the base for percentages.

Table 1.2 Percentage of households with carers and percentages with some sub-groups of carers: 1985, 1990, 1995 and 2000

	Great Britain			
	1985	1990	1995	2000
<i>Households</i>				
Percentage of households containing:				
Carers	19	21	17	21
Carers looking after someone in the same household*	6	5	6	7
Carers looking after someone in another private household only	14	15	11	13
Main/joint main carers	13	15	13	15
Carers devoting at least 20 hours per week to caring	5	5	6	6
<i>Weighted base (000's) = 100%†</i>				24,829
<i>Unweighted sample</i>	9811	9586	9755	8216

* Includes households with carers looking after someone in the same household and someone in another private household.

† Unweighted data (up to 1995) are based on the unweighted sample. For weighted data for 2000, the weighted base (000's) is the base for percentages.

Prevalence of caring

Chapter 1 noted that there were differences between men and women in the extent to which they provided care for sick, disabled or elderly relatives and friends. In this chapter, other demographic characteristics will be considered alongside gender to provide a fuller description of the prevalence of caring in Britain in 2000 and over the last decade.

Age and marital status variations

In 2000, the proportion of people aged 16 and over with caring responsibilities for a sick, disabled or elderly person increased with age from 8% of 16-29 year olds to 24% of those in the 45-64 age group. The proportion then decreased to 16% among those aged 65 or over. People aged 45-64 are likely to have caring responsibilities for elderly parents and sometimes for a spouse or partner with age-related health problems, hence the high proportion of carers in this age group.

Table 2.1

Women were more likely than men to be carers in all age groups under 65. The differences were most marked in the 45-64 age group (27% of women compared with 19% of men were carers in 2000). The data suggest that the responsibility for caring undertaken by this age group falls particularly on women. Among those aged 65 and over, men were slightly more likely than women to care for someone (18% compared with 15%). This is at least partly the result of a relatively high proportion of very elderly women in the age-group who are likely to be the recipients rather than the providers of care. Also, for elderly people of a given age, women are more likely to be disabled than men.

There were no consistent age trends in the percentage of carers over the last 15 years, either for men or women.

Table 2.1

Married or cohabiting adults were more likely to be carers than those who were single or previously married (19% compared with 10% and 12% respectively in 2000). Married or cohabiting and previously married women were more likely than their male counterparts to be providing care (21% compared with 16% and 14% compared with 9%). Among single adults, however the difference was smaller (11% and 9%). The gender variations for married and single men and women have been

maintained over the period since 1985, but the gender gap for the previously married was greater in 2000 than previously.

Table 2.2

In 2000, almost a third of married or cohabiting women aged 45-64 were carers. In this age group married or cohabiting women were much more likely to be carers than married or cohabiting men (30% compared with 21%). The same pattern was also evident among previously married women and men (19% and 10%) whereas there was no difference between single women and men in this age group (23% and 22%). In the 30-44 age group single and previously married women were more likely to be carers than their male counterparts (15% and 19% compared with 10% and 8%); the former will include daughters caring for parents and lone mothers caring for sick or disabled children.

Table 2.3

Economic status variations

Among people of working age, the economically inactive were the most likely to be carers – 21% were looking after someone compared with 13% of full-time workers, 17% of part-time workers and 15% of the unemployed.

Table 2.4, Figure 2A

Among the economically inactive of working age, women were considerably more likely than men to be carers (23% compared with 17%). The gender variations were also apparent, although not so large, among full-time and part-time workers: 15% of women working full time were carers compared with 12% of men and 18% of women working part time were carers compared with 14% of men.

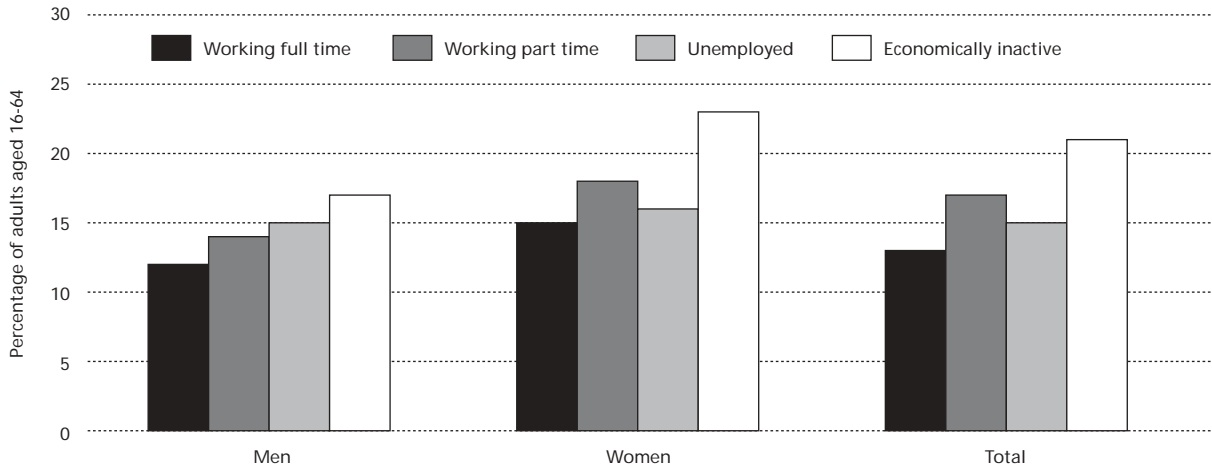
Table 2.4, Figure 2A

Regional variations

People aged 16 or over living in the North East were more likely to be carers than adults living in other regions of Britain: 20% were carers in 2000. The North West, South West and Wales also had relatively high proportions of carers (18% - 19%). London had the lowest proportion caring for someone, 11%, almost half that of the proportion caring in the North East.

Table 2.5

Figure 2A Percentage of adults aged 16-64 who were carers by economic activity status and sex: Great Britain, 2000



The proportion caring for someone outside the household was particularly low in London, 7%, compared with 11%-13% in the North East, North West and Wales. The mobility of the population in London tends to work against the formation of longstanding friendships with neighbours. The North East and North West on the other hand tend to be considered friendly areas: the 1997/8 Survey of English Housing found that the percentage of householders in the North East and North West rating their area as 'very friendly' was twice that of those in London (48% and 43% compared with 22%)¹ The proportion caring for someone inside the household was also high in the North East, North West and Wales (7%) but the proportion in London, 5%, was no lower than in other regions (3%-5%).

Table 2.5

Notes and references

1 Green et al.: Survey of English Housing, 1997/8 (Stationery Office, London 1999) ISBN 0-11-621234-9

Table 2.1 Percentage of adults who were carers, by sex and age: 1985, 1990, 1995 and 2000

<i>Persons aged 16 and over</i>													<i>Great Britain</i>
Age	Men				Women				Total				
	1985	1990	1995	2000	1985	1990	1995	2000	1985	1990	1995	2000	
16-29	6	7	5	7	7	9	6	9	7	8	6	8	
30-44	11	12	8	11	16	18	13	15	14	15	10	13	
45-64	16	20	17	19	24	27	22	27	20	24	20	24	
65 and over	14	14	14	18	12	13	11	15	13	13	13	16	
Total	12	13	11	14	15	17	14	18	14	15	13	16	
<i>Weighted bases (000's) = 100%*</i>													
16-29				4,448				4,408				8,896	
30-44				6,153				6,336				12,489	
45-64				6,221				6,600				12,822	
65 and over				3,542				4,739				8,281	
Total				20,405				22,083				42,488	
<i>Unweighted sample</i>													
16-29	2175	2004	1607	1289	2388	2243	1753	1395	4563	4247	3360	2684	
30-44	2407	2208	2157	1819	2627	2479	2576	2161	5034	4687	4733	3980	
45-64	2483	2384	2453	2189	2769	2590	2759	2362	5252	4974	5212	4551	
65 and over	1419	1507	1463	1313	2062	2120	1977	1590	3481	3627	3440	2903	
Total	8484	8103	7680	6610	9846	9432	9065	7508	18330	17535	16745	14118	

* Unweighted data (up to 1995) are based on the unweighted sample. For weighted 2000 data, the weighted base (000's) is the base for percentages.

Table 2.2 Percentage of adults who were carers, by sex and marital status: 1985, 1990, 1995 and 2000

<i>Persons aged 16 and over</i>													<i>Great Britain</i>
Marital status	Men				Women				Total				
	1985	1990	1995	2000	1985	1990	1995	2000	1985	1990	1995	2000	
Married/cohabiting	13	15	13	16	18	20	17	21	16	18	15	19	
Single	8	10	7	9	10	11	9	11	9	10	8	10	
Widowed/divorced/ separated	11	12	7	9	13	14	9	14	12	13	9	12	
Total*	12	13	11	14	15	17	14	18	14	15	13	16	
<i>Weighted bases (000's) = 100%†</i>													
Married/cohabiting				12,875				13,396				26,272	
Single				5,284				3,956				9,240	
Widowed/divorced/ separated				2,178				4,718				6,896	
Total*				20,405				22,083				42,488	
<i>Unweighted sample</i>													
Married/cohabiting	5813	5608	5319	4446	6150	5828	5674	4616	11963	11436	10993	9062	
Single	1967	1796	1636	1468	1744	1615	1452	1308	3711	3411	3088	2776	
Widowed/divorced/ separated	704	699	718	677	1952	1989	1931	1580	2656	2688	2649	2257	
Total*	8484	8103	7673	6610	9846	9432	9057	7508	18330	17535	16730	14118	

* Total includes a small number of same sex cohabittees.

† Unweighted data (up to 1995) are based on the unweighted sample. For weighted 2000 data, the weighted base (000's) is the base for percentages.

Table 2.3 Percentage of adults who were carers, by sex, age and marital status

Persons aged 16 and over

Great Britain: 2000

Sex and marital status	Age				Total
	16-29	30-44	45-64	65 and over	
Men					
Married/cohabiting	6	12	21	21	16
Single	7	10	22	8	9
Widowed/divorced/separated	*	8	10	9	9
Total†	7	11	19	18	14
Women					
Married/cohabiting	10	15	30	23	21
Single	9	15	23	13	11
Widowed/divorced/separated	[14]	19	19	9	14
Total†	9	15	27	15	18
Total					
Married/cohabiting	8	13	25	22	19
Single	8	12	22	11	10
Widowed/divorced/separated	13	15	16	9	12
Total†	8	13	24	16	16
<i>Weighted bases (000's) = 100%</i>					
Men					
Married/cohabiting	1,178	4,387	4,804	2,506	12,875
Single	3,253	1,225	567	239	5,284
Widowed/divorced/separated	44	512	830	791	2,178
Total†	4,488	6,153	6,221	3,542	20,405
Women					
Married/cohabiting	1,776	4,689	4,930	2,000	13,396
Single	2,513	869	289	285	3,956
Widowed/divorced/separated	116	767	1,381	2,454	4,718
Total†	4,408	6,336	6,600	4,739	22,083
Total					
Married/cohabiting	2,955	9,077	9,734	4,506	26,272
Single	5,766	2,094	856	524	9,240
Widowed/divorced/separated	160	1,279	2,211	3,245	6,896
Total†	8,896	12,489	12,822	8,281	42,488
<i>Unweighted Sample</i>					
Men					
Married/cohabiting	357	1389	1769	931	4446
Single	918	297	167	86	1468
Widowed/divorced/separated	11	125	247	294	677
Total†	1289	1819	2189	1313	6610
Women					
Married/cohabiting	536	1572	1788	720	4616
Single	814	304	101	89	1308
Widowed/divorced/separated	44	282	473	781	1580
Total†	1395	2161	2362	1590	7508
Total					
Married/cohabiting	893	2961	3557	1651	9062
Single	1732	601	268	175	2776
Widowed/divorced/separated	55	407	720	1075	2257
Total†	2684	3980	4551	2903	14118

* Base too small for percentaging.

† Includes a small number of same sex cohabitantes.

Table 2.4 Percentage of adults who were carers, by economic activity status and sex

Persons aged 16-64

Great Britain: 2000

Economic activity status	Sex and marital status		
	Men	Women	Total
Working full time	12	15	13
Working part time	14	18	17
Unemployed	15	16	15
Economically inactive	17	23	21
All aged 16-64*	13	18	16
<i>Weighted bases (000's) = 100%</i>			
Working full time	12,030	6,388	18,417
Working part time	1,105	5,197	6,303
Unemployed	751	473	1,225
Economically inactive	2,838	5,190	8,028
All aged 16-64*	16,832	17,299	34,131
<i>Unweighted sample</i>			
Working full time	3791	2104	5895
Working part time	347	1788	2135
Unemployed	220	156	376
Economically inactive	898	1836	2734
All aged 16-64*	5287	5902	11189

* Includes people on government training schemes and those who did not specify the number of hours worked.

Table 2.5 Percentage of adults who were carers by Government Office Region and by whether the person cared for lived in the carer's household

Persons aged 16 and over

Great Britain: 2000

Government Office Region	Percentage of adults who were:			Weighted bases (000's) = 100%	Unweighted sample
	caring for someone in the same household*	caring for someone in another household only	All		
North East	7	13	20	2,072	686
North West	7	12	19	4,966	1704
Yorkshire and the Humber	5	11	16	3,786	1257
East Midlands	4	12	16	2,900	998
West Midlands	5	9	14	3,940	1305
East of England	5	10	15	3,892	1351
London	5	7	11	5,267	1508
South East	3	11	15	6,060	2065
South West	5	13	18	3,730	1305
Wales	7	11	18	2,080	726
Scotland	4	11	15	3,796	1213
Great Britain	5	11	16	42,488	14118

* Includes people who were caring for someone in the same household and someone in another private household.

Who is caring for whom?

This chapter looks at the characteristics of carers and the people they care for. The analyses distinguish between subgroups of carers who were likely to have had different demands placed upon them. Key distinctions are:

- whether or not the carer lived with the person cared for
- whether or not the carer was the main support for the person cared for
- whether the carer spent a substantial amount of time caring (set at 20 hours or more for these analyses).

There is clearly overlap between these subgroups and the chapter starts by looking at the relationship between them. We then present profiles of the characteristics of the carers and the people cared for in each subgroup.

In order to simplify the presentation of these data, information is shown only about the 'main' person cared for where the carer looks after more than one person.¹ The GHS does not provide a representative sample of people being cared for. The analyses therefore show the percentages of carers who cared for people with particular characteristics rather than the percentage of people cared for with those characteristics.² As Table 3.1 shows, only 3% of adults were caring for two or more people: 1% were caring for more than 1 person living with them and 2% were looking after 2 or more people living elsewhere.

Table 3.1

A third of carers were the only support for the main person cared for. The remainder shared their caring responsibilities with others. Just under a third of carers were the cared for person's main support, either alone or jointly with someone else, and just over a third were subsidiary carers.

Table 3.2

Whether or not the carer and the person cared for lived in the same household was closely related to whether the carer was the main or subsidiary support for that person. As is to be expected, carers who lived in the same household as the person cared for were much more likely to be the sole support than those who looked after someone living elsewhere (56% compared with 22%). Conversely, where responsibilities were shared with others, those who looked after someone in another household were four times more likely to be a secondary carer than those living with the person

cared for (48% compared with 12%).

Table 3.2

There were marked differences between men and women in their caring responsibilities. Women were more likely than men to be the main support both where they were the only carer (35% and 30%) and where duties were shared (25% compared with 19%). This pattern was evident irrespective of whether or not the carer lived with the person cared for.

Table 3.3

Characteristics of carers

Tables 3.4, 3.5 and 3.6 show the characteristics of carers as a whole and in the key subgroups described at the beginning of the chapter. The main features are summarised below.

All carers

- 58% were women
- 45% were aged 45 to 64 and 20% aged 65 or over
- 73% were married or cohabiting
- 77% lived in families containing a couple
- 26% had dependent children
- 18% were caring for their spouse or partner, 8% for their child and just over half (52%) for a parent(-in-law).

Carers looking after someone in the same household

- 54% were women
- 40% were aged 45 to 64 and 29% aged 65 or over
- 76% were married or cohabiting
- 82% lived in families containing a couple
- 21% had dependent children
- 55% were caring for their spouse or partner, 20% for their child and 27% for a parent(-in-law).

Carers looking after someone living elsewhere

- 60% were women
- 48% were aged 45 to 64 and 16% aged 65 or over
- 72% were married or cohabiting
- 75% lived in families containing a couple
- 6% lived in lone parent families
- 28% had dependent children
- Two-thirds (64%) were caring for a parent(-in-law), 2% for their adult child and 56% for another relative or friend or neighbour.

Carers spending at least 20 hours per week

- 61% were women
- 40% were aged 45 to 64 and 28% aged 65 or over
- 78% were married or cohabiting
- 79% lived in families containing a couple
- 25% had dependent children
- 45% were caring for their spouse or partner, 18% for their child and 41% for a parent(-in-law).

Tables 3.4 - 3.6

Characteristics of the people being cared for

Two-thirds of carers were caring for females in 2000. This is at least partly attributable to the older age structure of women in the population as a whole. The predominance of females among the people cared for occurred only when they were living in a different household from their carer—nearly three quarters of this group were female. Carers helping someone living in the same household were evenly divided between those caring for males and those caring for females.

Table 3.7

Among those caring for someone outside the household, 83% were looking after someone aged 65 or over. Conversely, relatively high proportions of carers living with the person they were supporting were looking after younger people – only 43% were caring for an elderly person. Carers looking after someone who lived with them include people caring for their spouse or partner and those with a sick or disabled child whereas those caring for people living elsewhere are predominantly helping elderly relatives or friends.

Table 3.7

Carer households

Table 3.8 shows the composition of *households* where the carer lived with the person that they were looking after.

Three quarters of households contained one carer supporting one person. Twelve per cent contained two carers looking after one person. One in ten contained carers looking after more than one person living with them.

Table 3.8

Over a quarter (27%) of all households containing carers contained 2 adults at least one of whom was aged 60 or over. Such households would typically contain one elderly person caring for another or an unmarried child caring for an elderly parent.

Households of this composition represented nearly a half of households where the carer lived with the person they were looking after.

Table 3.9

Notes and references

1 The 'main' person cared for was selected by the Blaise computer-assisted personal interview program according to the following criteria, in this order of priority:

1. The person cared for on whom the carer spent the most time (in hours) on caring activities or supervision
2. The person cared for living in the carer's household.

In cases where there were no difference between the people being cared for according to these criteria, the first eligible person receiving care listed was selected as the 'main' recipient of care.

2 Information was collected about each person cared for (to a maximum of six people). However, the group of people cared for covered by the survey is not a representative sample of people receiving care because the same person could be reported as being cared for by more than one carer. Such a person could then be counted more than once in the sample of people being cared for. For example, a husband and wife could each provide care for a neighbour and information about the neighbour and the nature of the care provided would be collected from each of them.

Table 3.1 Percentage of adults who were carers and number of people cared for by whether the person cared for lived in the carer's household

<i>Persons aged 16 and over</i>		<i>Great Britain: 2000</i>		
	Men	Women	Total	
Percentage of adults who were:				
Caring for someone in the same household*				
1 person cared for	4	5	4	
2 or more people cared for	1	1	1	
Caring for someone in another private household only				
1 person cared for	7	10	8	
2 or more people cared for	2	3	2	
Total				
1 person cared for	11	14	13	
2 or more people cared for	2	3	3	
<i>Weighted base (000's) = 100%</i>	20,405	22,104	42,509	
<i>Unweighted sample</i>	6610	7514	14124	

* Includes people who were caring for someone in the same household and someone in another private household.

Table 3.2 Whether the carer was the main carer for the main person cared for, and the number of hours spent caring per week, by whether that person lived in the carer's household

	<i>Carers with main person cared for</i>		<i>Total</i>
	<i>in the same household</i>	<i>in another private household</i>	
	%	%	%
Whether main carer			
Only carer	56	22	33
Sole main carer	28	20	23
Joint main carer	4	10	8
Not main carer	12	48	36
<i>Weighted base (000's) = 100%</i>	2,154	4,464	6,618
<i>Unweighted sample</i>	739	1543	2282
Hours spent caring per week			
Under 20	37	89	72
20-49	32	9	16
50 or more	31	1	11
<i>Weighted base (000's) = 100%</i>	2,158	4,521	6,678
<i>Unweighted sample</i>	741	1562	2303

Table 3.3 **Whether main carer for main person cared for by sex of carer and whether the person cared for lived in the carer's household**

Carers	Great Britain: 2000	
	Men	Women
a) Person cared for in carer's household	%	%
No other carer	51	60
Sole main carer	25	31
Joint main carer	5	4
Not main carer	19	5
<i>Weighted base (000's) = 100%</i>	992	1,162
<i>Unweighted sample</i>	333	406
b) Person cared for in another private household	%	%
No other carer	18	24
Sole main carer	16	23
Joint main carer	11	10
Not main carer	55	44
<i>Weighted base (000's) = 100%</i>	1,773	2,691
<i>Unweighted sample</i>	604	939
c) All carers	%	%
No other carer	30	35
Sole main carer	19	25
Joint main carer	9	8
Not main carer	43	32
<i>Weighted base (000's) = 100%</i>	2,765	3,852
<i>Unweighted sample</i>	937	1,345

Table 3.4 **Carers: sex, age and marital status**

Carers	Great Britain: 2000					
	Carers with a person cared for in the same household*	Carers with a person cared for in another private household only	Main/joint main carers	Carers spending at least 20 hours per week caring	All carers	All adults
	%	%	%	%	%	%
Sex						
Men	46	40	37	39	42	48
Women	54	60	63	61	58	52
Age						
16-29	11	10	6	7	10	21
30-44	21	27	23	25	25	29
45-64	40	48	48	40	45	30
65 and over	29	16	23	28	20	19
Marital status						
Married/cohabiting	76	72	76	78	73	62
Single	18	12	11	12	14	22
Widowed/divorced/separated	6	15	12	10	13	16
<i>Weighted bases (000's) = 100%</i>	2,186	4,521	3,788	1,800	6,706	42,488
<i>Unweighted sample</i>	750	1562	1314	620	2312	14118

* Includes people who were caring for someone in the same household and someone in another private household.

Table 3.5 Carers: family type and whether dependent children

<i>Carers</i>		<i>Great Britain: 2000</i>				
Family type and whether dependent children	Carers with a person cared for in the same household*	Carers with a person cared for in another private household only	Main/joint main carers	Carers devoting at least 20 hours per week to caring	All carers	All adults
	%	%	%	%	%	%
1 person	5	19	12	9	14	23
Married/cohabiting couple, no children	46	38	44	44	41	32
Married/cohabiting couple and children	36	37	34	35	37	37
Lone parent	13	6	9	12	9	8
Percentage with dependent children	21	28	24	25	26	27
<i>Weighted bases (000's) = 100%</i>	2,186	4,521	4,341	1,800	6,706	42,488
<i>Unweighted sample</i>	750	1562	1507	620	2312	14,118

* Includes people who were caring for someone in the same household and someone in another private household.

Table 3.6 Carers: relationship of person cared for to carer

<i>Carers</i>		<i>Great Britain: 2000</i>				
Relationship of person cared for to carer	Carers with a person cared for in the same household*	Carers with a person cared for in another private household only	Main/joint main carers	Carers devoting at least 20 hours per week to caring	All carers	All adults
	%	%	%	%	%	%
Spouse	55	0	28	45	18	3
Child under 16	9	0	4	8	3	0
Child 16 and over	11	2	5	10	5	1
Parent	23	46	40	33	38	6
Parent-in-law	4	19	12	8	14	2
Other relative	9	27	15	11	21	3
Friend/neighbour	4	29	18	7	21	3
<i>Weighted bases (000's) = 100%†</i>	2,186	4,521	4,341	1,800	6,706	42,509
<i>Unweighted sample</i>	750	1562	1507	620	2312	14124

* Includes people who were caring for someone in the same household and someone in another private household.

† Includes a small number of carers looking after other people. Percentages may add to more than 100, because some carers were looking after more than one person.

Table 3.7 Sex and age of main person cared for, by whether that person lived in the carer's household

<i>Carers</i>		<i>Great Britain:2000</i>		
Sex and age	Carers with main person cared for		Total	
	in the same household	in another private household		
	%	%	%	
Sex of person cared for				
Male	50	28	35	
Female	50	72	65	
	%	%	%	
Age of person cared for				
Under 16	9	1	4	
16-44	17	6	10	
45-64	30	10	16	
65-74	18	18	18	
75-84	16	41	33	
85 and over	9	24	19	
<i>Weighted base (000's) = 100%</i>	2,169	4,537	6,706	
<i>Unweighted sample</i>	744	1568	2312	

Table 3.8 **Households with carers looking after someone in the same household: number of carers and number of people being cared for in the household**

Households with carers and people being cared for

Great Britain: 2000

Number of carers and number of people being cared for in the household	Percentage of households with carers looking after someone in the same household
	%
1 carer and:	
1 person cared for	76
2 people cared for	2
2 carers and:	
1 person cared for	12
2 or more people cared for	8
3 or more carers and:	
1 person cared for	2
2 or more people cared for	0
<i>Weighted base (000's) = 100%</i>	1,752
<i>Unweighted sample</i>	605

Table 3.9 **Households containing carers: household type, percentages containing dependent children and two or more families**

Households containing carers

Great Britain: 2000

Household type	Households containing:				
	Carers with a person cared for in the same household*	Carers with a person cared for in another private household only	Main/joint main carers	All households containing carers	All households
	%	%	%	%	%
1 adult aged 16-59	0	12	7	8	16
2 adults aged 16-59	10	21	17	17	17
Small family	10	18	14	15	18
Large family	7	5	6	6	6
Large adult household	24	18	22	20	13
2 adults, 1 or more aged 60 or over	48	16	31	27	15
1 adult aged 60 or over	0	10	4	6	16
Percentage of households containing:					
Dependent child(ren)	24	30	26	28	29
2 or more families	15	5	9	9	5
<i>Weighted base (000's) = 100%</i>	1,752	3,341	3,677	5,093	24,829
<i>Unweighted sample</i>	605	1147	1273	1752	8216

* Includes households with carers looking after someone in the same household and someone in another household.

Caring commitments

This chapter describes the commitment made by the carer in terms of the types of help provided, whether the carer was the main support for the person they were looking after, the hours per week and number of years given to caring duties.

Types of help given

Over two-thirds (71%) of carers provided practical help such as preparing a meal, shopping and doing laundry, 60% kept an eye on the person cared for and 55% provided company. Smaller proportions of carers provided more intimate forms of help: 26% gave assistance with personal care, such as washing, 22% administered medicines and 35% provided physical help, for example with walking.

The nature of the tasks reported differed between carers looking after someone in the same household and those caring for someone in another private household. The former were more likely than the latter to undertake the more personal and physical tasks (51% compared with 15% and 57% compared with 25%) and less likely to say that they provided practical assistance or company (69% compared with 73% and 49% compared with 58%). However, those caring for someone living with them may not have considered the provision of company and help with practical tasks as extra responsibilities.

Table 4.1

Time spent on caring activities

The majority of carers spent less than 20 hours per week caring for someone. However, over 1 in 4 carers (28%) spent longer and 1 in 10 spent 50 hours or more. The proportion of female carers who spent 20 hours or more was slightly higher than that among males, (29% compared with 26%).

Carers looking after someone in the same household were much more likely to spend 20 hours per week or more on caring tasks than those giving support to someone in another household (63% compared with 11%). People caring for others at home, as we have seen in previous chapters, care for members of their family. The number of hours they spend caring will include time spent on specific tasks and also time when they are on hand if help is needed; included in this group are those who are on 24 hour call.

Table 4.3

Among carers looking after someone living with them, those aged 30 or over tended to spend a longer time on caring tasks than younger carers. Among 16-29 year old carers, 30% spent 20 hours or more on caring tasks. In older age groups, this proportion was at least twice as high. In contrast, there was little age variation in the time spent caring for someone in another household.

Table 4.4

Main carers

Over a third (35%) of main carers spent 20 hours or more per week in their caring duties compared with 8% of subsidiary carers. Among those providing the main care for someone living with them, nearly two-thirds were spending 20 hours or more per week and over a third were spending at least 50 hours. For the small group acting as secondary carers for someone else in the household, less than a third (31%) spent 20 hours or more. This was still considerably more than time spent by the main carer of people living elsewhere – only 13% spent 20 hours or more.

Table 4.5

Profile of those caring for at least 20 hours a week

The main characteristics of carers devoting at least 20 hours per week to caring are summarised in Table 4.6. Well over half were women and just over two-thirds were aged 45 or over. Three quarters were caring for someone living in the same household. Just under a half were caring for a spouse or partner and 41% were caring for a parent or parent-in-law.

Table 4.6

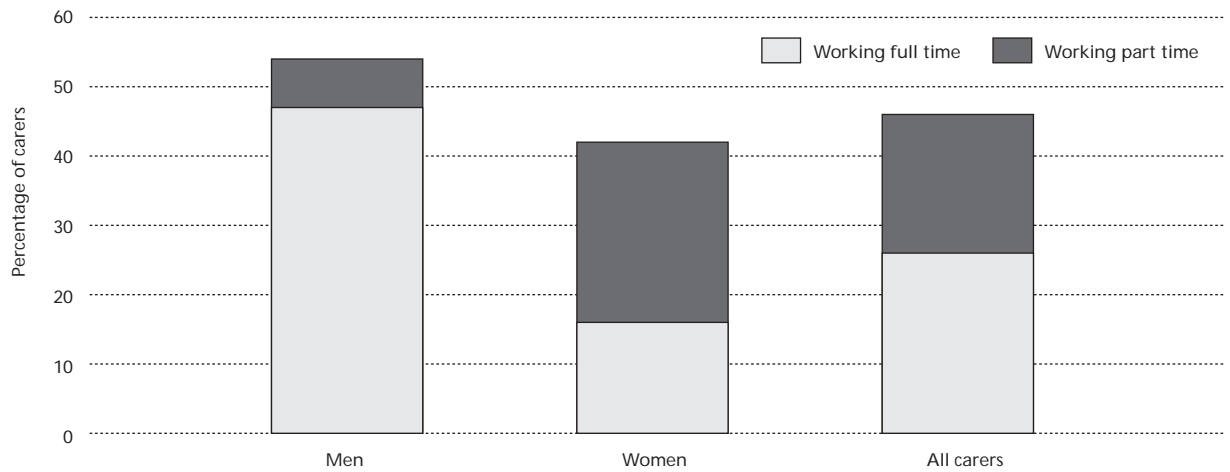
Among carers of working age who spent 20 or more hours a week on caring, just under a half were also in paid employment; 26% were working full time and 19% were working part time. Over half (54%) of the men in this group were working compared with 42% of women, and men were almost three times as likely to be working full-time as their female counterparts.

Table 4.7 and Figure 4A

Number of years caring

One in five carers (21%) had been caring for someone for at least 10 years and nearly a half

Figure 4A Carers aged 16-64 spending at least 20 hours per week caring: percentage working full time and part time by sex of carer: Great Britain, 2000



(45%) had been caring for someone for 5 years or more. Of carers looking after someone in the same household 27% had cared for someone for at least 10 years, compared with 19% of those looking after someone in another private household.

Tables 4.9 and 4.10 show the percentages who had been caring for 10 years or more according to the characteristics of the (main) person they were caring for. Among those caring for a grown up child over half (56%) had been caring for 10 years or longer. For those caring for a younger child or a spouse or partner, the proportion was about a quarter. Those caring for a parent(-in-law) tended to be shorter-term carers: 41% had been caring for less than 3 years (data not shown) and only 16% had been caring for 10 years or more. These variations in the length of time for which people had been caring reflect to some extent the age and disability of the person cared for. Among those looking after someone aged under 45 with a mental disability, 40% had been caring for 10 years or more compared with only 16% among those caring for someone in this age group but who had only a physical disability. However, where the person cared for was older, the number of years caring was unrelated to type of disability.

Tables 4.8-4.10

Table 4.1 **Types of help given to main person cared for, by whether that person lived in the carer's household**

<i>Carers</i>		<i>Great Britain: 2000</i>	
Help given	Carers with main person cared for		Total
	in the same household	in another private household	
	%	%	%
Personal care (eg washing)	51	15	26
Giving medicines	44	11	22
Physical help (eg with walking)	57	25	35
Paperwork or financial matters	41	38	39
Other practical help	69	73	71
Keeping company	49	58	55
Taking out	49	53	52
Keeping an eye on person cared for	62	59	60
<i>Weighted base (000's) = 100%</i>	2,164	4,537	6,701
<i>Unweighted sample</i>	742	1568	2310

Table 4.2 **Number of hours spent caring per week (for all people cared for) by sex of carer**

<i>Carers</i>		<i>Great Britain: 2000</i>	
Number of hours spent caring*	Men	Women	Total
	%	%	%
Under 20	74	71	72
20-49	16	17	16
50 or more	10	11	11
<i>Weighted base (000's) = 100%</i>	2,793	3,885	6,678
<i>Unweighted sample</i>	946	1357	2303

* Includes time when carer was available in case help was needed.

Table 4.3 **Number of hours spent caring per week (for all people cared for) by whether people cared for lived in the carer's household**

<i>Carers</i>		<i>Great Britain: 2000</i>	
Number of hours caring per week*	Carers with people cared for		Total
	in the same household†	in another private household	
	%	%	%
Under 20	37	89	72
20-49	32	9	16
50 or more	31	1	11
<i>Weighted base (000's) = 100%</i>	2,158	4,521	6,678
<i>Unweighted sample</i>	741	1562	2303

* Includes time when carer was available in case help was needed

† Includes people caring for someone in the same household and for someone in another private household.

Table 4.4 Total hours spent caring for main person cared for and whether that person lived in carer's household by age of carer

<i>Carers</i>		<i>Great Britain: 2000</i>			
Hours spent caring	Age of carer				
	16-29	30-44	45-64	65 and over	
a) Person cared for in carer's household					
Under 20	%	%	%	%	
20-49	70	28	38	29	
50 or more	18	39	30	33	
	12	31	31	37	
<i>Weighted base (000's) = 100%</i>	240	448	847	623	
<i>Unweighted sample</i>	74	150	296	221	
b) Person cared for in another private household					
Under 20	%	%	%	%	
20-49	88	88	89	90	
50 or more	9	10	9	8	
	3	1	1	1	
<i>Weighted base (000's) = 100%</i>	451	1,208	2,153	708	
<i>Unweighted sample</i>	139	391	776	256	

Table 4.5 Number of hours per week caring for main person cared for by whether the person lived in the carer's household and whether main carer

<i>Carers</i>		<i>Great Britain: 2000</i>					
Number of hours spent caring	Carers with main dependant				Total		
	in the same household		in another private household		Main/joint main carers	Non-main carers	
	Main/joint main carers	Non-main carers	Main/joint main carers	Non-main carers			
	%	%	%	%	%	%	
0-19	36	69	87	95	65	92	
20-49	28	17	11	5	19	6	
50 or more	36	14	2	0	17	2	
<i>Weighted base (000's) = 100%</i>	1,725	231	2,225	2,063	3,950	2,294	
<i>Unweighted sample</i>	595	77	774	706	1,369	783	

Table 4.6 **Characteristics of carers spending at least 20 hours per week caring (all people cared for)**

Great Britain: 2000

	%
Sex	
Male	39
Female	61
Age	
16-44	32
45-64	40
65 and over	28
Where person/people cared for lived	
Carer's household	75
Other private household only	25
Whether main carer	
Main carer	88
Secondary carer	12
Relationship of person cared for to carer	
Spouse	45
Child (of any age)	18
Parent or parent-in-law	41
Other relative or friend	18
<i>Weighted base (000's): those spending at least 20 hours per week caring = 100%</i>	<i>1,786</i>
<i>Unweighted sample</i>	<i>616</i>

Table 4.7 **Carers aged 16 to 64 who were spending at least 20 hours per week caring (for all people cared for): percentages who were working full time and part time by sex of carer**

Carers aged 16 to 64 spending at least 20 hours per week caring

Great Britain: 2000

	Men	Women	Total
	Percentage working		
Working full time	47	16	26
Working part time	7	26	19
All working	54	42	46
<i>Weighted base (000's) = 100%</i>	<i>445</i>	<i>852</i>	<i>1,297</i>
<i>Unweighted sample</i>	<i>146</i>	<i>295</i>	<i>441</i>

Table 4.8 Number of years caring for main person cared for by whether the person cared for lived in the carer's household

Carers *Great Britain: 2000*

Number of years caring for main person cared for	Carers with main person cared for		Total
	in the same household	in another private household	
	%	%	%
Under 1 year	12	14	13
1-2 years	20	24	23
3-4 years	17	21	20
5-9 years	25	23	24
10-14 years	13	10	11
15 years or more	14	9	10
<i>Weighted base (000's) = 100%</i>	2,156	4,537	6,693
<i>Unweighted sample</i>	740	1568	2308

Table 4.9 Carers with main person cared for in the household: percentage who had looked after that person for at least 10 years by relationship of person cared for to carer

Carers with main person cared for in the household *Great Britain: 2000*

Relationship of main person cared for to carer	Percentage who had cared for person for 10 years or more	<i>Weighted base (000's) = 100%</i>	<i>Unweighted sample</i>
Spouse	27	1,196	424
Child under 16	22	180	65
Child 16 or over	56	180	53
Parent/parent-in-law	16	451	149
Other relative/friend	[25]	121	39

Table 4.10 Carers with main person cared for in the household: percentage who had looked after that person for at least 10 years by age and disability of person cared for

Carers with main person cared for in the household *Great Britain: 2000*

Age and disability of main person cared for	Percentage who had cared for person for 10 years or more	<i>Weighted base (000's) = 100%</i>	<i>Unweighted sample</i>
Age under 45:			
Physical disability only	16	265	83
Mental disability only or with physical disability	40	284	94
All aged under 45	28	555	179
Aged 45 and over			
Physical disability only	25	1,144	402
Mental disability only or with physical disability	26	361	125
All aged 45 and over*	26	1,598	560

* Includes carers who described their dependant's disability in other terms.

Use of services

This chapter considers the use of statutory and voluntary services and centres¹ which provide some additional support to carers and the people they look after. The analyses describe the services used by the main person the respondent cared for.

Questions about carers' opportunities to leave the person they were looking after for a period of up to 3 hours were addressed to those spending 20 hours or more caring. Among this group about a half of carers were looking after someone who needed constant attention and therefore could not be left for a few hours. However, most carers who could not be away for such a period had someone else who could take over – usually a relative. Only 8% said that they could not rely on anyone to help them (data not shown).

Table 5.1

Attendance at centres by main person cared for

One third of the people being cared for were working (2%) or attending day-time activities, for example a day centre, day hospital, social club or support group (31%). People living with their carer and those living elsewhere were equally likely to attend some form of day time activity. However, the former, being younger on average, were more likely than the latter to go to school or work (11% compared with 4%) and less likely to attend a social club or day-centre (25% compared with 33%).

Table 5.2

Attendance at school, work or centres and social clubs was dependent on the age of the person being cared for: the great majority (82%) of children under 16 attended a centre compared with less than one third of those aged 45 and over. About two-thirds (69%) of children under 16 attended school or college and about two-fifths (42%) attended a social club, day centre or day hospital. The use of these centres was lower in all older age groups and was lowest for those aged 45-64 (24%).

Table 5.3

The relationship between attendance at day-centres and time spent caring is not simple. Other things being equal, those looking after someone who attended day time activities would be expected to spend less time caring than their counterparts who did not have such respite. On

the other hand, the people requiring most care may be the most likely to attend. These two opposing factors will at least partly explain why there was no consistent relationship between attendance at day-centres etc. and the time spent caring.

Only two-fifths (41%) of people being cared for received visits from health, social or voluntary services. Among those who lived with their carer, less than a quarter received such services compared with half of the people who lived in a different household from the person looking after them (23% compared with 50%). The former were less likely than the latter to receive visits from health practitioners (15% compared with 38%) and less likely to receive home help and meals on wheels services (9% compared with 31%). Many of the people who did not live with their carer were elderly people and the variation in the services received is partly reflecting the greater use of such services generally by older people.

Table 5.5

Notes and references

1 Respondents were asked whether the person they cared for regularly attended or did the following activities: work, day centre, school or college, day hospital, social club, support group or other club.

Table 5.1 Carers spending at least 20 hours a week caring: whether the person cared for could be left for a few hours

Great Britain: 2000

	%
Could not leave person cared for for a few hours	51
Could leave person cared for for a few hours	49
<i>Weighted base (000's) = 100%</i>	<i>1,762</i>
<i>Unweighted sample</i>	<i>607</i>

Table 5.2 Carers: whether the main person cared for went to work, college or a social centre by whether that person lived in the carer's household

Carers

Great Britain: 2000

Centres attended by main person cared for	Carers with main person cared for		Total
	in the same household	in another private household	
	%	%	%
School or college	8	2	4
Work	3	2	2
Social club or day centre/hospital	25	33	31
None of the above	68	68	68
<i>Weighted base (000's) = 100%</i>	<i>1,568</i>	<i>3,159</i>	<i>4,727</i>
<i>Unweighted sample</i>	<i>545</i>	<i>1084</i>	<i>1629</i>

Table 5.3 Carers: whether the main person cared for went to work, college or a social centre by that person's age

Carers

Great Britain: 2000

Centres attended by main person cared for	Carers with main person cared for aged:				
	Under 16	16-44	45-64	65-84	85 and over
	%	%	%	%	%
School or college	69	10	1	-	0
Work	-	10	6	0	0
Social club or day centre/hospital	42	37	24	32	29
None of the above	18	53	71	71	73
<i>Weighted base (000's) = 100%</i>	<i>175</i>	<i>411</i>	<i>837</i>	<i>2,410</i>	<i>888</i>
<i>Unweighted sample</i>	<i>62</i>	<i>132</i>	<i>290</i>	<i>823</i>	<i>320</i>

Table 5.4 **Carers: whether the main person cared for went to work, college or a social centre by number of hours caring per week**

Carers

Great Britain: 2000

Centres attended by main person cared for	Number of hours per week caring for main person cared for				
	0-19	20-34	35-49	50-99	100 or more
	%	%	%	%	%
School or college	3	7	6	8	6
Work	2	2	3	1	2
Social club or day centre/hospital	32	34	21	25	29
None of the above	69	64	70	71	69
<i>Weighted base (000's) = 100%</i>	3,296	432	224	182	354
<i>Unweighted sample</i>	1134	147	75	65	125

Table 5.5 **Percentage of carers whose main person cared for received regular visits from health, social and voluntary services, by whether that person lived in the carer's household**

Carers

Great Britain: 2000

Type of visitor	Carers with main person cared for		Total
	in the same household	in another private household	
	Percentage receiving regular visits from:		
Doctor	5	15	12
Community or district nurse	9	17	14
Health visitor	1	6	5
Social worker	4	9	8
Home help	8	23	18
Meals-on-wheels	1	8	6
Voluntary worker	1	3	3
Other	5	8	7
No regular visitor	77	50	59
<i>Weighted base (000's) = 100%</i>	1,477	2,886	4,363
<i>Unweighted sample</i>	514	990	1504

Health and well-being

This chapter describes the health of carers and the people they look after. It also discusses carers' views about the impact of caring on their health¹. As in previous chapters, where the carer was looking after more than one person, information is presented for the main person cared for, that is, the person on whom they spent most time caring.

Health of the person being cared for

The majority of carers (62%) were looking after someone with a physical disability only. A further 6% were caring for someone with a mental disability only and 18% of carers were looking after someone with both a mental and a physical disability. Most of the others (14%) simply said that the person was receiving care because they were old.

Figure 6A and Table 6.1

Carers looking after someone in the same household were more likely than those caring for someone not living with them to be looking after someone with a mental disability (30% compared with 21%). The latter were more likely than the former to be looking after someone who was receiving care simply because they were old (18% compared with 4%).

Figure 6A and Table 6.1

Health of the carer

Among carers devoting at least 20 hours per week to caring, a half reported having a longstanding

illness and over a third (35%) said that their illness limited their activities. A fifth of this group said that their health over the last 12 months was 'not good'. The proportion reporting health problems was particularly high among elderly carers who were spending 20 hours or more a week on caring tasks: just under half (47%) reported a limiting longstanding illness. This is higher than the corresponding proportion among people of this age in the general population, 41%.

Figure 6B and Table 6.2

The perceived effects of caring on the health of the carer are shown in Tables 6.3 and 6.4. Two-fifths of carers (39%) reported that their physical or mental health had been affected as a result of caring. A fifth of carers (20%) reported feeling tired, the same proportion said that they had a general feeling of stress. Carers also reported being short-tempered (17%), feeling depressed (14%) and having disturbed sleep (14%). A small proportion (4%) had had to see their GP about a health problem associated with their caring responsibilities.

Tables 6.3 and 6.4

The proportion of carers reporting that their health was affected by caring increased according to the number of hours spent per week on caring activities. Less than a third (28%) of carers spending less than 20 hours per week looking after someone said that they had experienced ill-health as a result of caring compared with 61% of carers spending 20-49 hours caring and 72% of those spending 50 hours or more. The prevalence of the

Figure 6A **Disability of main person cared for by whether that person lived in carer's household: Great Britain, 2000**

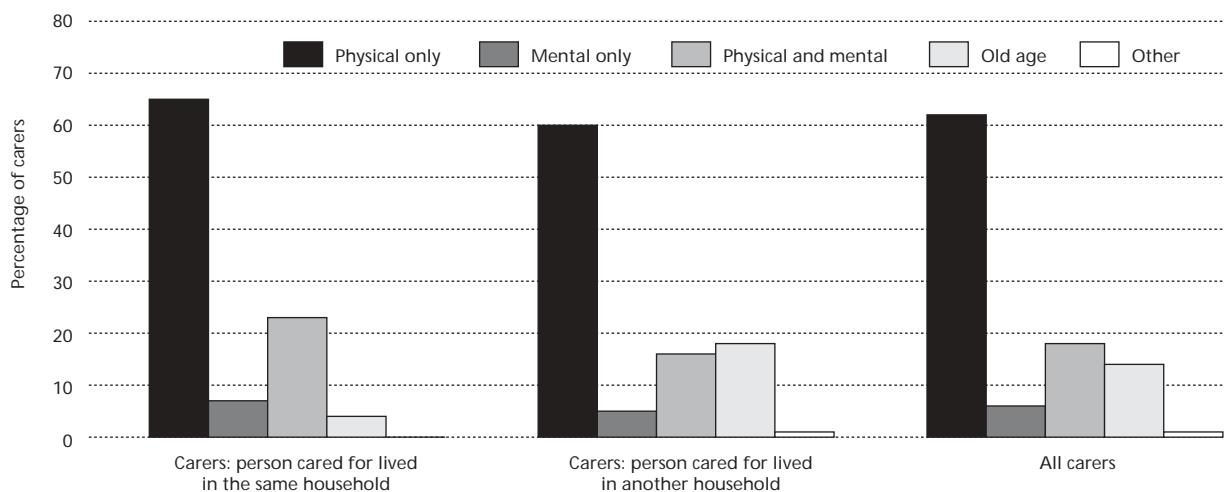
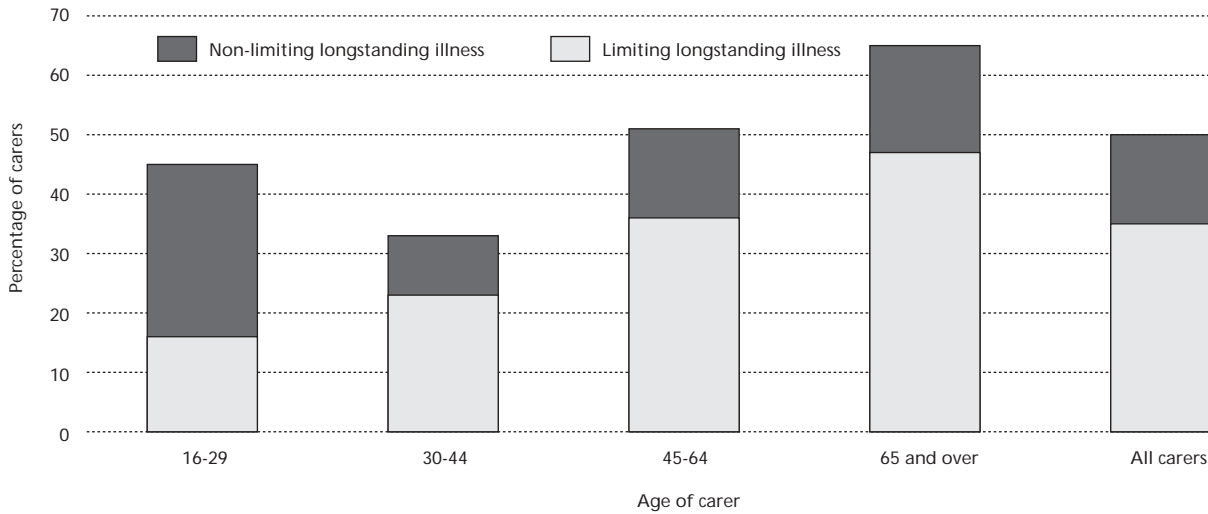


Figure 6B Carers spending at least 20 hours per week caring: percentage reporting longstanding illness by age of carer: Great Britain, 2000



different health problems also tended to increase with the time spent caring. Thus, for example, among those spending 50 hours or more about a half reported feeling tired and just under a half had had disturbed sleep.

Table 6.3

Carers looking after someone who lived with them were more likely than those caring for someone living elsewhere to report health problems stemming from their responsibilities, 59% compared with 29%. Among the former, a third said that they felt tired (34%), that their sleep was disturbed (31%) or that they had a general feeling of stress (30%).

Table 6.4

Notes and references

1 In 2000, carers were asked for the first time on the GHS what effect caring had on them both physically and emotionally. The health and well-being of carers is reported in more detail in the *Mental Health of Carers*, Singleton, N et al., 2000, which was a follow-up survey of GHS respondents.

Table 6.1 **Disability of main person cared for, by whether that person lived in the carer's household**

Carers *Great Britain: 2000*

Disability of person cared for	Carers with main person cared for		Total
	in the same household	in another private household	
	%	%	
Physical only	65	60	62
Mental only	7	5	6
Physical and mental	23 } 30	16 } 21	18 } 24
Old age	4	18	14
Other	0	1	1
<i>Weighted base (000's) = 100%</i>	2,161	4,537	6,698
<i>Unweighted sample</i>	741	1568	2309

Table 6.2 **Carers spending at least 20 hours per week caring for main person cared for: percentages who reported longstanding illness by age of carer**

Carers spending at least 20 hours per week caring *Great Britain: 2000*

Longstanding illness and health over the last 12 months	Age of carer				Total
	16-29	30-44	45-64	65 and over	
	Percentage reporting				
Limiting longstanding illness	[16]	23	36	47	35
Longstanding illness (either limiting or non-limiting)	[45]	33	51	65	50
Health over the last 12 months was 'not good'	[7]	15	21	27	20
<i>Weighted base (000's) = 100%</i>	124	443	723	503	1,793
<i>Unweighted sample</i>	40	149	250	179	618

Table 6.3 **How the carer's health has been affected by the number of hours spent caring per week**

Carers *Great Britain: 2000*

	Number of hours spent caring per week			Total*
	Under 20	20-49	50 or more	
	%	%	%	%
Feels tired	12	34	52	20
Feels depressed	7	27	34	14
Loss of appetite	1	5	8	3
Disturbed sleep	7	24	47	14
General feeling of strain	14	35	40	20
Physical strain	3	10	24	7
Short tempered	11	29	36	17
Had to see own GP	2	8	17	4
Other	2	4	2	2
Health not affected	72	39	28	61
<i>Weighted base (000's) = 100%</i>	4,798	1,086	713	6,672
<i>Unweighted sample</i>	1656	371	249	2301

* Total includes a few people who could not estimate the number of hours.

Table 6.4 **How the carer's health has been affected by whether people cared for lived in the carer's household**

<i>Carers</i>	<i>Carers with person cared for</i>		<i>Total</i>
	<i>in the same household</i>	<i>in another private household</i>	
	%	%	%
Feels tired	34	13	20
Feels depressed	24	9	14
Loss of appetite	5	1	3
Disturbed sleep	31	6	14
General feeling of strain	30	16	20
Physical strain	13	3	7
Short tempered	28	12	17
Had to see own GP	10	2	4
Other	3	2	2
Health not affected	41	71	61
<i>Weighted base (000's) = 100%</i>	<i>2,180</i>	<i>4,518</i>	<i>6,698</i>
<i>Unweighted sample</i>	<i>748</i>	<i>1561</i>	<i>2309</i>

Background information

The General Household Survey (GHS) is a multi-purpose continuous survey carried out by the Social Survey Division of the Office for National Statistics (ONS) which collects information on a range of topics from people living in private households in Great Britain. The survey started in 1971 and has been carried out continuously since then, except for breaks in 1997/98 (when the survey was reviewed) and 1999/2000 when the survey was re-developed.

From April 2000, the survey consists of two elements: the Continuous Survey and trailers. The Continuous Survey is to remain unchanged for the five-year period April 2000-March 2005, apart from essential changes to take account of, for example, changes in benefits. It consists of a household questionnaire, to be answered by the Household Reference Person or spouse, and an individual questionnaire to be completed by all adults aged 16 and over resident in the household. The household questionnaire covers the following topics:

- demographic information about household members
- household and family information
- household accommodation
- housing tenure
- consumer durables including vehicle ownership
- migration.

The individual questionnaire includes sections on:

- employment
- pensions
- education
- health and use of health services
- smoking
- drinking in the last seven days
- family information including marriage, cohabitation and fertility history
- income.

The GHS has retained its modular structure, which allows a number of trailers to be included each year to a plan agreed by sponsoring Departments. The trailers included in 2000/1 survey were:

- usual alcohol consumption in the last 12 months
- social capital
- informal carers.

A major methodological change for the 2000/01 data set is the introduction of weighting and grossing. The GHS, unlike other major ONS

surveys (for example the Family Expenditure Survey and the Labour Force Survey), has not been weighted for nonresponse bias nor grossed to population values in the past because of the complexity of the data. The simplified data structure created in response to the review of 1997 and developments in household grossing techniques and software, such as Calmar or Bascula, provide the opportunity to weight and gross GHS data for the first time.

In summary grossing and weighting can:

- reduce nonresponse biases;
- reduce variance of estimates;
- improve precision for a wide range of social survey estimates;
- provide a consistent set of grossing and weighting figures (rather than different individuals developing their own weights which may give differing results);
- bring the GHS in line with other surveys.

A dual weighting scheme has been introduced. First weighting to compensate for nonresponse in the sample based on known under-coverage in the Census-linked study of nonresponse. Second, the (weighted) sample has been weighted (grossed) up to match known population distributions (as used in the Labour Force Survey).

Fieldwork for the GHS is conducted on a financial year basis, with interviewing taking place continuously throughout the year. A sample of 13,248 addresses is selected each year from the Postcode Address File. In 2000/01, this produced a sample of 12393 eligible addresses. Interviews were achieved at 8221 households, representing a response rate of 67%.

Since the 1994 survey, interviews have been conducted using computer-assisted personal interviewing (CAPI) on laptop computers, with the addition from 2000 of telephone interviews (CATI) with those people for whom proxy data had been collected. The software is BLAISE.

Unpublished GHS data can be made available to researchers, for a charge, if resources are available, and provided that confidentiality of informants is preserved. Any work based on the GHS data is the responsibility of the individuals concerned, but ONS should be given the opportunity to comment in advance on any report or paper using GHS data, whether prepared for publication or for a lecture,

conference or seminar. In addition, copies of GHS datasets are available for specific research projects, subject to similar conditions, through the Data Archive at the University of Essex.

Appendix B

The questions

Select the **HAND** tool and click in the text below to enlarge the view. Continue clicking the **HAND** tool to advance seamlessly throughout the questionnaire.

Appendix B

The Questionnaire

INFORMAL CARERS

1. INTRO

Ask all fully co-operating adults

I'd like to talk now about caring informally for others.

Some people have extra responsibilities because they look after someone who has long-term physical or mental ill health or disability, or problems related to old age.

2. DepLivIn [*] Ask if there is more than one person in the household (*NPersn >1*), others Q3

May I check, is there anyone **living with you** who is sick, disabled or elderly whom you look after or give special help to, other than in a professional capacity (for example, a sick or disabled (or elderly) relative/husband/wife/child/friend/parent, etc)?

CODE 'NO' IF GIVES FINANCIAL HELP ONLY

Yes 1
No 2 → Q3
Not sure 3

3. DivOut [*] Ask all co-operating adults

Is there anyone, (either living with you or) not living with you who is sick, disabled or elderly whom you look after or give special help to, other than in a professional capacity, (for example, a sick or disabled (or elderly) relative/husband/wife/child/friend/parent, etc)?

CODE 'NO' IF GIVES FINANCIAL HELP ONLY

CODE ALL THAT APPLY

Yes; in this household 1 → Q4
Yes; in another household 2 → Q5
No 3 → Family Information
Not sure 4

4. DivNo Ask if respondent is caring for someone in household (*DepLivIn = 1* or *DivOut = 1*)

Do you look after or help one sick, disabled or elderly person living with you, or is it more than one?

IF MORE THAN 6 CODE AS 6

1..6 → Q6

5. DOutNo Ask if respondent is caring for someone in another household (*DivOut = 2*)

Do you look after or help one sick, disabled or elderly person living elsewhere, or is it more than one?

IF MORE THAN 6 CODE AS 6

1..6 → Q6

6. TotDep1 Computed in Blaise if respondent is caring for someone (*DepLivIn = 1* or *DivOut = 1-2*)

TOTAL NUMBER of PEOPLE HELPED (DLIVNO+DOUTNO) (computed in Blaise) → Q7

7. Drellnf If respondent is caring for someone (in this or another household) ask the following block of questions until question Drellnf or OthHelp, for each person cared for in turn, starting with people living in the household (*DepLivIn = 1* or *DivOut = 1* or *2*)

Who is it (in your household/ not living with you) that you look after or help?

Spouse/partner 1
Own/adopted/step child 2
Foster child 3
Parent 4 → Q8
Parent-in-law 5
Other relative 6
Friend or neighbour 7
Client of voluntary organisation 8 → next dependent or Q26 if not
Other 9 → Q8

8. DepName Ask about all people being cared for, except clients of voluntary organisation (*DRelInf = 8*)

RECORD name or relationship by which person cared for will be referred to in following questions → Q9

9. DpersN ENTER PERSON NUMBER OF PERSON CARED FOR (IF IN HOUSEHOLD), OTHERWISE CODE 15

Number from household box range 01-14 → Q10
Non-member of household 15

10. DAge ASK OR RECORD

Age of (NAME OF PERSON CARED FOR)

ESTIMATE IF NECESSARY IF ESTIMATE CODE 997, AND ENTER ESTIMATED AGE IN THE NEXT QUESTION → Q11

11. XDAge Ask if estimating age (*DAge = 997*)

Enter estimated age range 0..120 → Q12

12. Dsex Ask about all people cared for, except clients of voluntary organisation (*DRelInf ≠ 8*)

ASK OR RECORD

Sex of person cared for

Male 1 → See Q13
Female 2

13. LivInst	<p>Ask if person cared for is not a household member (DpersN = 15)</p> <p>May I check, does (NAME OF PERSON CARED FOR) usually live in a hospital, residential or nursing home?</p> <p>Yes 1 → next dependent or Q26 if not No 2 → See Q16</p>	<p>both physically and mentally? 3 SPONTANEOUSLY ONLY – old age 4 → Q18 Other 5</p>
14. LivElseW	<p>Ask if person cared for is a household member (DpersN = 1-14)</p> <p>May I just check, does (NAME OF PERSON CARED FOR) usually live here all the time or does he/she sometimes go to live somewhere else?</p> <p>Lives here all the time 1 → See Q16 Sometimes lives somewhere else 2 → Q15</p>	18. DillChk
15. WhereElse	<p>Ask if person cared for sometimes lives somewhere else (LivElseW = 2)</p> <p>Where does (NAME OF PERSON CARED FOR) live when he/she is not living with you. Is it in another household or somewhere else?</p> <p>PROBE FULLY</p> <p>In another private household 1 Boarding school/ residential college 2 Hospital or Nursing home 3 → See Q16 Residential home 4 Other institution 5 Other 6</p>	<p>Ask if person cared for is NOT living in a hospital, residential or nursing home (DpersN <15 or LivInst = 2)</p> <p>INTERVIEWER CHECK Is the condition/illness permanent or temporary? IF IN DOUBT CODE 'PERMANENT'</p> <p>Permanent 1 → Q19 Temporary 2 → Q20</p>
16. Dillness	<p>Ask if person cared for is NOT living in a hospital, residential or nursing home (DpersN <15 or LivInst = 2)</p> <p>ASK (or RECORD if already mentioned by respondent)</p> <p>May I check, why does (NAME OF PERSON CARED FOR) need care?</p> <p>DO NOT PROBE</p> <p>RECORD ILLNESS/CONDITION → Q17</p>	19. Dhelp
17. Affected	<p>(You mentioned earlier what was the matter with (NAME OF PERSON CARED FOR))</p> <p>Could I just check, how is he/she affected?</p> <p>READ OUT OR SHOW CARD M or RUNNING PROMPT</p> <p>Is it ... physically 1 → Q18 mentally 2</p>	<p>Ask if person cared for has a permanent illness (DillChk = 1)</p> <p>What kinds of things do you usually do for (NAME OF PERSON CARED FOR) IF IS IN HOUSEHOLD (over and above what you would normally do for someone living with you/a child of his/her age?)</p> <p>SHOW CARD N</p> <p>PROMPT FIRST ITEM AS EXAMPLE</p> <p>CODE ALL THAT APPLY</p> <p>Do you usually help with</p> <p>Personal care ? (eg. dressing, bathing, washing, shaving, cutting nails, feeding, using the toilet) 1 Physical help? (eg. with walking, getting up and down stairs, getting into and out of bed) 2 Helping with paperwork or financial matters? (eg. writing letters, sending cards, filling in forms, dealing with bills, banking) 3 Other practical help? (eg. preparing meals, doing his/her shopping, laundry, housework, gardening, decorating, household repairs, taking to doctor's or hospital) 4 → See Q21 Keeping him/her company? (eg. visiting, sitting with, reading to, talking to, playing cards or games) 5 Taking him/her out? (eg. taking out for a walk or drive, taking to see friends or relatives) 6 Giving medicines? (eg. making sure he/she takes pills giving injections, changing dressings) 7 Keeping an eye on him/her to see he/she is all right? 8 Other help? 9</p>

20. DfinChk **Ask if person cared for has a temporary illness (DillChk = 2)**

INTERVIEWER CHECK

Does the carer give financial help only?

- Yes 1 → next dependent or Q26 if not
 No 2 → See Q21

21. HelpHrs **If carer gives more than financial help (DFinChk = 2)**

About how long do you spend each week looking after or helping (NAME OF PERSON CARED FOR) - that is doing the things you've mentioned and including time when you just need to be there (apart from when you are asleep/ including time travelling to and from his/her home)?

PROMPT AS NECESSARY or SHOW CARD O

- 0-19 hours per week 1
 20-34 hours per week 2
 35-49 hours per week 3
 50-99 hours per week 4 → Q22
 100 or more hours per week 5
 Varies - Under 20 hours 6
 Varies - 20 hours or more 7
 Other 8

22. HelpYrs **About how long have you been looking after or helping (NAME OF PERSON CARED FOR) IF PERSON CARED FOR IS IN HOUSEHOLD (that is doing things for him/her over and above what you would normally do for someone living with you/a child of that age)?**

PROMPT AS NECESSARY

- Less than 6 months 1
 6 months, less than 1 year 2
 1 year, less than 3 years 3
 3 years, less than 5 years 4 → Q23
 5 years, less than 10 years 5
 10 years, less than 15 years 6
 15 years, less than 20 years 7
 20 years or more 8

23. OthHelp **Apart from any people, such as nurses or home carers, who may regularly visit (NAME OF PERSON CARED FOR), is there anyone else who helps to look after him/her - for example, another member of your household, another member of the family, a relative or friend or some kind of paid helper?**

- Yes 1 → Q24
 No 2 → next
 Other person(s) spend equal time 3 dependent
 Don't know 4 or Q26 if not

24. MoreTime **Ask if there is someone else who helps look after the person cared for (OthHelp = 1)**

Can I just check, do any of these people (including anyone in your household) spend more time looking after (NAME OF PERSON CARED FOR) than you do?

- Yes 1] next
 No 2] dependent
 Other person(s) spend equal time 3 or Q26
 Don't know 4] if not

25. ThelpHrs **After asking about each dependant in turn**

If more than one person is cared for (excluding clients of a voluntary organisation)

May I check; thinking about the total time you spend assisting (SPECIFY PERSONS CARED FOR), about how long altogether do you spend each week looking after or helping them?

SHOW CARD O

- 0-19 hours per week 1
 20-34 hours per week 2
 35-49 hours per week 3
 50-99 hours per week 4 → Q26
 100 or more hours per week 5
 Varies - Under 20 hours 6
 Varies - 20 hours or more 7
 Other 8

See 'Choosing the main person cared for'

CHOOSING THE MAIN PERSON CARED FOR

- a. If the Carer assists more than one person, select the one that the respondent spends most time helping.
- b. If the same amount of time is spent assisting two people, select the one that lives in the respondent's household.
- c. If the same amount of time is spent assisting two people, both of whom live in the respondent's household, ask MdepNo (see below). Select the person on whom more time is spent. If the respondent is unable to say for which person she/he spends most time caring, select the first one listed.
- d. If there is more than one person cared for and they all live outside the household, select the one with the highest number of hours helped.
- e. If the same amount of assistance is given to more than one person, all of whom live outside the household, choose the first one listed

26. MdepNo **SELECT THE PERSON CARED FOR WHO THE RESPONDENT SPENDS MOST TIME WITH**

IF SPENDS THE SAME AMOUNT OF TIME WITH MORE THAN ONE PERSON THAT THEY CARE FOR, THEN SELECT

<p>THE PERSON WHO IS 'AT HOME' Otherwise ASK:</p> <p>You mentioned earlier that you spend a similar amount of time per week looking after or helping (NAME ALL 'EQUAL' PERSONS CARED FOR) Can you say which one you spend most time helping on average, or is there no difference?</p> <p>IF RESPONDENT SAYS NO DIFFERENCE SELECT THE FIRST ELIGIBLE PERSON CARED FOR</p> <p>Enter person number of person cared for</p> <p>1..7 → Q27</p> <p>27. IntChk INTERVIEWER: HAVE DETAILS ALREADY BEEN COLLECTED FOR (NAME OF PERSON CARED FOR)?</p> <p>Ask the following section of the main carer only → Q28</p> <p>28. Dvis Ask if main person being cared for is a relative, or living in the household (Drellnf = 1-6 or DPersn < 15), others Q49</p> <p>I am now going to ask a few questions about (MAIN PERSON CARED FOR)</p> <p>Does (NAME OF PERSON CARED FOR) receive regular visits at least once a month from any of these people?</p> <p>SHOW CARD P</p> <p>CODE ALL THAT APPLY</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Doctor</td><td>1</td><td></td></tr> <tr><td>Community/district nurse</td><td>2</td><td></td></tr> <tr><td>Health visitor</td><td>3</td><td></td></tr> <tr><td>Social worker/care manager</td><td>4</td><td>→ Q30</td></tr> <tr><td>Home help/care worker</td><td>5</td><td></td></tr> <tr><td>Meals on wheels</td><td>6</td><td></td></tr> <tr><td>Voluntary worker</td><td>7</td><td></td></tr> <tr><td>Other professional visitor</td><td>8</td><td></td></tr> <tr><td>No, none</td><td>9</td><td>→ Q29</td></tr> <tr><td>Don't know</td><td>10</td><td>→ Q30</td></tr> </table> <p>29. Dnurs Ask if main person cared for does not receive regular visits from any of the people listed above (Dvis = 9)</p> <p>What are the reasons for (NAME OF PERSON CARED FOR) not receiving regular visits at least once a month from any of the above? Please choose your answers from the card.</p> <p>SHOW CARD Q</p> <p>CODE ALL THAT APPLY</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Not available/not offered</td><td>1</td><td></td></tr> <tr><td>Not needed</td><td>2</td><td>→ Q30</td></tr> <tr><td>Tried, but not helpful</td><td>3</td><td></td></tr> <tr><td>Not wanted by you</td><td>4</td><td></td></tr> </table>	Doctor	1		Community/district nurse	2		Health visitor	3		Social worker/care manager	4	→ Q30	Home help/care worker	5		Meals on wheels	6		Voluntary worker	7		Other professional visitor	8		No, none	9	→ Q29	Don't know	10	→ Q30	Not available/not offered	1		Not needed	2	→ Q30	Tried, but not helpful	3		Not wanted by you	4		<table style="width: 100%; border-collapse: collapse;"> <tr><td>Not wanted by the person you care for</td><td>5</td><td rowspan="4">} → Q30</td></tr> <tr><td>Not at a convenient time</td><td>6</td></tr> <tr><td>Too expensive</td><td>7</td></tr> <tr><td>Other</td><td>8</td></tr> </table> <p>30. DGo Ask if main person cared for is a relative, or living in the household (Drellnf = 1-6 or DPersn < 15)</p> <p>Does (NAME OF PERSON CARED FOR) regularly go to any of the places or activities listed on this card?</p> <p>SHOW CARD R</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Work</td><td>1</td><td rowspan="6">} → Q31</td></tr> <tr><td>Day centre</td><td>2</td></tr> <tr><td>School or college</td><td>3</td></tr> <tr><td>Day hospital</td><td>4</td></tr> <tr><td>Social club, support group or other club</td><td>5</td></tr> <tr><td>None of these</td><td>6</td><td>→ See Q33</td></tr> </table> <p>31. DgoHrs Ask if person cared for goes to at least one place/activity (DGo = 1-5)</p> <p>About how many hours a week in total does he/she usually spend without you and outside the home?</p> <p>IF VARIES ASK FOR AVERAGE NUMBER OF HOURS PER MONTH AND CALCULATE AVERAGE NUMBER PER WEEK</p> <p>IF HOURS VARY AND CANNOT GIVE AVERAGE, CODE 97</p> <p>1..97 → See Q32</p> <p>32. DWkHrs Ask if person cared for regularly goes to work (DGo = 1), others Q34</p> <p>About how many of these hours a week does he/she usually spend at work?</p> <p>IF VARIES ASK FOR AVERAGE NUMBER OF HOURS PER MONTH AND CALCULATE AVERAGE NUMBER PER WEEK</p> <p>IF HOURS VARY AND CANNOT GIVE AVERAGE, CODE 97</p> <p>1..97 → See Q34</p> <p>33. DgoNot Ask if main person cared for is a relative, or living in the household AND does not regularly go to the place or activities listed above AND is age 16 or over (Drellnf = 1-6 or DPersn < 15 & DGo = 6 & DAge > 15)</p> <p>What are the reasons that (NAME OF PERSON CARED FOR) does not go to any outside activities? Please choose your answers from the card</p> <p>SHOW CARD S</p> <p>CODE UP TO 4 REASONS</p>	Not wanted by the person you care for	5	} → Q30	Not at a convenient time	6	Too expensive	7	Other	8	Work	1	} → Q31	Day centre	2	School or college	3	Day hospital	4	Social club, support group or other club	5	None of these	6	→ See Q33
Doctor	1																																																																	
Community/district nurse	2																																																																	
Health visitor	3																																																																	
Social worker/care manager	4	→ Q30																																																																
Home help/care worker	5																																																																	
Meals on wheels	6																																																																	
Voluntary worker	7																																																																	
Other professional visitor	8																																																																	
No, none	9	→ Q29																																																																
Don't know	10	→ Q30																																																																
Not available/not offered	1																																																																	
Not needed	2	→ Q30																																																																
Tried, but not helpful	3																																																																	
Not wanted by you	4																																																																	
Not wanted by the person you care for	5	} → Q30																																																																
Not at a convenient time	6																																																																	
Too expensive	7																																																																	
Other	8																																																																	
Work	1	} → Q31																																																																
Day centre	2																																																																	
School or college	3																																																																	
Day hospital	4																																																																	
Social club, support group or other club	5																																																																	
None of these	6		→ See Q33																																																															

<p>Not available/not offered 1]</p> <p>Tried, but not helpful 2</p> <p>Not wanted by you 3</p> <p>Not wanted by the person you care for 4</p> <p>Not at a convenient time 5 → See Q34</p> <p>Too expensive 6</p> <p>Activity too tiring (for person cared for) 7</p> <p>Transport not available, too expensive, not reliable, journey too tiring 8</p> <p>Other 9]</p> <p>34. DTrnsp Ask if main person cared for is a relative, or living in the household (DRelInf = 1-6 or DPersn < 15)</p> <p>Does (NAME OF PERSON CARED FOR) regularly make use of a community or voluntary transport scheme?</p> <p>Yes 1] → See Q36</p> <p>No 2 → See Q35</p> <p>Don't know 3] → See Q36</p> <p>35. DTrns Ask if person cared for does not make use of a community or voluntary transport scheme AND aged 5 or over (Dtrnsp = 2 & Dage > 4)</p> <p>SHOW CARD T</p> <p>And what are the reasons that (NAME OF PERSON CARED FOR) does not make use of a community or voluntary transport scheme?</p> <p>Please choose your answers from the card</p> <p>CODE ALL THAT APPLY</p> <p>Not available 1]</p> <p>Not offered 2</p> <p>Tried, but not helpful 3</p> <p>Not suitable 4 → See Q36</p> <p>Not at a convenient time 5</p> <p>Too expensive 6</p> <p>Other 7]</p> <p>36. Resplntr The next section only applies to people who spend 20 hrs a week or more caring for someone → Q37</p> <p>37. Resp2Hrs Ask if respondent spends 20 or more hours a week caring for this person (HelpHrs = 2-5 or 7), others see Q49</p> <p>You've told me about the things you do for (NAME OF PERSON CARED FOR). If you wanted a break for a few hours (during the time when you usually look after him/her) would someone else have to look after him/her?</p> <p>Yes, someone else needed 1 → Q38</p> <p>No 2 → Q40</p>	<p>38. Hlp2Hrs Ask if someone else would have to look after the person being cared for (Resp2Hrs = 1)</p> <p>Is there anyone whom you could rely on to look after him/her either at home or elsewhere?</p> <p>Yes 1 → Q39</p> <p>No 2 → Q40</p> <p>39. Xhelp2H Ask if someone else could be relied on to look after him/her (Hlp2Hrs = 1)</p> <p>Who could you rely on to look after him/her?</p> <p>Relative 1]</p> <p>Friend or neighbour 2 → Q40</p> <p>Paid helper 3]</p> <p>Other</p> <p>40. RspType Ask if respondent spends 20 or more hours a week caring (HelpHrs = 2-5 or 7)</p> <p>The card shows various types of temporary care or holidays which may be available. Are any of these services available if you wanted a break?</p> <p>SHOW CARD U</p> <p>CODE ALL THAT APPLY</p> <p>Help provided in the home (eg sitting/befriending service) 1 → Q41</p> <p>Help provided in a residential setting (volunteer family, residential/nursing home or hospital) 2</p> <p>Holiday together 3 → Q42</p> <p>SPONTANEOUS – None of these available/possible 4 → Q42</p> <p>SPONTANEOUS – Don't know 5]</p> <p>41. RspHrs Ask if help is provided in the home (RspType = 1)</p> <p>You mentioned that help provided in the home is available if you wanted a break. How many hours of temporary care would be available?</p> <p>0-8 hours (eg sitting/befriending service) 1]</p> <p>9-24 hours 2 → Q42</p> <p>25 hours or more 3</p> <p>SPONTANEOUS – Don't know 4]</p> <p>42. RspSit In the last year, have you made use of a sitting service for (NAME OF PERSON CARED FOR) in order to go out for a couple of hours?</p> <p>Yes 1]</p> <p>No 2 → Q43</p> <p>Not available /Don't know about service 3]</p>
--	--

43. RspBef **Ask if respondent spends 20 or more hours a week caring (*HelpHrs = 2-5 or 7*)**

In the last year, have you made use of a befriending service for (NAME OF PERSON CARED FOR) (that's where a volunteer takes him/her out for the day?)

Yes 1
 No 2
 Not available /Don't know about service 3

→ See Q44

44. Break **Ask if no-one else would have to look after the person being cared for (*Resp2Hrs = 2*)**

Have you had a break of more than a few hours since you started to look after (NAME OF PERSON CARED FOR)?

Yes 1 → Q45
 No 2 → Q49

45. Brk1Ago **Ask if has a break for more than a few hours (*Break = 1*)**

About how long is it since you last had such a break. Was it less than or more than 1 year ago?

Less than 1 year ago 1 → Q46
 1 year or more ago 2 → Q47

46. Brk1Mth **Ask if had last break less than 1 year ago (*Brk1Ago = 1*)**

RECORD OR PROBE

About how many months is it since you last had a break for 2 days or longer?

1..11 → Q48

47. Brk1Yr **Ask if had last break more than 1 year ago (*Brk1Ago = 2*)**

RECORD OR PROBE

About how many years is it since you last had a break for 2 days or longer?

1..97 → Q48

48. Brk1Typ **Ask if has a break for more than a few hours (*Break = 1*)**

What sort of arrangements did you use for (NAME OF PERSON CARED FOR) when you last had a break for 2 days or more?

Nursing or residential home 1
 NHS hospital 2
 Local Authority hostel 3
 Arranged holiday (PERSON cared for only) 4
 Arranged holiday (PERSON and carer) 5
 Stay with a volunteer family 6
 Stay with relatives or friends 7

→ Q49

Friend or relative staying with PERSON CARED FOR 8 → Q49
 Other 9

49. Carehlth **Ask if caring for someone (in this or another household) (*DepLivIn = 1 or DlivOut = 1 or 2*)**

Has your own health been affected by the assistance you give to (NAME OF PERSON CARED FOR) in any of the ways on this card?

CODE ALL THAT APPLY

SHOW CARD V

Feeling tired 1
 Feeling depressed 2
 Loss of appetite 3
 Disturbed sleep 4
 General feeling of stress 5
 Physical strain (eg back) 6
 Short tempered/irritable 7
 Had to see own GP 8
 Other 9
 No, none of these 10

→ Q50

50. CareRel Have your personal relationships, social life or leisure been affected by the assistance you give to (NAME OF PERSON BEING CARED FOR)?

Yes 1
 No 2

Family Information