



## **Making Caring Visible – Caring during Coronavirus**

Even though most shops are now open, its taking a long time for things to return to anything like normal, as the government is very slowly relaxing social distancing guidelines.

For carers, it continues to be a long haul, even with the welcome distraction of carers week and the celebrations that took place a couple of weeks ago.

### **Carers Week survey**

The charity that organises Carers Week carried out polling with YouGov to revisit how many people are caring in the UK today, the challenges they face and what the public's worries would be if they became an unpaid carer. They also looked at public awareness of unpaid caring, whether the public thought unpaid carers were valued and whether the Government had provided sufficient support.

The results show a large increase in unpaid care, and it has never been more important that we all "Make Caring Visible". Also, differences in who is carrying out that unpaid care.

Awareness of unpaid carers has increased amongst those who have never had a caring role, yet the public feel unpaid caring is undervalued.

### **Results show a big increase in people providing unpaid care**

Up to 13.6 million people could be providing unpaid care in the UK today  
1 in 4 up from 1 in 6

There are an additional 4.5 million unpaid carers in the UK since the coronavirus outbreak; 2.8 million more workers are juggling work and unpaid care since the coronavirus outbreak.

New carers are more likely to be younger and working; 62% of new carers are also working

Unpaid carers said the top challenges affecting unpaid carers were:

- 71% experiencing stress / added responsibility
- 70% had negative impact on physical and mental health
- 66% no time away from caring

## How Islington Carers Hub can help

We would like to reassure you that Islington Carers Hub is here to support you. Our priority is your wellbeing and supporting you in your caring role.

This can include help with things like:

- **Taking time** - to understand your current situation, how you're feeling and what you're having to cope with right now.
- **Help to access food parcels & emergency grants**
- **Help with benefits** – we can signpost / refer you to the partner organisations that can best help you and provide general help in making an application.
- **Help to find training** – this could be related to caring or your career.
- **Emotional support** – we can develop a plan with you to help you to become happier and be more resilient.
- **Carers assessment** – this assesses your needs as carer, what you want to achieve in your daily life, and whether you qualify for help from the council.
- **Emergency Carers Card** – in the event of an accident or emergency, this lets other people know about your caring responsibilities.

## Next steps

- Employment and financial matters can be complex and once we've got an understanding of your specific circumstances, we can refer you to one of our specialist partners to help.

## Get in touch

Call our Helpline on: 020 7281 6018

Email us on: [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)