

Caring Together COVID-19 survey – adult carers

We have been running a survey for carers throughout the Coronavirus pandemic. This is to help us understand as much as possible about their current situation and needs, so we offer the best support we can. We will also advise partners and other organisations so they can help carers as effectively as possible.

This is a summary of the feedback from adult carers:

How they feel coronavirus is affecting them and their families

Statement	Agree / strongly agree
I feel more lonely/isolated	68%
I am not able to take a break from caring	85%
My mental health is being negatively affected	61%
I feel more stressed	83%
My caring role has increased	70%
My/my child's education is being negatively affected	29%
I don't feel able to cope with the current situation	25%

Please indicate the extent to which some of these support services may help to address some of the issues you feel are being faced

Statement	Agree / strongly agree
Help to access practical support (e.g. shopping, prescriptions, food parcels)	58%
Information/practical advice or tips	72%
Telephone 'someone to talk to' support	71%
Virtual peer support (online hubs, groups)	55%
Video one-to-one support	49%
Mental health support	69%
Ideas about things to do whilst at home	40%
Support to help with planning for emergencies	70%

Comments

The type of things they are saying:

- I feel that my husband's dementia is deteriorating with the total lack of company, structure and stimulation in his world.
- Work has also increased. [My] Husband's Parkinson's symptoms are worse, he is not able to take part in his usual activities that give me a break.
- The caring role has become more intense. Not being able to meet up with friends for a coffee or beer does not give me a break from the house
- I am as susceptible to the virus as my husband, who I care for. I am terrified of getting it and passing it on to him even though we are both isolating. My mental health is really poor and I feel more pressure to be on top of things, like cleanliness, right now.
- Difficult to know what rules are now - keeps changing. Mum is on the cusp of needing physical care, but more emotional support than anything. Would make a big difference if the bubble came in and she could be incorporated in my household.
- I usually have a fairly light role as carer for my elderly mum as she is very independent and manages reasonably well day to day. She is having to shield so I am now having to collect all shopping, prescriptions and anything else she needs. She was recently unwell and I had to move in with her. I was very worried I may bring the virus in with me.
- Because of the risk to the family member i live with & care for, I am not able to go to work in the way i did before-it has caused a lot of fear and anxiety of the risk of contracting the virus& giving it to my family member, even though I'm being as stringent as possible with infection control measures.