



Scottish Household Survey
Analytical Topic Report:
Characteristics and Experiences
of Unpaid Carers in Scotland

**CHARACTERISTICS AND EXPERIENCES OF UNPAID
CARERS IN SCOTLAND**

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**Scottish Executive Social Research
2006**

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Foreword

The Scottish Household Survey (SHS) is a major survey of the people of Scotland. It was first conducted in 1999, on behalf of the Scottish Executive, and has been conducted on a continual basis since. Complete and simplified datasets are available to the general public from the UK Data Archive. This survey provides information on the composition, characteristics and behaviour of Scottish households, both nationally and at local authority level.

The main findings from the survey are reported in the SHS Annual Reports and other Scottish Executive publications. More information on the SHS, and outputs from the SHS are available online from the Scottish Household Survey website (www.scotland.gov.uk/shs).

This report is part of a series of Analytical Reports which demonstrate how more detailed use may be made of SHS data. These reports:

- provide in-depth analysis of particular topics;
- focus on the results which are relevant to particular policy issues; and
- look at the SHS results in the context of information available from other sources.

Each Analytical Report concentrates on a single policy-related topic, and has been prepared by one or more experts. Further information on other titles in this series of reports is available from the Scottish Household Survey website.

This report has been overseen by Health Department Analytical Services Division. We would like to extend our thanks to Tom Lamplugh for his project management of this report.

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EXECUTIVE SUMMARY

Unpaid carers make a vital contribution to our society, and need to be supported and recognised by the NHS and local authorities as partners in care provision. The aim of the current report is to provide an indication of which types of carers may be in particular need of support, and examine the demographic characteristics of carers. The report analysed responses to the Scottish Household Survey between 1999 and 2004.

Key findings

- Around one in eight adults in Scotland provide some kind of unpaid care to another person(s).
- Overall, carers are more likely to be females aged over 35 years old, who are married, and living in non-working, non-single households.
- Being an unpaid carer has an impact on employment participation, with carers of working age being less likely than non-carers of working age to be in paid employment.
- There were some key differences between those who care for someone within their own household (most commonly a spouse or partner) and those who care for someone in another household (most commonly a parent). Those who care within the household are generally older individuals who are more likely to have an illness or disability than those caring outwith the household. Taken together, the results also reveal with those caring within the household are more financially disadvantaged (i.e. they cope less well financially and more commonly live in the most deprived areas in Scotland than those who care outside the household).
- In particular, sole carers who care for another household member appear to be more financially disadvantaged than other carers.
- Younger carers (aged 16-24 years old) more commonly live in lower income households and are more likely to report poor health than other adults their age.
- Taken together, the results indicate that the most vulnerable subgroups of carers are: younger carers (aged 16-24 years old); those who care in the household; and especially sole carers who provide care in the household.
- In contrast, older carers appear to be able to cope better financially than other adults their age.

CHAPTER ONE INTRODUCTION

1.1 This report discusses the characteristics and experiences of unpaid carers and those in receipt of unpaid care in Scotland, by analysing the Scottish Household Survey from 1999 to 2004. The aim of the report is to provide a clear picture of unpaid carers and identify those groups of carers who are in particular need of support in order to inform the development of Scottish Executive policy on carers. This introductory chapter of the report discusses the policy context and outlines the methodology. The following chapters discuss patterns of unpaid care, characteristics of carers and identify areas where carers may be disadvantaged owing to their caring role.

1.2 The importance of supporting unpaid carers in Scotland has been prioritised since the launch of the Executive's Strategy for Carers in Scotland in 1999¹. The strategy highlighted the vital contribution that unpaid carers make to society, and set out a national commitment to support carers. The introduction of this strategy led to legislative developments in Scotland, such as the Community Care and Health (Scotland) Act 2002² and its associated guidance, which highlights the need for carers to be supported and recognised by both the NHS in Scotland and by local authorities. As a result of this Act, unpaid carers have been formally recognised as partners in care provision. The Act also introduced a new right for carers to have a formal and independent assessment of their support needs. There is a general vision in Scotland to move to more integrated health and social care, which will involve further joint working between the NHS, social work, statutory, and voluntary services as set out in The Scottish Executive's report 'Delivering for Health'³.

1.3 The 21st Century Social Work Review, Changing Lives⁴, states that social work services have to ensure that the service user is the focal point of service delivery, with services becoming more personalised and users having greater control over how they are delivered. The Scottish Executive's response to this review⁵ highlighted various actions which will be taken including ensuring that people who use services and their carers have greater choice and involvement in decisions about their own care and the design and delivery of services. This is even more important, given Professor Kerr's Report 'Building a Health Service Fit for the Future'⁶ which proposes that over the next 20 years, the focus will be shifted from hospital-based care to preventative, anticipatory care.

1.4 In 2004, Care 21 (a social care innovation unit within the Social Work Services Policy Division of the Scottish Executive) commissioned The Future of Unpaid Care in Scotland⁷. The overall aim of this research was to propose recommendations on how

¹ <http://www.scotland.gov.uk/health/carerslaw/wglthc-01.asp>

² <http://www.opsi.gov.uk/legislation/scotland/acts2002/20020005.htm>

³ <http://www.scotland.gov.uk/Publications/2005/11/02102635/26356>

⁴ <http://www.scotland.gov.uk/Publications/2006/02/02094408/0>

⁵ <http://www.scotland.gov.uk/Resource/Doc/92357/0022094.pdf>

⁶ www.scotland.gov.uk/Publications/2005/05123141307/1310

⁷ <http://www.scotland.gov.uk/Publications/2006/02/28094157/0>

unpaid carers could be supported over the next 10 years. The research made a total of 22 recommendations, and indicated that two underlying principles which should be implemented: greater recognition of and respect for unpaid carers as key partners and providers; and the development of a rights based policy framework to support unpaid carers. Essentially, it was argued that unpaid carers should have the right to the same opportunities as others, and that they should be given respect and recognition for the role that they play in society. The research also highlighted areas that require further work such as longitudinal research into the experience of caring and research on how unpaid caring affects employment. It was suggested that the SHS should be further developed to provide more detailed information on the prevalence, intensity, and trends of caring which will assist in the long-term planning of care provision in Scotland. It is against this background that this study is being conducted.

1.5 The Scottish Executive's response to this review⁸ identified four early priorities: young carers; respite; carer's health; and carer's training. For example, they stated that initial priorities will be to: integrate and mainstream young carers within current policy and service priorities for children and young people; establish a task group to assess respite provision in Scotland; issue final guidance to NHS Boards on the development of local Carer Information Strategies; and discuss with stakeholders the development of a national 'expert carer' training framework to help improve consistency and share best practice.

Methodology

1.6 The SHS is a continuous survey based on a sample of the general population in private residences in Scotland. The survey has been running since 1999⁹, and covers a range of topics that inform policy on Transport, Social Justice, and Housing. It includes a section on caring, which gathers information on which household members require and provide care (and whether this is within or outside the household - See Appendix 2 for a full list of SHS questions relating to caring). Data is collected at both the household and adult level. Most of this report discusses data at the random adult level, to ensure consistency and comparison between sections. As well as examining data from the caring section of the SHS, analysis was conducted on demographic variables. The main analysis consisted of cross tabulations. Logistic regression was also used to determine predictors of adults being carers.

1.7 For the purposes of this research, unpaid carers are defined as individuals who care for a friend, relative, or neighbour without receiving paid income for this caring in addition to income received through the benefits system. In the SHS, carers are identified through the person they care for. Household respondents are asked who in the household, if anyone, needs care owing to a long-term illness or disability (and the data is recorded for up to three household members). Information is then gathered on who provides this care. Thus, it is possible to ascertain who in the household needs care and which

⁸ www.scotland.gov.uk/Publications/2006/04/20103316/0

⁹ <http://www.scotland.gov.uk/Topics/Statistics/16002/4031>

household members provide care. Additionally, it is possible to ascertain whether care is provided by someone outwith the household. However, as the questions on caring are largely recipient driven, rather than carer driven, it is not always possible to build up a complete picture of a care givers life.

1.8 It should be noted that given the way the data is collected in the SHS, and given changes to the questionnaire between 1999 and 2004, there are limitations to the characteristics of unpaid carers that can be analysed. There were very minor changes in results between 1999 and 2004, and so the cumulative data is generally used to describe the main results.

CHAPTER TWO PATTERNS OF UNPAID CARE

2.1 This chapter examines the incidence and patterns of unpaid care in Scotland from 1999 to 2004. It provides a summary of care provision and examines variables most associated with likelihood of being a carer. Relationships between carers and those they care for and patterns of intensity are examined to provide a broad overview of patterns of care. Further details of the characteristics of carers are provided in Chapter Three.

2.2 As Table 2.1 shows, year on year, **between 12% and 14% of all households in Scotland contain an adult who provides some kind of unpaid care to another person(s)**. This is more commonly someone outwith their household – around 9% provide care to someone outwith their household while around 4% provide care to someone within their household. Just under 1% of households contain an adult who provides care to someone within their household AND someone outwith their household.

	1999	2000	2001	2002	2003	2004
Provide care to anyone	13	12	14	13	13	13
Provides care to a household Member	3	3	4	3	3	3
Provider care to a non-household Member	9	8	9	9	9	9
Provides care both in and out of Household	1	1	1	1	1	1
<i>Bases</i>	<i>14,680</i>	<i>15,547</i>	<i>15,566</i>	<i>15,073</i>	<i>14,880</i>	<i>15,942</i>

2.3 In order to determine the most significant predictors of an adult being a carer, logistic regression was performed on the data. By using logistic regression, it is possible to determine which relationships and variables are significant when all possible relationships are considered and added to the regression. In this case, it allows us to predict group membership (i.e. adult being a carer) from a set of demographic variables. Essentially, this allows us to predict which particular demographic characteristics are most associated with an adult being a carer. Table A1 in the appendix displays the full results of the regression analysis and Appendix 2 includes a description of the regression and includes a description of all the variables included in the analysis). Only those factors which were significant in predicting an adult being a carer are included.

2.4 The following variables were significant in predicting whether an adult was a carer: sex; age; marital status; household type; and household working status. To summarise, the analysis reveals that carers are more likely than non-carers to be:

- Female
- Aged over 35 years old
- Married
- Living in any household other than single adult households

- Live in non-working households (those living in working households were less likely to be carers).

2.5 Age emerged as a key predictor. **Almost a third of all carers are aged 60 years or older.** Therefore, age is used as a key analysis variable in the report in order to ensure that differences associated with **caring** rather than just with **age** are examined. It should be noted that in this section, younger carers and younger non-carers refers to adults aged 16 – 24 years old.

2.6 As can be seen from Table 2.2, a higher proportion of carers are female (between 60% and 63% from 1999 – 2004). Carers are also increasingly likely to be older individuals. In 1999, 25% of carers were aged over 60 years old compared with 30% in 2004. This may be partly explained by the wider demographic change of people living longer.

	1999	2000	2001	2002	2003	2004
Sex						
Male	40	40	37	38	37	38
Female	60	60	63	62	63	62
Age						
16-24	7	7	6	6	5	5
25-34	11	12	12	11	10	9
35-44	20	20	20	20	20	19
45-59	38	34	33	37	37	37
60-74	21	21	24	22	23	24
75 plus	4	5	5	6	6	6
<i>Bases</i>	<i>1603</i>	<i>1771</i>	<i>1829</i>	<i>1732</i>	<i>1647</i>	<i>1795</i>

2.7 Table 2.3 shows the most common relationships between carers and those they care for where both are in the same household (columns labeled ‘care in home’) and where they are in different households (columns labeled ‘care outside home’). This table combines data from 2003 and 2004. The column displaying relationship reveals the relationship of the cared for person to the carer, thus ‘son or daughter’ represents the parent providing care to the son or daughter. **Within the household, the majority of adults care for their spouse or partner (56%),** while around a quarter care for parents (24%). **Adults caring outside the household most commonly care for parents (61%),** other relatives (22%), or friends or neighbours (14%).

Table 2.3: Most common relationships between care providers and recipients (%)		
Care Recipient 2003/2004	Care in house	Care outside house
Husband/wife/partner	56	-
Parent (including foster parent and parent in law)	24	61
Son or daughter	13	-
Son-in-law/daughter-in-law	2	-
Brother/Sister (in-law)	4	-
Other relative	2	22
Other unrelated	1	3
Friend or neighbour	-	14
<i>Bases</i>	<i>891</i>	<i>2551</i>

2.8 The relationships between the carer and the person they look after were investigated by sex of the carer (see Table 2.4). There were only differences in relation to those caring in the household. The results indicate that **a higher proportion of male carers than females care for their spouse or partner** (65% compared with 49%) whereas **female carers were more likely than males to care for their parent** (32% compared with 13%).

Table 2.4: Sex of carers providing care in the household by who they care for (%)			
2003 – 2004	Male	Female	TOTAL
Spouse/partner	65	49	56
Son/daughter (including in-laws)	16	14	15
Parent	13	32	23
Other	7	5	6
<i>Bases</i>	<i>323</i>	<i>454</i>	<i>777</i>

2.9 The Care 21 report highlighted the incidence and potential negative impact of providing intensive care (defined as caring in excess of 50 hours a week). Table 2.5 shows the number of hours provided by sole carers providing care in the household. Given the way the SHS data is collected, it is only possible to discuss caring intensity for sole carers in the household. This should be borne in mind when interpreting results.

2.10 **The majority of adults who provide sole care in the household say they provide continuous care**, and this proportion has increased from 61% of these carers in 1999 to 72% in 2004. Since the introduction of free personal care in 2002, this proportion has continued to rise. Similarly, the proportion of these carers providing less than 20 hours a week has decreased from 15% in 1999 to 10% in 2004. **Taken together, these results indicate that levels of caring intensity are becoming greater among sole carers who care in the household.**

Table 2.5: Intensity of care provided by sole carers in the household (%)						
	1999	2000	2001	2002	2003	2004
1-4 hours per week	4	3	4	4	3	3
5-19 hours per week	11	7	7	10	7	7
20 or more hours per week	13	10	11	12	9	7
Continuous care	61	67	66	67	70	72
Varies	11	13	12	7	11	11
Bases	444	474	515	436	444	447

2.11 Table 2.6 shows the number of hours care provided by those providing care out of the household. The results show that the proportion of adults providing between 1 and 4 hours per week increased from 43% in 1999 to 49% in 2004. Thus, in contrast to sole carers providing care in the household, **levels of caring intensity for those caring outwith the household appears to be decreasing slightly.**

Table 2.6: Intensity of care provided by those providing care out of the household (%)						
	1999	2000	2001	2002	2003	2004
1-4 hours per week	43	46	49	51	49	49
5-19 hours per week	35	32	32	33	34	32
20 or more hours per week	8	7	7	6	7	7
Continuous care	2	3	3	2	2	3
Varies	11	11	9	8	9	9
Bases	1159	1297	1314	1296	1203	1348

2.12 Whether or not adults are sole carers can have an impact on the extent to which they can maintain a work life balance. The SHS data does not enable identification of whether an adult is the sole carer for all caring relationships. However, **of all adults providing care to another household member between 15% and 18% are the sole carer for that care recipient.** (see Table 2.7).

Table 2.7: Proportion of carers that are sole carers (%)						
	1999	2000	2001	2002	2003	2004
Sole carers	17	17	18	15	16	16
Other carers	83	83	82	85	84	84
Bases	1603	1771	1829	1732	1647	1795

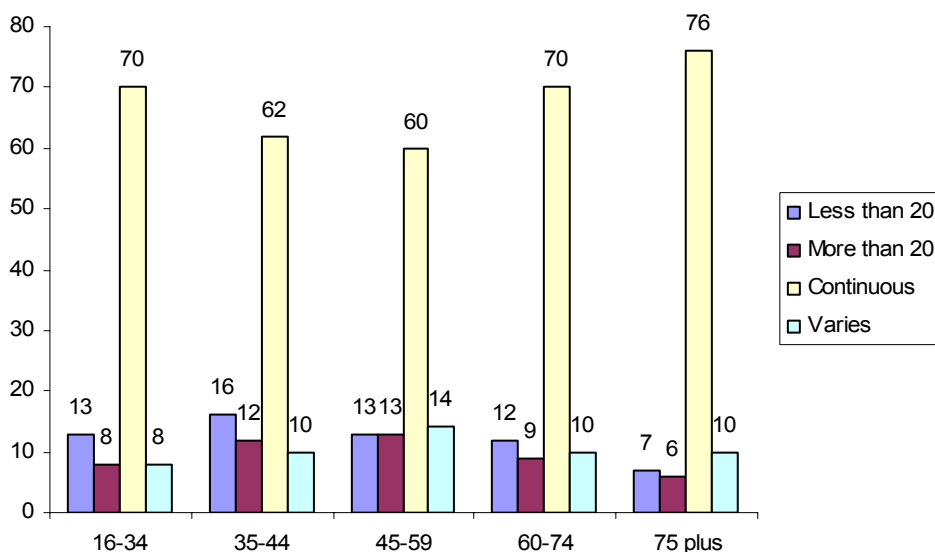
2.13 Table 2.8 displays the relationship between sole carers and other carers in the household and the care recipient. **The majority of sole carers who care in the household care for their spouse or partner (71%) compared with 39% of other carers in the household.** Only 16% of sole carers care for parents (compared with 33% of other carers) while 10% of sole carers care for their children (compared with 21% of other carers).

Table 2.8: Most common relationships between sole care providers and other care providers in the household and recipients (%)		
Care Recipient 2003/2004	Sole Carers	Other carers in the household
Husband/wife/partner	71	39
Parent (including foster parent and parent in law)	16	33
Son or daughter (including in-law)	10	21
Brother/Sister (in-law)	2	4
Other relative	1	3
Other unrelated	*	1
<i>Bases</i>	<i>434</i>	<i>340</i>

2.14 Levels of caring intensity provided by each age group were also investigated. Once again, it should be noted that this only refers to sole carers providing care in the household¹⁰.

Figure 2.1: Caring intensity by age (%)

Base: 16-34 = 173; 35-44 = 215; 45-59 = 441; 60-74 = 587; 75 plus = 140



2.15 As can be seen from Figure 2.1, **the majority of carers in every age group say they provide continuous care.** However, this was more common among younger and older carers, with the middle age group (those aged between 35 and 59 years old) less likely to provide continuous care (i.e. 60% of those aged between 45 and 59 years old compared with 70% of those aged between 60 and 74 years old).

¹⁰ The two youngest age groups were collapsed due to the small base size of the 16 – 24 age group (=33)

Key points

- Around one in eight of households in Scotland contain an adult who provides unpaid care.
- A higher proportion of carers are female (around 61%) and older individuals (around 27% aged 60 years and older).
- Carers are more likely than non-carers to be:
 - Female
 - Aged over 35 years old
 - Married
 - Live in non-working households (those living in working households were less likely to be carers).
- Those who provide care in the household most commonly care for their spouse or partner, whereas those who care outside the household most commonly care for parents.
- Caring intensity for sole carers providing care in the household has increased since 1999, with a higher proportion of these carers now providing continuous care.
- In contrast, the proportion of adults caring outwith the household who provide between 1 and 4 hours has increased since 1999.
- Around 16% of those who care in the household are sole carers, with the majority of these adults caring for their spouse or partner.

CHAPTER THREE DEMOGRAPHIC CHARACTERISTICS OF UNPAID CARERS

3.1 This section examines in more detail, the demographic characteristics of carers compared with non-carers and compares different groups of carers. Analysis of Black and Minority Ethnic carers was not possible in the current report, given the small number of BME carers in the data (n = 70 over 6 years).

Carers compared with non-carers

3.2 Table 3.1 and Table 3.2 display the age, sex, and marital status of carers and non-carers. The results confirm the regression analysis and indicate that **a higher proportion of carers are female than male** (62% versus 38% compared with a 54%/ 46% female to male split among non-carers). However, the sex difference among carers reduces with age. Up until the age of 59, a significantly higher proportion of carers than non-carers are female but after the age of 75, a higher proportion of non-carers than carers are female.

Table 3.1: Age, sex and marital status of Carers (%)							
1999 - 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Male	38	32	32	38	44	50	38
Married	4	47	68	81	86	88	73
Cohabiting (living together)	7	18	10	4	2		6
Single / never been married	89	32	13	7	5	2	15
Widowed	-		*	2	4	9	2
Divorced	-	1	5	4	3	1	3
Separated	-	2	3	2	1	-	2
Female	62	68	68	62	56	50	62
Married	6	47	64	76	71	53	64
Cohabiting (living together)	12	14	8	2	1	-	5
Single / never been married	82	29	12	6	6	11	15
Widowed		1	2	4	16	34	6
Divorced	*	4	9	9	5	1	7
Separated	1	6	6	3	2	1	4
TOTAL	6	11	20	36	22	5	100
<i>Bases</i>	<i>520</i>	<i>1278</i>	<i>2053</i>	<i>3469</i>	<i>2446</i>	<i>597</i>	<i>10363</i>

Table 3.2: Age, sex and marital status of Non-carers (%)							
1999-2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Male	48	46	46	48	46	38	46
Married	2	41	67	74	74	56	57
Cohabiting (living together)	9	22	10	5	2	*	8
Single / never been married	89	35	15	9	7	7	23
Widowed	-	-	*	2	11	34	5
Divorced	-	1	4	7	5	2	4
Separated	-	2	3	3	2	1	2
Female	52	55	54	52	54	62	54
Married	5	46	64	71	71	53	50
Cohabiting (living together)	13	18	8	3	1	-	7
Single / never been married	81	29	12	6	6	11	20
Widowed	-	*	1	5	16	34	14
Divorced	*	3	8	10	5	1	6
Separated	1	4	7	4	2	1	3
TOTAL	12	16	19	24	20	10	100
<i>Bases</i>	<i>6429</i>	<i>12256</i>	<i>13912</i>	<i>16441</i>	<i>16527</i>	<i>9793</i>	<i>75358</i>

3.3 Perhaps expectedly, **caring is concentrated among slightly older adults** - adults aged 45-59 years account for 24% of non-carers but 36% of all carers (see Table 3.3). Conversely, adults aged 16-24 years account for 12% of non-carers but just 6% of all carers. **There is a concentration of carers in ‘older smaller’ and ‘large adult’ households** which respectively contain 21% and 19% of carers while only comprising 16% of non-caring households (see Table 3.4). These results reflect the fact that carers tend to be older individuals who do not live on their own (often as they are caring for a household member).

Table 3.3: Age and household type of Carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Single adult	6	11	8	9	2		7
Small adult	15	18	12	39	6		20
Single parent	7	16	8	1	*		4
Small family	10	34	35	7	*		14
Large family	23	13	23	9	1	1	11
Large adult	39	7	12	30	13	7	19
Older smaller	1	2	3	5	66	69	21
Single pensioner					13	23	4
<i>Bases</i>	<i>520</i>	<i>1278</i>	<i>2053</i>	<i>3469</i>	<i>2446</i>	<i>597</i>	<i>10363</i>

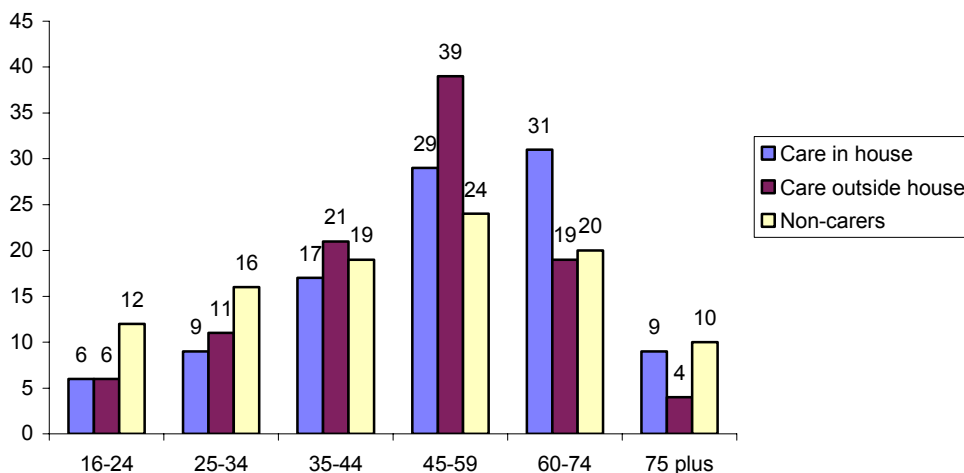
Table 3.4: Age and household type of Non-carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Single adult	9	15	11	16	3		10
Small adult	17	25	14	37	5		18
Single parent	4	9	6	1	*		3
Small family	9	33	39	8	1		16
Large family	20	8	21	9	1	1	10
Large adult	41	9	9	26	9	4	16
Older smaller	*	1	1	3	55	39	16
Single pensioner					27	56	11
Bases	6429	12256	13912	16441	16527	9793	75358

Care in and out of household

3.4 The age profile of carers within and outwith the household differs, with the former tending to be older (40% of those caring within their own household are aged 60 years or over compared with 23% of those caring outwith their household and 30% of non-carers. The results are displayed in Figure 3.1.

Figure 3.1: Age of carers providing care in and outwith the household, compared with non-carers 1999-2004 (%)

Base: Care in house: 16 – 24 = 122; 25 – 34 = 307; 35 – 44 = 477; 45 – 59 = 748; 60 – 74 = 863; 75+ = 242; All = 2759. Care outside house: 16 – 24 = 398; 25 – 34 = 971; 35 – 44 = 1576; 45 – 59 = 2721; 60 – 74 = 1583; 75+ = 355; All = 7604. Non-carers: 16 – 24 = 6589; 25 – 34 = 12418; 35 – 44 = 14092; 45 – 59 = 16646; 60 – 74 = 16626; 75+ = 9832; All = 76203.



3.5 As can be seen from Table 3.5, overall, both types of carers are more commonly female than male (42%/58% male female split for those who care in the household and 37%/63% split for those caring outwith the household).

Table 3.5: Age and sex of carers providing care in and out of the household compared with non-carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Care in house							
Male	41	37	31	43	44	57	42
Female	59	63	69	57	56	43	58
<i>Bases</i>	122	307	477	748	863	242	2759
Care out of house							
Male	38	31	33	36	43	42	37
Female	62	70	67	64	57	58	63
<i>Bases</i>	398	971	1576	2721	1583	355	7604
Non-carer							
Male	48	45	46	48	46	38	45
Female	52	55	54	52	54	62	55
<i>Bases</i>	6589	12418	14092	16646	16626	9832	76203

3.6 A higher proportion of carers providing care in rather than outwith the household are married (74% versus 64% – see Table 3.6). This may be as carers in the household are often older adults caring for their spouse or partner. This explanation is reinforced by the fact that of those adults aged 75 years and older, 91% of those caring inside compared with 48% of those caring outside the household are married.

Table 3.6: Age and marital of carers providing care in and out of the household compared with non-carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Care in house							
Married	5	47	67	78	89	91	74
Cohabiting	6	13	7	4	1		4
Single / never been married	89	33	14	10	4	4	15
Widowed	-	1	1	2	4	4	2
Divorced	-	3	6	4	2	-	3
Separated	1	4	5	1	1	-	2
<i>Bases</i>	122	307	477	748	863	242	2759
Care out of house							
Married	5	47	65	78	70	48	64
Cohabiting	12	16	9	3	1		6
Single / never been married	83	29	12	5	6	9	14
Widowed	-	1	1	3	16	41	6
Divorced	-	3	8	8	5	1	6
Separated	-	5	5	3	2	1	3
<i>Bases</i>	398	971	1576	2721	1583	355	7604
Non-carer							
Married	4	43	66	73	64	35	53
Cohabiting	11	20	9	4	1		7
Single / never been married	85	32	13	8	7	9	21
Widowed	-	-	1	4	21	53	10
Divorced	-	2	6	9	6	2	5
Separated	-	3	5	4	2	1	3
<i>Bases</i>	6589	12418	14092	16646	16626	9832	76203

3.7 As can be seen from Table 3.7, **adults caring for someone within rather than outwith their household most commonly live in ‘older smaller’ households** (36% compared with 14%). Again, this is a consequence of the high proportion of older spouse carers. In contrast, those caring outwith the household are more likely than those caring inside the household to live in small adult households (23% compared with 15%). There were also age differences between these two types of carers which were linked to the fact that carers inside the household live in at least two person households. For example, 87% of those caring within the household aged 75 and over live in older smaller households whereas those caring out of the household live in older smaller and single pensioner households (49% and 47% respectively).

Table 3.7: Age and household type of carers providing care in and out of the household compared with non-carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Care in house							
Small adult	14	8	7	35	6	-	15
Single parent	4	18	8	1	-	-	3
Small family	8	35	31	7	1	-	11
Large family	22	23	33	12	1	1	13
Large adult	49	12	14	34	17	11	22
Older smaller	4	5	8	12	75	87	36
<i>Bases</i>	<i>122</i>	<i>307</i>	<i>477</i>	<i>748</i>	<i>863</i>	<i>242</i>	<i>2759</i>
Care out of house							
Single adult	8	15	10	12	3	-	10
Small adult	15	22	13	41	5	-	23
Single parent	9	15	8	1	-	-	5
Small family	10	34	36	7	-	-	15
Large family	23	9	20	8	1	-	10
Large adult	35	5	12	29	9	4	18
Older smaller	-	-	1	3	59	49	14
Single pensioner	-	-	-	-	23	47	6
<i>Bases</i>	<i>398</i>	<i>971</i>	<i>1576</i>	<i>2721</i>	<i>1583</i>	<i>355</i>	<i>7604</i>
Non-carer							
Single adult	9	15	11	16	3	-	10
Small adult	17	25	14	37	5	-	18
Single parent	4	9	6	1	*	-	3
Small family	9	33	39	8	1	-	16
Large family	20	8	21	9	1	1	10
Large adult	41	9	9	26	9	4	16
Older smaller	*	1	1	3	55	39	16
Single pensioner	-	-	-	-	27	56	11
<i>Bases</i>	<i>6589</i>	<i>12418</i>	<i>14092</i>	<i>16646</i>	<i>16626</i>	<i>9832</i>	<i>76203</i>

Sole carers

3.8 Differences between sole carers and other carers in the household were investigated. Sole carers are a potentially vulnerable group. It should be noted that due to the way the data is collected in the SHS, sole carers only refer to those adults who are providing sole care for someone within their household. It was not possible to identify adults providing sole care to someone outside their household. Therefore, we can say that at least 16% of all carers are sole carers but the actual proportion is likely to be much

higher. Of those caring for another household member, **53% are sole carers**. Thus, the comparisons in this section are between sole carers in the household and other carers in the household compared with non-carers. As carers who care for someone in the household cannot live in single adult or single pensioner households, these households were removed from the analysis in order to make more valid comparisons with non-carers.

3.9 As with carers in general, **sole carers were more commonly female than male** (64% versus 36% compared with 55% versus 45% of non-carers – see Table 3.8). This was true for every age group, other than those aged 75 years and older where there was no sex difference (51% and 49% female). There was no overall sex difference for other carers in the household (51% female and 49% male). However, there were sex differences dependent on age with these carers more likely to be female up to the age of 44 years old, and more likely to be male over the age of 45 (e.g. 65% versus 35% of those aged 75 years and older). It should be noted that for every age group, a higher proportion of other carers in the household than sole carers were male.

Table 3.8: Age and sex of sole carers and other carers providing care in the household compared with non-carers (%)

1999 – 2004	16-34 ¹¹	35-44	45-59	60-74	75 plus	TOTAL
Sole carers	9	14	31	37	9	100
Male	27	26	31	40	51	36
Female	73	74	69	60	49	64
<i>Bases</i>	<i>173</i>	<i>215</i>	<i>435</i>	<i>579</i>	<i>140</i>	<i>1542</i>
Other carers in household	21	21	28	23	8	100
Male	44	34	57	52	65	49
Female	56	66	43	48	35	51
<i>Bases</i>	<i>256</i>	<i>261</i>	<i>306</i>	<i>273</i>	<i>101</i>	<i>1197</i>
Non-carer	30	22	25	18	6	100
Male	45	44	48	51	52	47
Female	55	56	52	49	48	53
<i>Bases</i>	<i>14752</i>	<i>11355</i>	<i>11785</i>	<i>9012</i>	<i>2804</i>	<i>49708</i>

3.10 **Sole carers are more likely to be older adults than both other carers in the household and non-carers** (see Table 3.8). For example, 46% of sole carers are over 60 years old compared with 31% of other carers and 24% of non-carers. In fact, only 9% of sole carers were 16-34 years old compared with 21% of other carers and 30% of non-carers.

3.11 As can be seen from Table 3.9, **just under half of sole carers (47%) live in older smaller households**, compared with only 24% of other carers in the household and 20% of non-carers. Just under a third of other carers live in large adult households (31%), compared with 15% of sole carers and 20% of non-carers.

¹¹ Age bands 18-24 and 25-34 were collapsed due to small base sizes.

Table 3.9: Age and household type of sole carers and other carers providing care in the household compared with non-carers (%)

1999 – 2004	16-34	35-44	45-59	60-74	75 plus	TOTAL
Sole carers						
Small adult	18	11	44	7	-	19
Single parent	23	13	1	-	-	4
Small family	28	28	6	-	-	8
Large family	16	22	7	-	-	6
Large adult	9	14	26	9	8	15
Older smaller	6	12	16	84	92	47
<i>Bases</i>	<i>173</i>	<i>215</i>	<i>435</i>	<i>579</i>	<i>140</i>	<i>1542</i>
Other carers in household						
Small adult	7	4	22	5	-	10
Single parent	7	4	-	-	-	2
Small family	24	33	9	1	-	14
Large family	26	40	17	3	3	19
Large adult	34	14	44	32	15	31
Older smaller	3	5	7	59	81	24
<i>Bases</i>	<i>256</i>	<i>261</i>	<i>306</i>	<i>273</i>	<i>101</i>	<i>1197</i>
Non-carer						
Small adult	25	15	43	7	-	23
Single parent	8	7	2	-	-	4
Small family	26	44	10	1	1	20
Large family	15	23	11	1	2	13
Large adult	25	10	31	13	10	20
Older smaller	1	1	4	79	88	20
<i>Bases</i>	<i>14752</i>	<i>11355</i>	<i>11785</i>	<i>9012</i>	<i>2804</i>	<i>49708</i>

Key Points

- A higher proportion of carers than non-carers are female, and are older adults.
- There is a concentration of carers in older smaller and large adult households.
- Those who care inside the household are generally older individuals than those who care outside the household, with both types of carers more likely to be female.
- A higher proportion of those who care in rather than outwith the household are married, because of the high proportion of older spouse carers.
- Those who care in the household most commonly live in older smaller households, again because of the high proportion of older spouse carers.
- Sole carers are more commonly female than male, and tend to be older individuals than other adults who provide care in the household.
- Sole carers more commonly live in older smaller households.

CHAPTER FOUR – ECONOMIC AND FINANCIAL STATUS BY CARING ROLE

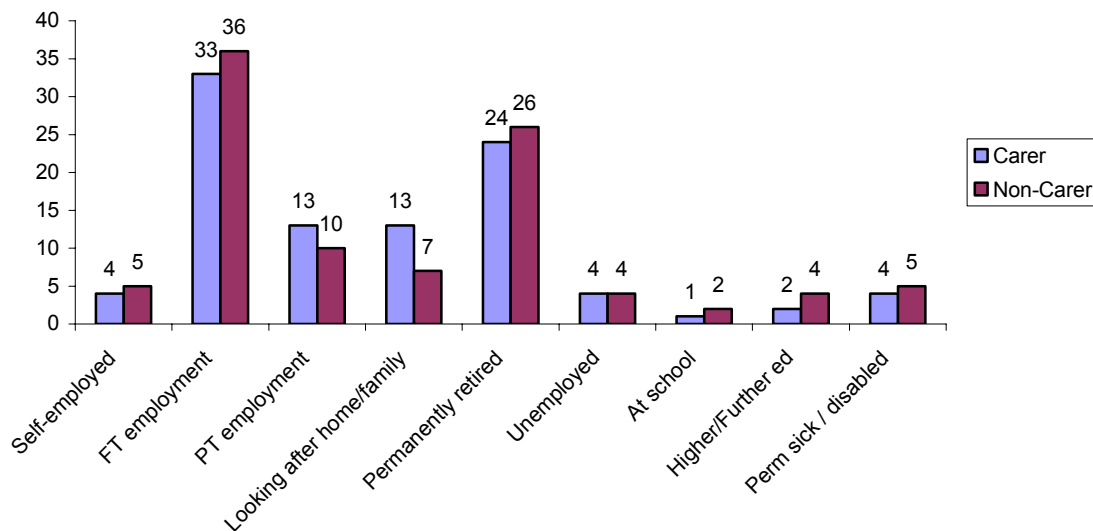
4.1 Previous research has suggested that being an unpaid carer can impact on working patterns and labour market participation. In the Care 21 report, few unpaid carers reported being supported to maintain a balance between their working and caring commitments. This section examines the economic and financial status of carers and non-carers and identifies differences between sub-groups of carers with the intention of indicating any particularly vulnerable types of carers.

Economic Status

4.2 Figure 4.1 displays the economic status of carers and non-carers. Overall, there were no differences in the economic status of carers and non-carers. However, the results demonstrate that **carers are not just or usually retired people, half (50%) are in paid employment**. In fact, carers account for 13% of the working population, although 30% of carers of working age¹² are not in employment. Additionally, 5% of carers are actually themselves long-term sick or disabled.

Figure 4.1: Economic status of carers and non-carers 1999 - 2004 (%)

Base: Carers = 10370; Non-carers = 76245



4.3 Additionally, there were differences dependent on working age which reveal that **a higher proportion of non-carers than carers of working age were in paid employment (70% compared with 65%)**. The results are displayed in Table 4.1. In order to investigate this in more detail, the household working status of carers and non-carers of working and non-working age was analysed. **A quarter of carers live in non-working couple households (compared with 17% of non-carers) and a lower**

¹² Given the current differences in retirement age, the cut off for retirement age was taken to be the earliest figure, i.e. 60 years old.

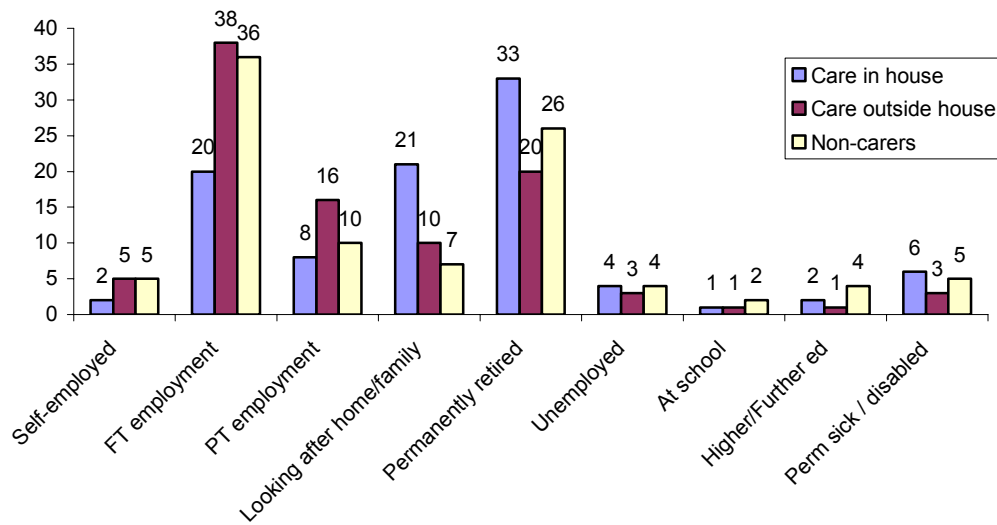
proportion of carers than non-carers of working age live in working couple households (42% versus 49%).

Table 4.1: Household working status of carers and non-carers of working and non-working age (%)			
1999 - 2004	Working Age	Non-working age	TOTAL
Carer	73	27	100
Single working adult	13	3	11
Non-working single	12	21	14
Working couple	42	4	32
Couple, one works	21	11	18
Couple, neither work	11	61	25
Non-carer	70	30	100
Single working adult	16	4	12
Non-working single	12	41	21
Working couple	49	4	35
Couple, one works	18	9	15
Couple, neither work	6	42	17
<i>Bases</i>	<i>57071</i>	<i>29504</i>	<i>86575</i>

4.4 There are clear differences in economic status between those caring within and outwith the household. The results are displayed in Figure 4.2. **A third of those caring for someone within the household are retired compared with 20% of those caring for someone in another household** (and 26% of non-carers). Conversely, 59% of those caring for someone in another household are in paid employment compared with 30% of those caring for someone in the same household (and 51% of non-carers). Although it might be expected that these results are simply due to the age of these individuals, there are significant differences in the proportion of both types of carers of working age that are in employment, with 50% of those caring in the household and 77% of those caring out of the household being in employment.

Figure 4.2: Economic status of carers providing care in and outwith the household, compared with non-carers

Base: Care in house: 16 – 24 = 122; 25 – 34 = 307; 35 – 44 = 477; 45 – 59 = 748; 60 – 74 = 863; 75+ = 242; All = 2759. Care outside house: 16 – 24 = 398; 25 – 34 = 971; 35 – 44 = 1576; 45 – 59 = 2721; 60 – 74 = 1583; 75+ = 355; All = 7604. Non-carers: 16 – 24 = 6589; 25 – 34 = 12418; 35 – 44 = 14092; 45 – 59 = 16646; 60 – 74 = 16626; 75+ = 9832; All = 76203.



4.5 In order to investigate this in more detail, the economic status of both types of carers of different ages was investigated (see Table 4.2). **In every age group, a higher proportion of those caring outwith rather than within the household are in paid employment.** This was particularly marked in the 25-34 age group, where 71% of those caring out of the household compared with 38% of those caring in the household were working. Similarly, in every age group, those caring in the household were more likely to be looking after the home or family than those caring outwith the household (e.g. 42% compared with 17% of those aged 25-34 years old).

Table 4.2: Age and household type of carers providing care in and out of the household compared with non-carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Care in house							
In paid employment	34	38	47	46	10	1	31
Looking after home / family	10	42	33	28	8	3	21
Retired	-	-	-	4	76	96	33
Unemployed	16	12	8	3	1	-	4
In education	40	1	2	-	-	-	3
Sick / disabled	-	3	5	14	4	-	6
<i>Bases</i>	<i>122</i>	<i>307</i>	<i>477</i>	<i>748</i>	<i>863</i>	<i>242</i>	<i>2759</i>
Care out of house							
In paid employment	46	71	77	76	17	1	59
Looking after home / family	9	17	13	10	3	3	10
Retired	-	-	-	6	77	96	20
Unemployed	11	6	4	3	1	-	3
In education	29	2	1	1	-	-	2
Sick / disabled	2	2	3	5	2	-	3
<i>Bases</i>	<i>398</i>	<i>971</i>	<i>1576</i>	<i>2721</i>	<i>1583</i>	<i>355</i>	<i>7604</i>
Non-carer							
In paid employment	44	75	78	69	14	1	51
Looking after home / family	5	12	10	5	3	3	7
Retired	-	-	-	5	77	96	26
Unemployed	9	5	4	4	1	-	4
In education	40	4	1	-	-	-	6
Sick / disabled	1	3	5	12	5	1	5
<i>Bases</i>	<i>6589</i>	<i>12418</i>	<i>14092</i>	<i>16646</i>	<i>16626</i>	<i>9832</i>	<i>76203</i>

4.6 Overall, a higher proportion of adults caring in the household than those caring outwith the household and non-carers live in non-working households (64% versus 29% and 38% - see Table 4.3). This might have been expected, given that adults caring in the household are more likely to be older individuals. However, when the working age of adults was considered, the results suggest that this pattern cannot be purely related to age. That is, 47% of adults caring in the household of working age lived in non-working households compared with 15% of adults caring outwith the household and 18% of non-carers.

Table 4.3: Household working status of carers providing care in and outwith the household of working and non-working age (%)			
1999 – 2004	Working Age	Non-working age	All
Care in house			
Single working adult	8	2	5
Non-working single	18	9	15
Working couple	15	1	10
Couple, one works	30	8	21
Couple, neither work	29	80	49
<i>Bases</i>	<i>1654</i>	<i>1105</i>	<i>2759</i>
Care out of house			
Single working adult	15	5	13
Non-working single	10	29	14
Working couple	52	6	41
Couple, one works	18	14	17
Couple, neither work	5	47	15
<i>Bases</i>	<i>5666</i>	<i>1938</i>	<i>7604</i>
Non-carer			
Single working adult	16	4	12
Non-working single	12	41	21
Working couple	49	4	35
Couple, one works	18	9	15
Couple, neither work	6	42	17
<i>Bases</i>	<i>49751</i>	<i>26461</i>	<i>76212</i>

4.7 An important difference previously identified as a factor influencing the extent to which carers are able to maintain a work life balance is the level of care that adults provide. In order to analyse caring intensity in more detail, the characteristics of sole carers in the household providing continuous care, those providing more than 20 hours a week, those providing less than 20 hours, and those providing varied levels of care were compared with non-carers.

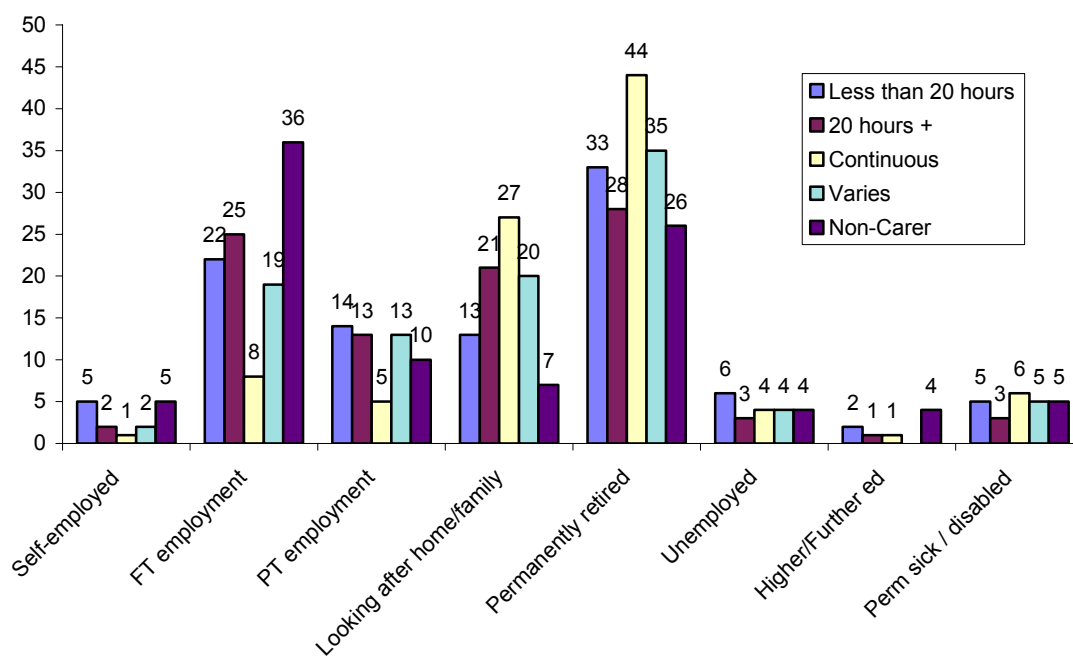
4.8 **There were very few differences among carers providing varying levels of care**, and it is probable that any differences may be linked to the age of these carers (see Table 4.4). Those providing continuous care were generally older adults. That is, 50% of those providing continuous care were aged over 60 years old compared with 38% of those providing less than 20 hours a week and 37% providing more than 20 hours a week.

Table 4.4: Age of sole carers within the household providing varying levels of care compared with non-carers (%)					
1999-2004	Provide less than 20 hours	Provide more than 20 hours	Provide continuous care	Provides varied Care	Non-carers
16-24	3	4	2	2	12
25-34	7	6	8	5	16
35-44	19	15	12	13	19
45-59	30	40	28	39	24
60-74	35	31	39	33	20
75 plus	5	6	11	8	10
<i>Bases</i>	<i>193</i>	<i>160</i>	<i>1035</i>	<i>169</i>	<i>76203</i>

4.9 As can be seen from Figure 4.3, a lower proportion of carers providing continuous care were in paid employment that other carers (14% versus 41% of those caring for less than 20 hours a week and 40% of those caring for more than 20 hours). As well as the effect of the intensity of their caring, this may be linked to the fact that those providing continuous care were older individuals. For example, 50% of carers providing continuous care are of working age compared with 64% of those providing more than 20 hours a week and 60% of those providing less than 20 hours.

Figure 4.3: Economic status of sole carers providing varying levels of care compared with non-carers (1999 – 2004 %)

Base: Carers providing less than 20 hours a week = 193; Carers providing more than 20 hours a week = 160; Carers providing continuous care = 1035; Carers providing varying levels of care = 146; Non-carers = 76203



4.10 Although the majority of all types of carers lived in non-working households, **this was more often the case where the adult was providing continuous care (85% versus 60% providing less than 20 hours a week and 38% of non-carers – see Table 4.5), most likely as a lower proportion of adults providing continuous care are of working age.**

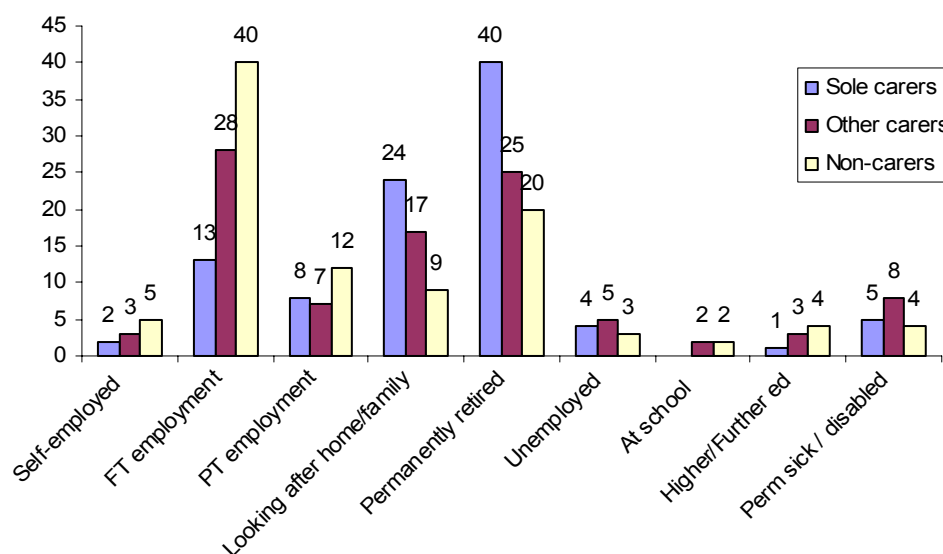
Table 4.5: Household working status of sole carers within the household providing varying levels of care compared with non-carers (%)

1999 – 2004	Provide less than 20 hours	Provide more than 20 hours	Provide continuous care	Provides varied Care	Non-carers
Single working adult	7	8	4	8	12
Non-working single	11	17	18	9	21
Working couple	8	6	3	4	35
Couple, one works	25	27	13	23	15
Couple, neither work	48	43	63	57	17
Bases	193	160	1035	169	76203

4.11 The results indicate that **40% of sole carers are permanently retired from work** compared with 25% of other carers and 20% of non-carers (see Figure 4.4). Just under a quarter of sole carers (24%) and 17% of other carers compared with only 9% of non-carers) look after the home or family. In fact, **just under a quarter of sole carers (23%) are in paid employment compared with 38% of other carers and 57% of non-carers. Only 42% of sole carers of working age are in employment compared with 58% of other carers.** This would indicate that the differences in employment patterns between these two groups of carers are not simply related to age.

Figure 4.4: Economic status of sole carers, other carers who care in the home, and non-carers

Base: Sole carer= 1542; Other carer= 1197; Non-carers = 49708



4.12 In further support of this, is the finding that **a higher proportion of other carers than sole carers of every age group were in paid employment.** For example, 34% of other carers aged between 18 and 34 years old were working compared with only 20% of sole carers (and 62% of non-carers). The opposite pattern of results was true for those individuals looking after the home or family (i.e. 50% of sole carers aged between 18 and 34 years old compared with 20% of other carers).

4.13 **The majority of both sole carers and other carers live in non-working couple households** (74% and 52% respectively) compared with only 29% of non-carers (see Table 4.6). In contrast, **43% of other carers and 64% of non-carers live in couple households where at least one adult works compared with only 21% of sole carers.** Both types of carers of working age were more likely than non-carers to live in non-working households. That is, a higher proportion of sole carers of working age than other carers live in non-working households (59% versus 38%) compared with only 23% of non-carers. These results indicate that sole carers are more likely to live in non-working households and this -appears to be linked to their caring role rather than their age.

Table 4.6: Household working status of sole carers and other carers providing care in the household of working and non-working age (%)

1999 – 2004	Working Age	Non-working age	TOTAL
Sole carers			
Single working adult	7	2	5
Non-working single	23	8	16
Working couple	8	-	4
Couple, one works	26	6	17
Couple, neither work	36	83	58
<i>Bases</i>	<i>823</i>	<i>719</i>	<i>1542</i>
Other carers in household			
Single working adult	8	2	6
Non-working single	15	11	13
Working couple	22	2	16
Couple, one works	34	11	27
Couple, neither work	23	75	39
<i>Bases</i>	<i>823</i>	<i>374</i>	<i>1197</i>
Non-carer			
Single working adult	9	4	8
Non-working single	8	7	8
Working couple	56	6	45
Couple, one works	20	14	19
Couple, neither work	7	68	21
<i>Bases</i>	<i>37896</i>	<i>11817</i>	<i>49713</i>

Young carers

4.14 Young carers (i.e. those aged under 18) have previously been identified as a vulnerable group. As the SHS only captures information on people aged 16 and over, this analysis refers to young carers aged 16 and 17. However, there were very few significant differences between carers and non-carers of this age. There were no differences in relation to economic status, with 18% of carers and 21% of non-carers being in paid employment, and 50% of young carers and 52% of young non-carers being at school. In fact, 15% of young carers were not in education, employment, or training compared with 10% of non-carers (again these differences were not significant). However, there was a difference in relation to household working status (see Table 4.7), with a higher proportion of young carers than young non-carers living in non-working households (30% versus 17%). Taken together, the results indicate that 16 to 17 year old young carers do not appear to be any more disadvantaged than non-carers of their age, other than the fact that they are more likely to live in non-working households.

Table 4.7: Household working status of 16-17 year old young carers compared with non-carers (%)

1999 - 2004	16-17 year old Young Carers	16-17 year old Non-carers
Single working adult	12	16
Non-working single	17	11
Working couple	42	49
Couple, one works	17	19
Couple, neither work	13	6
<i>Bases</i>	<i>117</i>	<i>1307</i>

Income

4.15 There was no overall difference in the household incomes of carers and non-carers, however, there are some age and household working status related patterns. The results are displayed in Table 4.8 and Table 4.9. Up until the age of 44, carers live in lower income households than non-carers, and this pattern reverses among adults aged 75 years and older. That is, 35% of carers versus 41% of non-carers aged between 16 and 24 years old live in households with an income of £20,001 or more whereas 11% of carers compared with 6% of non-carers aged 75 years and older live in these types of households. **This indicates that younger carers are more financially disadvantaged than other adults their age whereas the opposite is true for older carers.**

Table 4.8: Age and household banded income of Carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
£0 - £6000	9	4	4	5	8	12	6
£6001 - £10000	17	15	11	11	26	21	16
£10001 - £15000	24	22	16	18	32	34	22
£15001 - £20000	16	20	20	18	18	12	18
£20001+	35	39	50	48	17	11	38
<i>Bases</i>	<i>520</i>	<i>1278</i>	<i>2053</i>	<i>3469</i>	<i>2446</i>	<i>597</i>	<i>10363</i>

Table 4.9: Age and household banded income of Non-carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
£0 - £6000	10	4	4	6	12	22	9
£6000 - £10000	14	11	8	12	32	40	18
£10000 - £15000	19	19	15	17	27	25	20
£15000 - £20000	17	19	17	17	14	8	16
£20000+	41	47	56	47	15	6	38
<i>Bases</i>	<i>6429</i>	<i>12256</i>	<i>13912</i>	<i>16441</i>	<i>16527</i>	<i>9793</i>	<i>75358</i>

4.16 **Generally, adults caring outside rather than inside the household live in households on higher incomes** (see Table 4.10). That is, 37% of those providing care outside the house live in households with an income of £20,000 or more, compared with 22% of those caring within the household (and 38% of non-carers). This was also true of carers of working and non-working age. To illustrate, 29% of adults caring in the household of working age live in a household with an income of £20,001 or more compared with 44% of adults caring outwith the household and 49% of non-carers. This pattern was also true of adults of non-working age (11% of those caring in the household compared with 16% of those caring outwith the household).

Table 4.10: Household banded income of carers providing care in and outwith the household of working and non-working age (%)			
1999 - 2004	Working Age	Non-working age	All
Care in house			
£0 - £6000	6	5	5
£6001 - £10000	17	26	20
£10001 - £15000	27	41	32
£15001 - £20000	21	18	20
£20001+	29	11	22
<i>Bases</i>	<i>1654</i>	<i>1105</i>	<i>2759</i>
Care outside house			
£0 - £6000	7	16	9
£6001 - £10000	14	31	19
£10001 - £15000	18	24	20
£15001 - £20000	17	13	16
£20001+	44	16	37
<i>Bases</i>	<i>5666</i>	<i>1938</i>	<i>7604</i>
Non-carer			
£0 - £6000	6	15	9
£6001 - £10000	11	34	18
£10001 - £15000	17	26	20
£15001 - £20000	17	12	16
£20001+	49	12	38
<i>Bases</i>	<i>49751</i>	<i>26461</i>	<i>76212</i>

4.17 Given that the majority of sole carers do not work, it is perhaps unsurprising that a **higher proportion of sole carers than other types of carers and non-carers live in lower income households** (see Table 4.11). Only 16% of sole carers live in households with an income of greater than £20,000 compared with 35% of other carers and 48% of non-carers. Even among working individuals, a lower proportion of sole carers than other carers live in households with high incomes (30% of sole carers and 55% of other carers compared with 64% of non-carers live in households with an income of £20,001 or more). This indicates that sole carers living on low incomes may be more linked to their caring role than their working status.

Table 4.11: Household banded income for sole carers and other carers providing care in the household for those working and non-working (%)

1999 – 2004	Working	Non-working	All
Sole carers			
£0 - £6,000	4	6	6
£6,001 - £10,000	12	26	22
£10,001 - £15,000	29	40	37
£15,001 - £20,000	25	18	20
£20,0001 plus	30	11	16
<i>Bases</i>	<i>322</i>	<i>1051</i>	<i>1373</i>
Other carers in household			
£0 - £6,000	2	6	4
£6,001 - £10,000	7	22	16
£10,001 - £15,000	14	32	24
£15,001 - £20,000	22	19	21
£20,0001 plus	55	21	35
<i>Bases</i>	<i>446</i>	<i>611</i>	<i>1057</i>
Non-carer			
£0 - £6,000	2	9	4
£6,001 - £10,000	4	25	12
£10,001 - £15,000	12	27	18
£15,001 - £20,000	19	16	18
£20,0001 plus	64	23	48
<i>Bases</i>	<i>28123</i>	<i>18153</i>	<i>46276</i>

Other financial (and inclusion) indicators

4.18 There were no significant differences between carers and non-carers in relation to how well the household was managing financially. The results are displayed in Table 4.12 and Table 4.13. **However, younger carers are less likely than younger non-carers to live in a household that copes well financially (32% versus 40%).**

Table 4.12: How household is managing financially by age of carer (%)

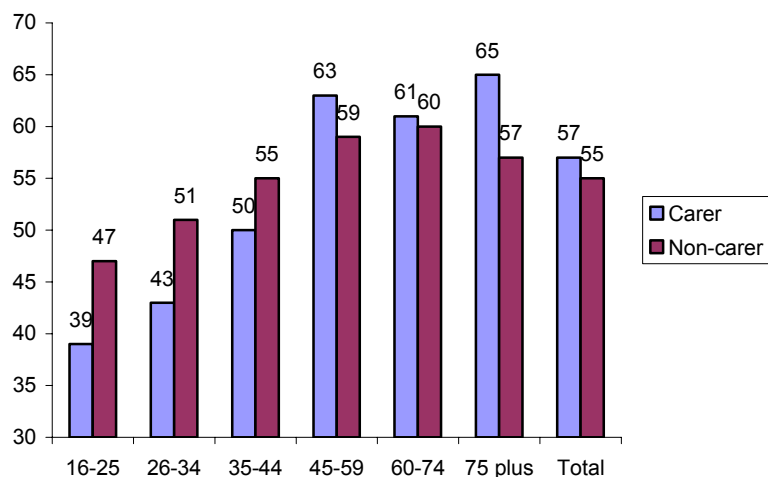
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Manage very well	6	7	12	16	15	15	14
Manage quite well	26	25	27	38	31	39	31
Get by alright	44	46	43	5	47	41	42
Don't manage very well	9	8	6	5	4	2	5
Have some financial difficulties	12	12	9	1	3	2	7
Are in deep financial trouble	3	2	2	*	*		1
<i>Bases</i>	<i>520</i>	<i>1278</i>	<i>2053</i>	<i>3469</i>	<i>2446</i>	<i>597</i>	<i>10363</i>

Table 4.13: How household is managing financially by age of non-carer (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Manage very well	10	10	12	16	15	16	14
Manage quite well	30	32	32	33	33	35	32
Get by alright	43	43	42	39	45	45	42
Don't manage very well	7	6	6	5	4	3	5
Have some financial difficulties	8	7	7	5	2	1	5
Are in deep financial trouble	2	2	1	1	*		
Bases	6429	12256	13912	16441	16527	9793	75358

4.19 Younger carers were less likely than younger non-carers to have savings or investments (39% versus 47% - see Figure 4.5). However, older carers were actually more likely than older non-carers to have savings or investments (65% of carers aged over 75 years old compared with 57% of non-carers). This is an interesting result, indicating that older carers appear to be better off financially than older non-carers.

Figure 4.5: Whether carers and non-carers have savings or investments

Base: Carers: 16-24 = 520; 25-34 = 1278; 35-44 = 2053; 45-59 = 3469; 60-74 = 2446; 75 plus = 597; All = 10363. Non-carers: 16-24 = 6427; 25-34 = 12252; 35-44 = 13902; 45-59 = 10818; 60-74 = 10994; 75 plus = 9791; All = 75317



4.20 Younger carers were less likely than younger non-carers to have a bank account (79% compared with 90% - see Table 4.14).

Table 4.14: Whether respondent has account (%)							
2003 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Carer							
Bank	79	86	88	91	87	88	88
Building society	25	28	38	42	34	44	37
<i>Bases</i>	<i>150</i>	<i>373</i>	<i>681</i>	<i>1161</i>	<i>859</i>	<i>218</i>	<i>3442</i>
Non-carer							
Bank	90	92	90	89	86	84	89
Building society	31	30	40	41	34	27	35
<i>Bases</i>	<i>2166</i>	<i>3835</i>	<i>4712</i>	<i>5614</i>	<i>5528</i>	<i>3449</i>	<i>25304</i>

4.21 **Those caring in the household appear to be coping less well financially than those caring outside the household and non-carers (see Table 4.15).** That is, 33% of adults caring in the household said that their household manages well financially compared with 49% of those caring outside the household and 46% of non-carers.

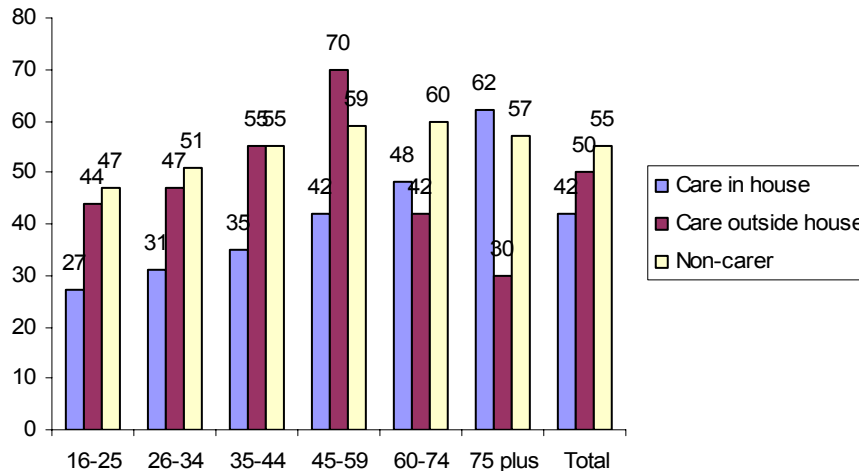
Table 4.15: How household is managing financially by age of carers providing care in and out of the household compared with non-carers (%)							
1999 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Care in house							
Manage very well	5	3	8	7	9	11	8
Manage quite well	25	19	23	22	28	40	25
Get by alright	41	48	47	50	54	46	50
Don't manage very well	8	11	9	9	4	1	7
Have some financial difficulties	20	16	10	8	4	2	8
Are in deep financial trouble	1	3	4	2		-	2
<i>Bases</i>	<i>122</i>	<i>307</i>	<i>477</i>	<i>748</i>	<i>863</i>	<i>242</i>	<i>2759</i>
Care out of house							
Manage very well	6	8	13	20	20	20	16
Manage quite well	27	28	29	37	33	39	33
Get by alright	45	45	42	34	41	35	39
Don't manage very well	10	7	5	4	3	3	5
Have some financial difficulties	9	11	9	4	2	1	6
Are in deep financial trouble	4	2	2	1		-	1
<i>Bases</i>	<i>398</i>	<i>971</i>	<i>1576</i>	<i>2721</i>	<i>1583</i>	<i>355</i>	<i>7604</i>
Non-carers							
Manage very well	10	10	12	16	15	16	14
Manage quite well	30	32	32	33	33	35	32
Get by alright	43	43	42	39	45	45	42
Don't manage very well	7	6	6	5	4	3	5
Have some financial difficulties	8	7	7	5	2	1	5
Are in deep financial trouble	2	2	1	1	*	-	-
<i>Bases</i>	<i>6429</i>	<i>12256</i>	<i>13912</i>	<i>16441</i>	<i>16527</i>	<i>9793</i>	<i>75358</i>

4.22 **Those who provide care in the household were least likely to have savings or investments** which would perhaps follow, given that these individuals have lower annual

incomes. The results are displayed in Figure 4.6. That is, 42% of those providing care in the household had savings or investments compared with 50% of those providing care out of the household and 55% of non-carers.

Figure 4.6: Whether respondent has savings or investments by age of carers providing care in and outwith the household, compared with non-carers

Base: Care in house: 16 – 24 = 122; 25 – 34 = 307; 35 – 44 = 477; 45 – 59 = 748; 60 – 74 = 863; 75+ = 242; All = 2759. Care outside house: 16 – 24 = 398; 25 – 34 = 971; 35 – 44 = 1576; 45 – 59 = 2721; 60 – 74 = 1583; 75+ = 355; All = 7604. Non-carers: 16 – 24 = 6589; 25 – 34 = 12418; 35 – 44 = 14092; 45 – 59 = 16646; 60 – 74 = 16626; 75+ = 9832; All = 76203.



4.23 Taken together, the results suggest that **carers who provide care in the household are more financially disadvantaged than carers providing care outside the household**. This may be a consequence of the fact that co-resident carers provide more intensive caring. Overall, **the results of the financial variables also indicate that younger carers are in a disadvantaged position compared with non-carers of the same age group**.

4.24 There were no significant differences in the types of areas that carers and non-carers live in. There were no significant differences in relation to area or urban/rural classification. However, **more sole carers and other carers than non-carers live in the most deprived areas in Scotland** (26% and 23% versus 14% of non-carers living in non-single households). A significantly higher proportion of adults providing care inside than outside the households live in Glasgow (17% compared with 10%). Similarly, in terms of health board area, more adults in Greater Glasgow cared inside rather than outside the household (21% compared with 16%). An important difference is that **a significantly higher proportion of adults caring within their household live in more deprived areas than those providing care outside the household** (24% compared with 14%).

4.25 **A lower proportion of sole carers than both other carers and non-carers had internet access at home** (33% versus 54% and 53%). Overall, **a lower proportion of sole carers than other carers have access to a motor vehicle** (62% compared with 72%, and 81% of non-carers). There were also age differences, with a higher proportion of other carers than sole carers up to the age of 59 years old having access to a motor

vehicle (e.g. 78% versus 67% for those aged 45 – 59 years old). However, the opposite pattern of results is true for individuals aged over 75, with 60% of sole carers and 50% of other carers having access to a motor vehicle.

Key Points

- Half of all carers are in paid employment, although just under a third of carers of working age are not in employment.
- Of adults of working age, a higher proportion of those who care outside rather than inside the household are in employment, whereas a higher proportion of those who care in rather than outwith the household live in non-working households.
- Those who care in the household live in lower income households, cope less well financially, are less likely to have savings or investments, and more commonly live in the most deprived areas in Scotland than those who care outside the household.
- Sole carers were less likely than other carers in the household to be in paid employment and were more likely than live in lower income households.
- Sole carers providing continuous care more commonly lived in non-working households and were less commonly in employment than other sole carers.
- A higher proportion of young carers (aged 16 and 17) than young non-carers live in non-working households.
- Younger carers (i.e. aged 16-24) more commonly live in lower income households than other adults their age, whereas older carers more commonly live in higher income households than other adults their age.
- Younger carers were less likely than younger non-carers to live in a household that copes well financially, were less likely to have savings or investments, and were less likely to have a bank or building society account.
- Older carers were more likely than other adults their age to have savings or investments.

CHAPTER FIVE – HEALTH AND SOCIAL INCLUSION

5.1 Although caring can be a positive experience, the Care 21 report highlighted that many carers find that: *“caring can be a potentially highly stressful, demanding, socially excluding experience, which often causes financial strain, and prevents people from achieving a fulfilling life out with the caring task”*. (p8)

5.2 There are no significant differences in the self reported health of carers and non-carers, but once again, there are differences between carers and non-carers of different ages, particularly younger adults (see Table 5.1¹³). **A smaller proportion of carers than non-carers aged 16 to 24 rated their health as ‘good’. Conversely, older carers were less likely than older non-carers to report poor health (15% versus 27%).**

Table 5.1: State of respondent’s health by age (%)							
1999 – 2002	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Carer							
Good	62	58	55	52	43	39	51
Fairly good	30	30	33	34	43	46	35
Not good	8	13	13	14	15	15	14
<i>Bases</i>	<i>370</i>	<i>905</i>	<i>1372</i>	<i>2308</i>	<i>1587</i>	<i>379</i>	<i>6921</i>
Non-Carer							
Good	70	68	64	53	39	30	55
Fairly good	25	24	26	30	39	43	31
Not good	5	8	10	17	22	27	15
<i>Bases</i>	<i>4262</i>	<i>8417</i>	<i>9197</i>	<i>10818</i>	<i>10994</i>	<i>1691</i>	<i>50031</i>

5.3 Similarly, there were no overall differences in the likelihood of carers and non-carers to have an illness or disability but there were some age differences that are displayed in Table 5.2 and Table 5.3¹⁴. Again, **older carers are less likely than older non-carers to have an illness or disability** (37% of carers aged over 75 years compared with 55% of non-carers of this age).

Table 5.2: Whether respondent has an illness or disability by age of carer (%)							
2003 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Yes, disability	3	6	6	8	11	16	8
Yes, illness or health problem	4	6	6	9	16	18	10
Yes, both disability and illness or health problem		1	2	2	3	3	2
No, neither	93	87	86	82	70	63	80
<i>Bases</i>	<i>150</i>	<i>373</i>	<i>681</i>	<i>1161</i>	<i>859</i>	<i>218</i>	<i>3442</i>

¹³ 1999 – 2002 data used as question removed in later years

¹⁴ 2003/2004 data used as question has changed since 1999

Table 5.3: Whether respondent has an illness or disability by age of non-carer (%)							
2003 – 2004	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Yes, disability	3	3	5	9	15	23	9
Yes, illness or health problem	4	4	6	9	16	20	10
Yes, both disability and illness or health problem	*	1	2	4	6	11	4
No, neither	93	92	88	78	63	45	77
<i>Bases</i>	<i>2165</i>	<i>3835</i>	<i>4706</i>	<i>5611</i>	<i>5522</i>	<i>3448</i>	<i>25287</i>

5.4 As can be seen from Table 5.4, around a fifth (19%) of carers within the household feel that their health is not good compared with 11% of carers outwith the household and 15% of non-carers¹⁵. Other than among carers aged 16–24 years old, a higher proportion of adults caring in the household than those caring outwith the household rated their health as not good (e.g. 20% versus 12% of the 45–59 year old age group).

Table 5.4: State of respondent's health by age of carers providing care in and out of the household compared with non-carers (%)							
1999 – 2002	16-24	25-34	35-44	45-59	60-74	75 plus	TOTAL
Care in house							
Good	65	51	47	39	34	33	41
Fairly good	28	34	37	40	43	47	40
Not good	7	15	17	20	23	20	19
<i>Bases</i>	<i>80</i>	<i>218</i>	<i>319</i>	<i>509</i>	<i>586</i>	<i>156</i>	<i>1868</i>
Care out of house							
Good	61	60	58	56	50	45	56
Fairly good	31	28	31	32	42	45	33
Not good	8	12	11	12	8	10	11
<i>Bases</i>	<i>290</i>	<i>687</i>	<i>1053</i>	<i>1799</i>	<i>1001</i>	<i>223</i>	<i>5053</i>
Non-carer							
Good	70	68	64	53	39	30	55
Fairly good	25	24	26	30	39	43	31
Not good	5	8	10	17	22	27	15
<i>Bases</i>	<i>4262</i>	<i>8417</i>	<i>9197</i>	<i>10818</i>	<i>10994</i>	<i>1691</i>	<i>50031</i>

5.5 It is more common for carers within the household to have either a disability or illness than carers outside the household (28% compared with 17% - see Table 5.5). For every age group, those who care in the household were more likely than those caring outwith the household to have an illness or disability (e.g. 36% versus 26% for the 60 – 74 age group) indicating that this result cannot be purely explained by age. Those who care outwith the household are less likely to have an illness or disability than non-carers (17% compared with 23%).

¹⁵ 2003 data as question not asked in 2004

Table 5.5: Whether respondent has an illness or disability by age of carers providing care in and out of the household compared with non-carers (%) (%)						
2003 - 2004	16-34 ¹⁶	35-44	45-59	60-74	75 plus	TOTAL
Care in house						
Yes, disability	10	12	13	16	16	13
Yes, illness or health problem	5	5	9	17	21	11
Yes, both disability and illness or health problem		2	6	4	6	4
No, neither	84	81	72	64	57	72
<i>Bases</i>	<i>131</i>	<i>158</i>	<i>239</i>	<i>277</i>	<i>85</i>	<i>891</i>
Care outside house						
Yes, disability	3	4	6	9	16	6
Yes, illness or health problem	5	6	9	15	16	9
Yes, both disability and illness or health problem	1	2	1	3	1	2
No, neither	90	87	85	74	68	83
<i>Bases</i>	<i>392</i>	<i>523</i>	<i>922</i>	<i>582</i>	<i>132</i>	<i>2551</i>
Non-carer						
Yes, disability	3	5	9	15	23	9
Yes, illness or health problem	4	6	9	16	20	10
Yes, both disability and illness or health problem	*	2	4	6	11	4
No, neither	93	88	78	63	45	77
<i>Bases</i>	<i>6000</i>	<i>4706</i>	<i>5611</i>	<i>5522</i>	<i>3448</i>	<i>25287</i>

Sole Carers

5.6 A higher proportion of other carers in the household than sole carers and non-carers had an illness or disability (33% compared with 24% and 18% respectively – see Table 5.6).

Table 5.6: Whether have an illness or disability for sole carers and other carers providing care in the household (%)			
2003 – 2004	Sole Carers	Other Carers	Non-carers
Yes, disability	10	17	7
Yes, illness or health problem	11	12	8
Yes, both disability and illness or health problem	3	4	3
No, neither	76	67	82
<i>Bases</i>	<i>491</i>	<i>392</i>	<i>16097</i>

5.7 As can be seen from Table 5.7, both types of carers were more likely to rate their health as not good than non-carers (18% of sole carers and 21% of other carers compared with 12% of non-carers). There were age-related health differences between sole carers and other carers, with a higher proportion of sole carers than other carers aged between 16 and 44 years old rating their health as not good (19% versus 11%). However, this pattern reverses among older adults with a higher proportion of other carers than sole carers aged over 60 rating their health as not good (32% versus 16%).

¹⁶ 16-24 and 25-34 age bands collapsed due to small base sizes

Table 5.7: Age and state of respondent's health of sole carers and other carers providing care in the household compared with non-carers (%)						
1999 – 2002	16-34	35-44	45-59	60-74	75 plus	TOTAL
Sole carers						
Good	47	46	39	37	42	41
Fairly good	37	33	41	46	43	42
Not good	16	21	20	17	15	18
<i>Bases</i>	<i>130</i>	<i>146</i>	<i>294</i>	<i>390</i>	<i>95</i>	<i>1055</i>
Other carers in household						
Good	62	48	39	28	20	41
Fairly good	29	40	39	38	53	38
Not good	9	13	21	34	28	21
<i>Bases</i>	<i>168</i>	<i>173</i>	<i>211</i>	<i>195</i>	<i>61</i>	<i>808</i>
Non-carer						
Good	69	65	56	41	31	58
Fairly good	24	27	30	39	42	30
Not good	6	9	15	20	27	12
<i>Bases</i>	<i>9852</i>	<i>7453</i>	<i>7750</i>	<i>5930</i>	<i>1762</i>	<i>32747</i>

5.8 There was no difference in the self reported health of sole carers who provide varying levels of care. However, it should be noted that these results only refer to sole carers providing care within the household.

Key Points

- Older carers were less likely than older non-carers to report poor health and to have an illness or disability.
- Younger carers (aged 16-24 years old) were more likely than younger non-carers to report poor health.
- Those who care within the household more commonly had either a disability or illness than carers outside the household.
- Those who care outside the household less commonly had an illness or disability than non-carers.
- A higher proportion of other carers in the household than sole carers and non-carers had an illness or disability.
- Both sole carers and other carers in the household were more likely than non-carers to rate their health as not good.

CHAPTER SEVEN RECIPIENTS

CHARACTERISTICS OF CARE

7.1 The following chapter provides a picture of the demographic characteristics of people receiving care from an unpaid carer and provides information about those with unmet need. This section is based on the Random Adult data. The discussion in this chapter relates to the 2004 data.

7.2 The need for care has remained constant from 1999 to 2004, with around one in ten (11%) households containing at least one person who is in need of some kind of care. A minority of households contain more than one person (1%) and the considerable majority of these contain two people in need of care.

Characteristics of adults in Scotland in receipt of care

7.3 Overall, **less than one in ten (7%) random adults are in receipt of care** (see Table 7.1). This section compares those adults in receipt of care to adults not in receipt of care. **A higher proportion of adults in receipt of care were female** (61% compared with 56% of adults not in receipt of care). This may be as females generally live longer than males.

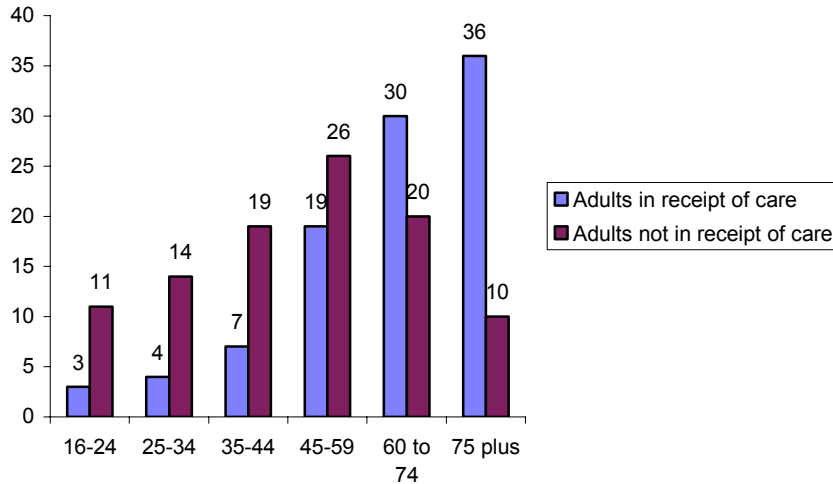
Table 7.1: Sex of individuals in receipt of care compared with adults not in receipt of care

2004	Adults in receipt of care	Adults not in receipt of care
Male	39	44
Female	61	56
<i>Bases</i>	<i>1,189</i>	<i>13,589</i>

7.4 As expected, **a higher proportion of adults in receipt of care are aged 65 and over** (66% compared with 30% of other adults – see Figure 7.1). Consequently, only 7% of adults in receipt of care are aged between 16 – 34 years old (compared with 25% of other adults).

Figure 7.1: Age of adults in receipt of care and adults not in receipt of care

Base: Adults in receipt of care = 1189; Adults not in receipt of care = 13589



7.5 As can be seen from Table 7.2, given that adults receiving care are more likely to be older adults, the results are perhaps as expected and indicate that **a higher proportion of these adults (compared with the other adults) are widowed (32% compared with 10%)**. Adults receiving care were also less likely to be married (39% compared with 53% of other adults).

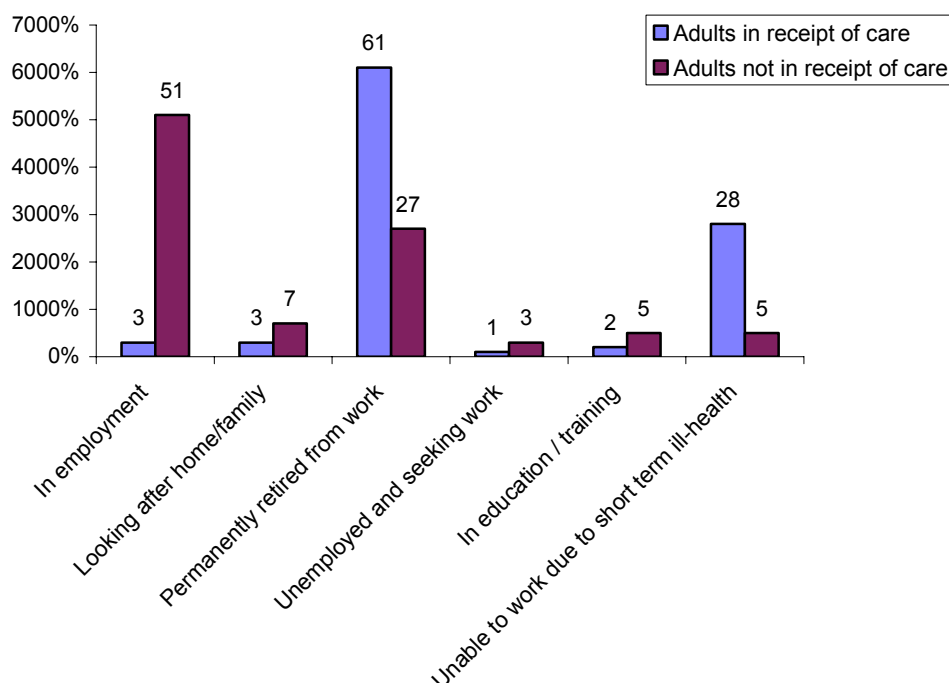
Table 7.2: Marital status of individuals in receipt of care compared with adults not in receipt of care		
2004	Adults in receipt of care	Adults not in receipt of care
Married	39	53
Cohabiting (living together)	2	8
Single / never been married	17	21
Widowed	32	10
Divorced	8	5
Separated	3	3
<i>Bases</i>	<i>1,189</i>	<i>13,589</i>

7.6 **A significantly higher proportion of adults in receipt of care were from older smaller and single pensioner households (28% and 33% compared with 17% and 10%) households (see Table 7.3)**. These results are as expected, given that adults in receipt of care are more likely to be older adults.

Table 7.3: Household type of individuals in receipt of care compared with adults not in receipt of care		
	Adults in receipt of care	Adults non-in receipt of care
Single adult	12	10
Small adult	10	18
Single parent	1	4
Small family	3	15
Large family	5	9
Large adult	9	16
Older smaller	28	17
Single pensioner	33	10
<i>Bases</i>	<i>1,189</i>	<i>13,589</i>

7.7 **Only 3% of adults in receipt of care are in employment** (compared with 51% of other adults – see Figure 7.2). The majority of these adults are retired (61% compared with 27% of other adults) and a further 28% are unable to work due to short term ill-health (compared with only 5% of other adults).

Figure 7.2: Economic status of adults in receipt of care and adults not in receipt of care
 Base: Adults in receipt of care = 1189; Adults not in receipt of care = 13589



7.8 **A lower proportion of adults in receipt of care (compared with other adults) live in properties bought with the help of a loan or mortgage** (17% compared with 41% - see Table 7.4). A higher proportion of adults receiving care were social renters (46% compared with 23% of other adults). Additionally, these individuals were more

likely to live in flats or maisonettes (43% compared with 31% of other adults), and less likely to live in detached houses (12% compared with 22%).

Table 7.4: Housing tenure and property type of individuals in receipt of care compared with adults not in receipt of care

2004	Adults in receipt of care	Adults not in receipt of care
Housing Tenure		
Owned outright	31	28
Buying with help of loan/mortgage	17	41
Rent – LA/SH	31	16
Rent – HA, Co-op	15	7
Rent - private landlord	4	6
Other	3	2
Property Type		
Detached house	12	22
Semi-detached house	19	23
Terraced house	25	23
Flat/maisonette	43	31
<i>Bases</i>	<i>1,189</i>	<i>13,589</i>

7.9 As can be seen from Table 7.5, compared to other adults, **a higher proportion of adults in receipt of care live in Glasgow** (16% compared with 12%) **and a lower proportion live in Grampian** (5% compared with 9%). In terms of urban/rural classification, a higher proportion of adults receiving care were from large urban areas (45% compared with 41%).

Table 7.5: Area characteristics of individuals in receipt of care compared with adults not in receipt of care

	Adults in receipt of care	Adults not in receipt of care
Local Authority Area		
Glasgow	16	12
Grampian	5	9
Urban/rural classification		
Large urban areas	45	41
Other urban	27	28
Small accessible towns	11	10
Small remote towns	3	3
Accessible rural	11	13
Remote rural	5	6
<i>Bases</i>	<i>1,189</i>	<i>13,589</i>

7.10 To summarise the characteristics of adults in receipt of care, a higher proportion of these individuals (compared with adults not receiving care) are:

- Female
- Older adults (aged 60 years old and older)
- Live in older smaller or single pensioner households
- Are permanently retired from work or unable to work due to short term ill health
- Married or widowed
- Are social renters, and live in flats rather than detached houses
- Households on lower annual incomes
- ‘Older smaller’ and single pensioner households
- Live in flats rather than detached houses

Households with an unmet need for care

7.11 Around 0.3% of households contain someone reporting unmet need. Unmet need was identified where adults reported the need for care but did not report being in receipt of any care. The results indicate that households with an unmet need of care are fairly even in terms of the highest income householder (HIH) being male or female (51% male and 49% female) whereas a higher proportion of other households had a male as the HIH (62% compared with 38% - see Table 7.6). Generally, households recording an unmet need were older - in 57% of these households, the HIH was aged 60 years or older compared with 34% of other households.

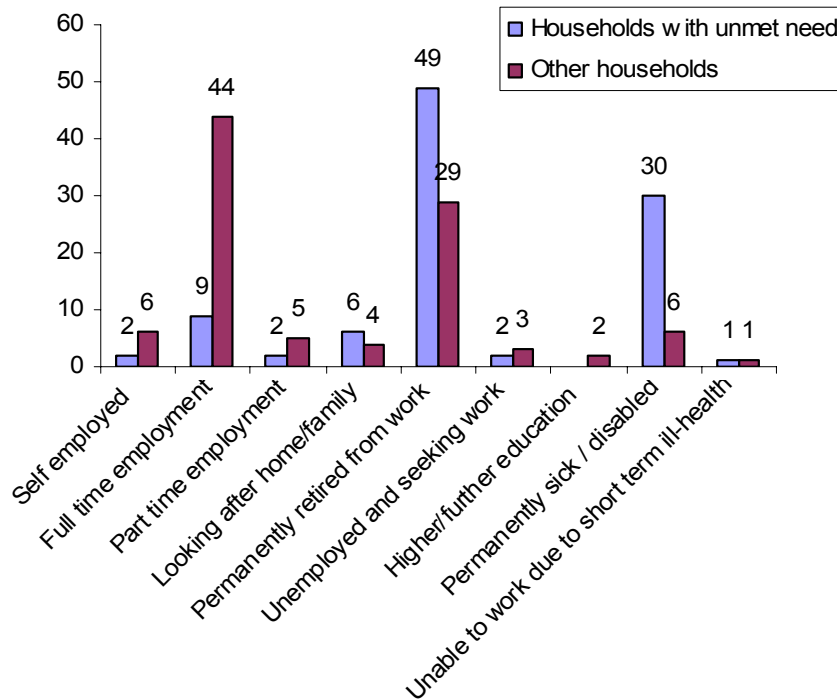
Table 7.6: Sex of HIH for households with unmet need of care compared with other households (%)

1999 – 2004	Households with unmet need of care	Other households
Sex		
Male	51	62
Female	49	38
Age		
16-24	2	4
25-34	5	15
35-44	11	20
45-59	26	27
60-74	27	22
75+	30	12
<i>Bases</i>	<i>259</i>	<i>91428</i>

7.12 Given that households reporting an unmet need are generally older households, the results in relation to economic status are as expected and indicate that these households are less likely to have a HIH in employment (in only 11% of these households the HIH is in paid employment compared with 55% of other households – see Figure 7.3). In fact, in 49% of these households, the HIH is permanently retired (compared with 29% of other households) while 30% are permanently sick or disabled (compared with 6% of other households).

Figure 7.3: Economic status of HIH for households with an unmet need for care compared with other households

Base: Households with unmet need = 259; Other households = 91428



7.13 As can be seen from Table 7.7, a higher proportion of households reporting an unmet need of care than other households were non-working households (85% versus 44%). In fact, 63% of households with an unmet need were non-working single households. Households with an unmet need of care appear to be more financially disadvantaged than other households, with only 19% of these households having an income of £20,001 or more compared with 47% of other households.

Table 7.7: Households with unmet need of care compared with other households (%)		
1999 – 2004	Households with unmet need of care	Other households
Household working status		
Single working adult	5	16
Non-working single	63	29
Working couple	1	28
Couple, one works	9	13
Couple, neither works	22	15
Banded net income		
£0 - £6,000	19	11
£6001 - £10000	35	21
£10001 - £15000	28	21
£15001 - £20000	12	15
£20001+	7	32
<i>Bases</i>	<i>259</i>	<i>91428</i>

7.14 In a related vein, households reporting an unmet need were more likely to be social renters compared with other households (50% versus 29% - see Table 7.8). Taken together, **these results indicate that households with an unmet need for care are more likely to be older, non-working households living on low incomes.**

Table 7.8: Household tenure for households with unmet need of care compared with other households (%)		
1999 - 2004	Households with unmet need of care	Other households
Owned outright	29	26
Buying with help of loan/mortgage	14	38
Rent – LA/SH	39	23
Rent – HA, Co-op	11	6
Rent – private landlord	3	6
<i>Bases</i>	259	91428

CHAPTER EIGHT CONCLUSIONS

8.1 Previous research has indicated that due to demographic changes, the need for informal care is set to increase¹⁷. There has also been shown to be a gap between the increase in demand for carers and the expectation of people to become unpaid carers in the future. One of the recommendations in the Care 21 report was that the Carer's Strategy should continue to be updated in incorporate the impact of demographic and social change and to plan the resourcing of future need. The results of the current research indicate that there has been very little change in the profile of carers between 1999 and 2004.

8.2 The results indicate approximately 1 in 8 adults in Scotland provide unpaid care to another person, although it is more common for the person to live outwith rather than inside their household. Within the household, the majority of carers care for their spouse or partner and provide continuous care, whereas carers outside the household most commonly care for parents and are more likely to provide less than 20 hours of care a week. Around 16% of those caring in the household are sole carers.

8.3 An important difference among carers was whether they cared inside or outwith the household. Generally, the results indicate that those who care inside the household tend to be more disadvantaged. To illustrate, these individuals (compared with those who care outwith the household) more commonly are not working, live in non-working households, have lower incomes, are social renters, live in non-working households, and live in the more deprived areas. Additionally, in relation to other carers they more commonly have an illness or disability and rate their health as not good; they more commonly have no savings or investments; and they more commonly do not have access to a motor vehicle or a current driving license. Although it is recognised that these carers are generally older individuals, the results indicate that their situation is perhaps more influenced by their caring role than their age as the differences were often true for every age group.

8.4 The results in relation to sole carers indicate that the majority of these individuals care for their spouse or partner. It should be noted that it was only possible to discuss sole carers in terms of those providing sole care to another household member. The results indicate that these individuals (compared with other carers in the household) are more commonly older females who live in non-working older smaller households. They also more commonly lived in deprived areas. The extent to which carers are able to travel is also important as the Care 21 report indicated that many carers felt isolated from and ignored by the community, and found it difficult to access education and leisure opportunities. Sole carers more commonly do not have access to a motor vehicle and do not have a current driving license. Sole carers providing continuous care were generally older individuals living in non-working households who were less commonly in paid employment.

¹⁷ <http://www.scotland.gov.uk/Publications/2006/02/28094157/0>

8.5 Young carers (this study only covers 16-17 year olds) have been identified as a vulnerable group. In particular, this group may need help and support as they should be seen first as young adults and second as carers. However, the current analysis did not reveal any significant differences between 16-17 year old young carers and non-carers, other than the fact that young carers were more likely to live in non-working households. It should be noted that owing to the way respondents are selected for interview in the SHS (highest income householder and randomly selected adult) it is possible that the extent and experiences of young unpaid carers are under-represented in this report. However, there were differences between carers and non-carers aged 16-24 years. These carers are more likely to be financially disadvantaged than non-carers. In contrast, older carers appear to cope better financially than other adults their age.

8.6 Given limitations with the SHS data, there still remains a need for further research with carers of vulnerable groups, i.e. young carers and BME carers. One interesting and perhaps unexpected result was the fact that older carers may be financially better off than older non-carers. Again, this is perhaps an area that could benefit from future investigation.

APPENDIX

Appendix 1 – Summary table of regression analysis

Table A1: Predictors of adults being carers (p<.0001) Base = 28,746				
2003/2004	Odds Ratio	P-Value	Significance	Description
Sex				
<i>Male</i>				<i>Control</i>
Female	1.44	92.42	0.000	More likely to be a carer
Age				
75+				<i>Control</i>
16-24	.90	.51	.476	No difference
25-34	1.28	3.69	.055	No difference
35-44	1.98	32.49	.000	More likely to be a carer
45-59	2.84	89.11	.000	More likely to be a carer
60-74	1.75	44.44	.000	More likely to be a carer
Marital status				
<i>Separated</i>				<i>Control</i>
Married	1.51	8.10	.004	More likely to be a carer
Cohabiting (living together)	1.19	1.17	.279	No difference
Single / never been married	1.08	.39	.534	No difference
Widowed	.82	1.82	.177	No difference
Divorced	1.10	.50	.478	No difference
Household type				
<i>Single pensioner</i>				<i>Control</i>
Single adult	1.11	.51	.473	No difference
Small adult	2.29	35.83	.000	More likely to be a carer
Single parent	2.38	31.90	.000	More likely to be a carer
Small family	2.05	24.01	.000	More likely to be a carer
Large family	2.53	40.05	.000	More likely to be a carer
Large adult	2.87	62.22	.000	More likely to be a carer
Older smaller	2.58	63.72	.000	More likely to be a carer
Household working status				
<i>Couple, neither work</i>				<i>Control</i>
Single working adult	1.05	.19	.666	No difference
Non-working single	1.29	4.79	.029	More likely to be a carer
Working couple	.54	79.43	.000	Less likely to be a carer
Couple, one works	.77	14.42	.000	Less likely to be a carer

Appendix 2 – Description of regression

In the current analysis, backward logistic regression was run using the SPSS logistic regression procedure. Demographic factors were entered into the regression procedure to determine which were predictive of an adult being a carer. The following demographic

factors were used: sex; age; marital status; ethnicity; household working status; household type; banded net annual income; local authority area; urban/rural classification; and housing tenure. The variables which proved to be significant were sex, age, marital status, household type, and household working status.

Logistic regression is used to predict a dependent variable on the basis of continuous and/or categorical independents. The odds of a particular outcome or group membership are modeled. In this case, regression was used to create a model estimating the odds that an adult with particular characteristics will be a carer. Odds ratios are used to compare the likelihood of a subgroup being a carer compared with a 'control group'. The 'control group' was chosen randomly by SPSS. Logistic regression does not have an equivalent to the R-squared that is found in non-logistic regression; and so the p-value is the critical indicator that the model is significant. In this case, the model is statistically significant because the p-value is less than .000.

Table A.1 includes the odds ratio and p-value for each variable (except the control group). Only those variables which were significant in the regression analysis are included in the table. An odds-ratio of 1 means that there is no difference between the two groups, an odds ratio of more than 1 means that the group has greater odds of being a carer than the control group, and an odds ratio of less than 1 means that the group has lower odds of being a carer than the control group. The p-values indicate whether an odds ratio is significantly different from what would have been expected to be found by chance (i.e. if there was no relationship between the variable and the outcome). A small p-value (less than 0.05) suggests that the true odds ratio is statistically different from 1.

Appendix 3 – List of questions and variables used in current analysis

HB5 – In which of these ways do you occupy this accommodation?

HB6 – Who do you rent this property from?

HC6 – For each person in the household, please tell me whether they make any use of the internet for their personal use.

HD7 – Are there any cars normally available for private use by you or members of your household?

HF1 - Which of the people in the household has any longstanding illness, health problem or disability that limits their daily activity or the kind of work that they can do?

HF3 - Does anyone in the household need regular help or care because they are sick, disabled or elderly.

HF4 - Who in the household needs regular help or care?

HF5 - Who is it that provides help or care for each person?

HF6 – In total, how much help or care do household members provide per week?

HF7 - Who, other than members of the household provide regular help or care?

HF8 - In total, how many hours help or care do non-household members provide per week?

HI1 – Which of these accounts, if any, do you or your partner have?

HI2 – At the moment, do you (or your partner) have any money saved or invested?

RG1 – Over the last 12 months, would you say that your health on the whole has been good, fairly good, or not good?

RG5 – Do you have any longstanding illness, health problem or disability that limits their daily activity or the kind of work that they can do

RG15 – Do you provide any regular help or care for any sick, disabled, or frail person not living with you?

RG16 – Who is it that you provide regular help or care for?

RG17 – In total, how many hours do you spend each week providing help or care for him/her/them?

RANDSTAT –Marital status or random adult

RANDETH – Ethnicity of random adult

BANDINC – Banded net annual income

LA – Local authority identifier

SHS_6CLA – Urban/rural classification

HEALTH – Health Board area

RANDECON – Economic status of random adult

AGERBAND – Banded age of random adult

RANDSEX – Sex of random adult

LICENCE – Whether random adult currently has a driving licence

HHSEX – Sex of Highest Income Household

HHHECON – Economic status of Highest Income Householder

HHWORK – Household working status

HHTYPE – Household type

ISSN 0950 2254
ISBN 0 7559 6254 0
(Web only publication)

www.scotland.gov.uk/socialresearch

Astron B48512 9/06

