
Hull Adult Health and Wellbeing Survey Summary: Caring in Hull

December 2019

Background

Earlier this year, more than 4,000 Hull residents aged over 16 belonging to groups representative of the local population were surveyed about health and lifestyle behaviours. Between March and June, interviewers knocked on doors and asked residents if they would be willing to take part in the comprehensive survey. Participants were left to complete forms in their own time, with interviewers returning to collect them on an agreed date. The response rate was 76 per cent.

Caring and why it matters

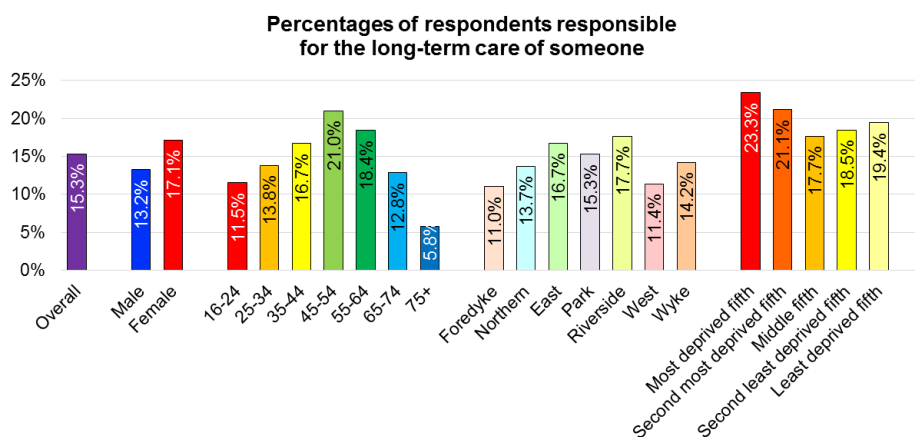
- ❖ “Whilst caring for an ill, elderly or disabled relative or friend can be rewarding, it can be a difficult experience without the right support”.¹
- ❖ Some carers sacrifice their own way of life, lifestyles, and careers to become carers and the needs of other family and friends for the loved ones, and it can affect the carer’s physical and emotional health if the care needs are high or the carer does not have sufficient support.
- ❖ With the ageing population, it is often the case that elderly couples are caring for the other, with the carer also having significant health needs.
- ❖ The Care Act gives specific rights to all carers and places a responsibility on the local authority to assess and meet their needs.

Key Health and Wellbeing Survey findings

Over four thousand adults (16+ years) in Hull, representative of the population, were asked about health and lifestyle behaviours between March and June 2019. Interviewers knocked at doors and asked residents if they’d be willing to participate. They collected completed forms at an agreed later date. The response rate was high at 76%.

¹ NHS Choices, *Caring for carers*. www.nhs.uk. 2012, NHS Choices: London.

- ❖ **Parents were the most cared for group, followed by a sick or disabled partner and then a sick or disabled child.** The lowest numbers relate to the care of sick or disabled friends.

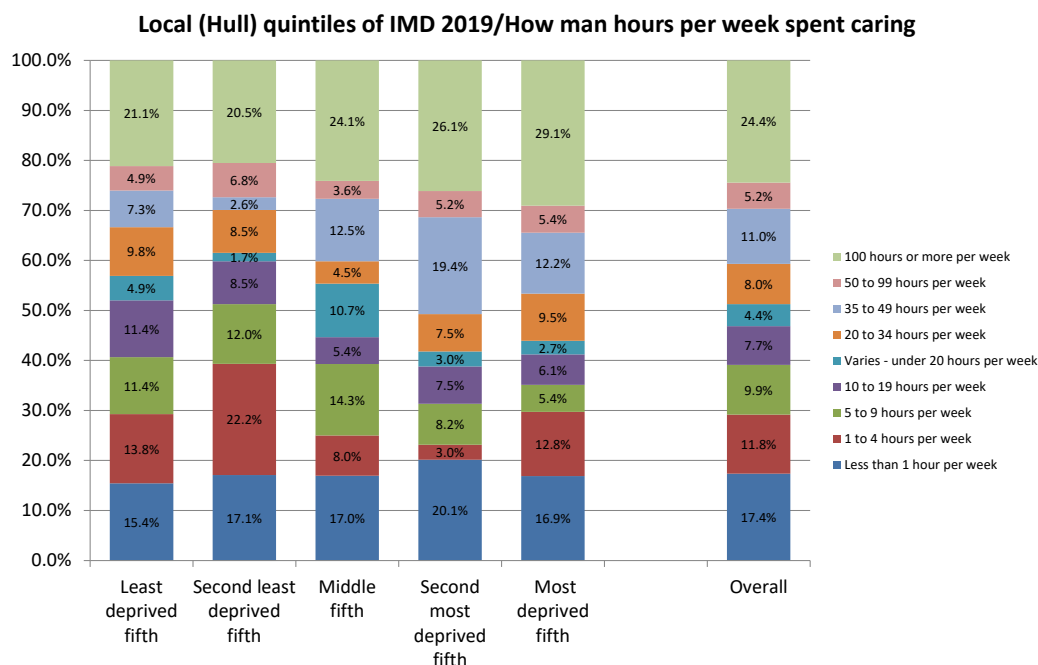


- ❖ **15.3% of people said that they had a caring responsibility**, of between less than 1 hour per week and 100 hours or more per week.
- ❖ Helping with housework was the most common assistance given and half of those people who said that they helped with housework did this on a daily basis. The next largest response was help in doing shopping and just under half (47.6%) of those people who said they did this did it on a daily basis.
- ❖ **Females are more likely to be carers and even when males are carers, females spend longer each week carrying out a caring role.** 41.0% of carers are male and 58.0% are female. Overall 13.2% of males had a caring responsibility, whilst the figure for females was 17.1%.
- ❖ 22.7% of male carers spend less than one hour per week caring, for females this figure is 13.6%. More than half (52.4%) of female carers spend more than 20 per week caring, whilst this figure is only 43.5% for male carers. A third (33.2%) of female carers spend 50 hours or more caring per week, whilst the figure for male carers is a quarter (25.0%). More than a quarter (28.3%) of female carers spend more than 100 hours per week caring, whilst this figure for male carers is 19.2%.
- ❖ **Younger people spend less time caring**, although there is still a noteworthy smaller number that spend a significant amount of time doing so. 36.1% of 16-24 year old carers spend less than one hour per week caring, although there are still 9.7% who spend 100 hours or more per week caring.
- ❖ Although there are more carers in each subsequent age group, 25-34, 35-44 and 45-54 age groups spend less and less time caring each week, before the subsequent age groups (55-64, 65-74 and 75+) start to spend more and more time, although the numbers of carers decreases.
- ❖ 31.4% of the 25-34 years age group carers spend more than 100 hours per week caring, whilst this decreases to 29.8% for the 35-44 age group carers and to 16.8% for the 45-54 age group carers. 10.5% of 25-34 year old carers spend an hour or less per week caring, increasing to 17.3% for the 34-44 year olds, decreasing to 15.3% for the 45-54 year olds, 12.2% for the 55-64 year olds and then increasing for the next two age groups in 16.3% in the 65-74 year olds and 25.0% in the 75+ age group.
- ❖ The highest levels were in St Andrew's and Docklands Ward where 12.7% of respondents spend 10 hours or more per week caring for someone. This is followed by Longhill and Bilton Grange where 12.5% of residents spend ten hours or more per week caring for

someone and then Marfleet ward where the figure is 11.9%.

- ❖ The very lowest levels are recorded in Beverley and Newland where 3.9% of residents spend ten hours or more per week caring for someone, followed by Kingswood with 4.4% and then University with 5.5%.

❖ **Generally, greater deprivation tends to lead to more time spent caring, although the numbers of carers in each fifth remains relatively stable.** Of all those survey respondents who are in the least deprived fifth and have a caring



responsibility, 21.1% recorded that they had a caring responsibility of 100 hours or more each week. Whilst this steadily increased for each deprivation fifth, until those in the most deprived fifth who have a caring responsibility, 29.1% stated that they cared for 100 hours or more per week.

What this means for Hull...

- ❖ One of the aims of the local Humber, Coast and Vale “Start Well, Live Well and Age Well” Sustainability and Transformation Plans (STP) is to support everyone to manage their own care better through communities and public and voluntary sector organisations working together which includes those providing care. Work is ongoing in Hull around the asset-based approach which utilises assets within the community to support people and improve their health. This approach can be used to for carers as well as the people they care for.²
- ❖ There is a need to work with partners to ensure that services are integrated, high quality and accessible in ways that offer people appropriate choices. Also working with partners to promote self-care, re-ablement or mutual support in community settings so this is viewed as the norm and reduce reliance on residential or home care.³
- ❖ The vision from the National Carers Strategy⁴ is that by 2018, carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals needs enabling carers to maintain a balance

² Hull City Council, Joint Strategic Needs Assessment Summary, October 2019

³ Ibid.

⁴ Department for Health, *Carers at the heart of 21st-century families and communities*. 2008, Department for Health: London.

between their caring responsibilities and a life outside of caring, whilst enabling the person they support to be a full and equal citizen.

- ❖ The local Carers Service is delivered on behalf of Hull City Council and NHS Hull CCG aims to improve the quality of life for carers in Hull, helping them sustain their caring role, and enhancing their ability to enjoy a life of their own through the provision of a range of person, coordinated and outcome focused services.