

Carer Engagement Consultation 2023 Results

To ensure our services are meeting the demands of unpaid family and friend carers in our county, we conducted a carer consultation to help us better understand the issues and challenges carers are facing in this current climate. A staggering **841 Carers were involved** in this engagement, which included a survey (online and postal) and focus groups.

A summary of the key findings include:

Top three challenges and barriers for Carers:

- Feelings of stress
- Managing own physical/mental health
- Missing out on socialisation because of caring

Ways which help overcome identified challenges and barriers for Carers:

- Affordability of local services (including respite)
- Financial assistance (e.g., benefits advice, grants)
- More choice and control

Things that help Carers continue to care:

- Emotional support (counselling, check-in & chat)
- Funding to support time out from caring
- More support for my own mental health

60% of Carers agreed that their mental health had been impacted by the cost-of-living crisis.

40% of Carers had money worries and financial insecurity worse than 2020 (pre-pandemic).

59% of carers disagreed with the statement: 'I have more opportunities to connect with other Carers in similar situations now (2023), when compared to before the pandemic (2020)'.

Most important to Carers (out of Five Big Ideas, presented in the original strategy consultation in 2020) were:

- Funding for Carers' breaks increased to support more carers to access respite - a first choice for 33% of Carers.
- Reducing financial hardship as a result of providing unpaid care – a first choice for 29% of Carers.

To read more about the results, please [download the full report here.](#)