

Unpaid caring in Belfast

Craig Harrison
Policy and Public Affairs Manager
Carers NI



@CarersNI

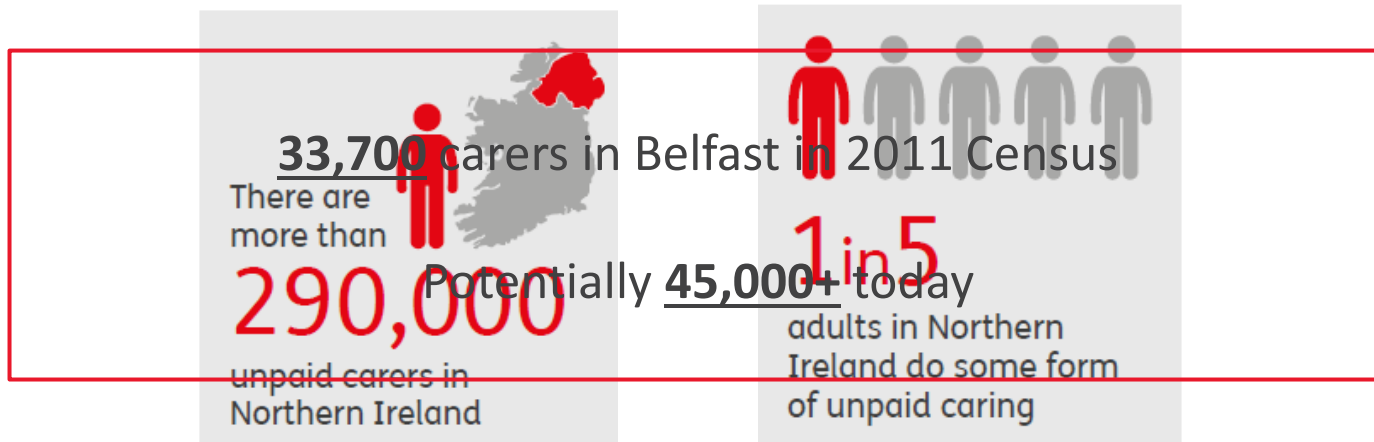


carers NI



The unpaid carer population

An unpaid family member, partner or friend who helps a person with daily activities who wouldn't be able to manage if they didn't have help. This could be someone who is seriously ill, disabled or who needs extra help as they grow older.



(Carers NI (2022). Unpaid carers, poverty and cost of living crisis in Northern Ireland)



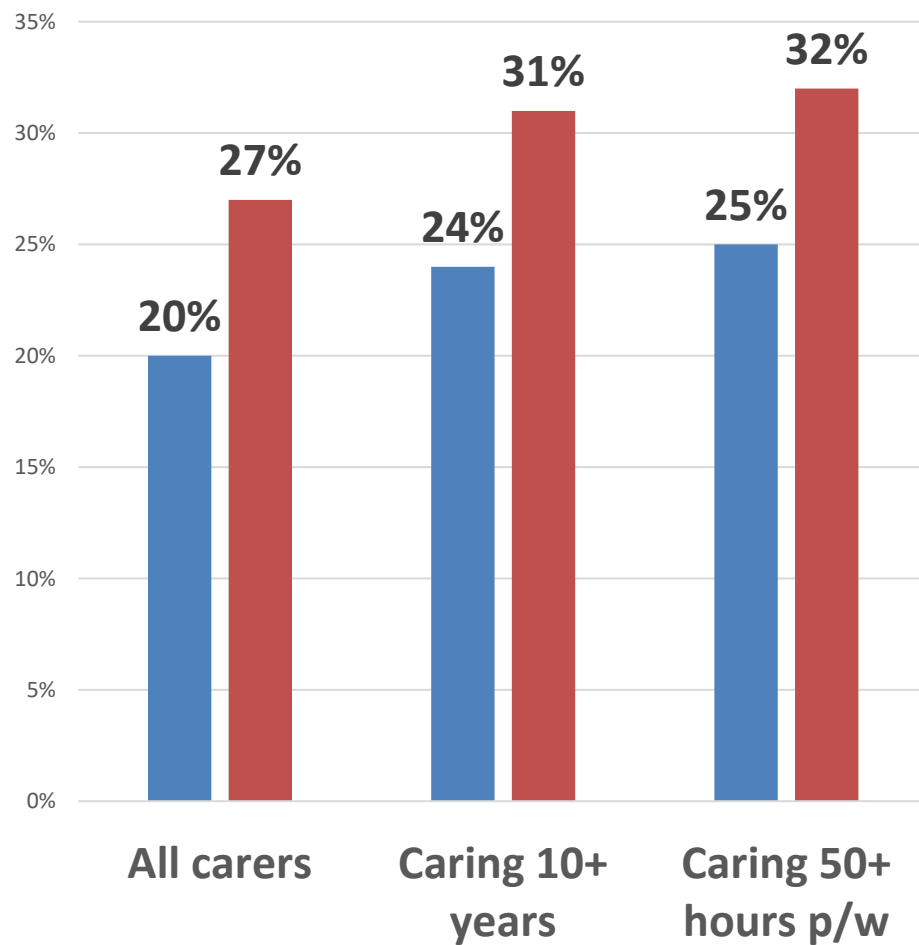
@CarersNI

The spectrum of unpaid caring



@CarersNI

Carers' health and wellbeing



- Physical health bad or very bad
- Mental health bad or very bad

(Carers NI (2022), State of Caring 2022: A snapshot of unpaid caring in Northern Ireland)

27%    

of carers reported their mental health as bad or very bad



@CarersNI

Breaks from caring

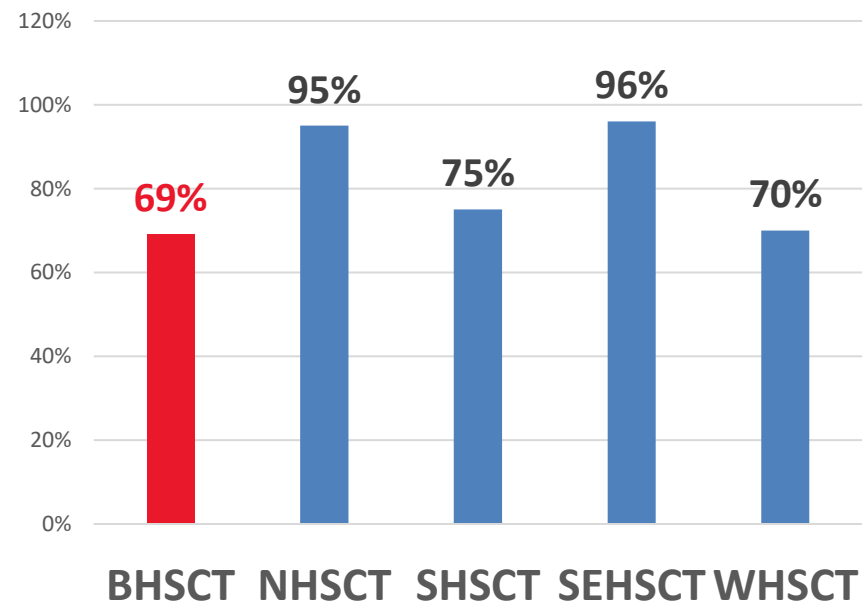
40% of carers haven't had a break in the last 12 months

“
I have only had three overnight breaks in the past four years. I'm physically and emotionally exhausted.”

“
Really struggling to get access to respite. Those services are very slow to reopen. They're essential but almost unattainable.”

“
Reduced day care makes every day more difficult.”

Proportion of adults with LDs receiving full day care entitlement vs pre-Covid baseline



(Department of Health (2022). Remobilisation of learning disability services – Trust performance data, September 2022)

Carers' health and wellbeing

“

*I have had no support in the past year. I look after my nephew and his needs alone 24/7. I am struggling so much at present. **Depression and anxiety are gripping me every morning**, as I don't know what the day might hold.”*

“

*[I get] no support whatsoever. I'm **exhausted to the point I am now becoming unwell.**”*

“

*My daughter and wife's needs are creeping up all the time, while **my own physical and mental resilience is fading**. [I'm] prone to depression and drinking alcohol to excess.”*



@CarersNI

Cost of living crisis

NEWS

Home | Cost of Living | War in Ukraine | Coronavirus | Climate | UK | World | Business | Politics | Tech | Science

N. Ireland | N. Ireland Politics | Local News



Cost of living: Carers struggling with rising prices

Carers in Northern Ireland are "on their knees, financially" as the cost of living increases, Craig Harrison, of Carers NI, has said.

Mr Harrison said that he was aware of female carers "having to make their own sanitary

EXCLUSIVE

NI carers struggling to pay bills as cost of living soars, report finds

UTV | ECONOMY | MONEY | CARERS | Tuesday 18 October 2022 at 7:16pm



THE IRISH NEWS

11 November, 2022

Latest energy price hikes will 'bring yet more dread and misery' to unpaid carers across NI



@CarersNI

Cost of living crisis

70% of carers said increased living costs were negatively impacting their health and wellbeing

“

We are living hand to mouth, needing to give serious thought before making any purchase, be it food, fuel for the car, heating. We are having to make choices we never had to make in the past. It does cause us a lot more stress.”



“

We are in debt like never before. My children are suffering. My mental health is suffering.”

“

The cost of food and bills is driving me crazy. I wake up at night in a cold sweat.”

NI Executive – HSC system

Local government

Community and voluntary
sector

Citizens



Thank you

E: craig.harrison@carersni.org

T: 07553 180202

W: www.carersni.org

