

Our survey – carers of all ages

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 carers of all ages:

How they feel coronavirus is affecting them and their families

Statement	Agree / strongly agree	Norfolk
I feel more lonely/isolated	77%	86%
I am not able to take a break from caring	78%	71%
My mental health is being negatively affected	65%	84%
I feel more stressed	82%	86%
My caring role has increased	76%	70%
My/my child's education is being negatively affected	51%	66%
I don't feel able to cope with the current situation	34%	42%

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	Norfolk
Help to access practical support (e.g. shopping, prescriptions, food parcels)	59%	55%
Information/practical advice or tips	70%	60%
Telephone 'someone to talk to' support	60%	63%
Virtual peer support (online hubs, groups)	56%	71%
Video one-to-one support	50%	55%
Mental health support	61%	66%
Ideas about things to do whilst at home	52%	63%
Support to help with planning for emergencies	66%	68%

Comments

The type of things they are saying:

- My son has ADHD & Autism. His behaviour is challenging and I am not getting a break. He is struggling with the expected workload from school, lack of normality and what is going on. The whole family are having difficulty with the situation and not getting any respite.
- As we have chosen not to have our Carers coming in at the moment, Caring has become a full-time job as I fit anything I need to do around meeting my husband's needs. I work in a school but I have not been going in as I have been shielding my husband who is vulnerable. The uncertainty about what I should and should not be doing is the most difficult thing to cope with so I have been extra cautious. I have not been in to a shop, doctors surgery etc.
- I feel my caring role has increased because I feel like a teacher along with feeling like a carer. I have to do everything for my brothers and I'm not able to get a break now and not able to get time away at college.
- Feels like prison without having committed any offence.
- Feel anxious of going over to look after my son on a daily basis, afraid I may carry the virus to him.