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**Facts and Figures 2018**

**How many carers are there in Tower Hamlets?**

* There are an estimated **19,356** carers in Tower Hamlets, based on the 2011 Census
* Approximately **5,000** residents are in receipt of Carer Allowance[[1]](#footnote-1)
* We have **406** young carers on our Young Carer Register[[2]](#footnote-2)

**How many carers get support?**

* Our records show that **378** adult carers received a Carer Needs Assessment in Tower Hamlets last year, though the true figure may be higher[[3]](#footnote-3)
* **297** people received respite care funded by the Council last year[[4]](#footnote-4), enabling carers to have a break

**What do carers do?**

* **87%** of carers provide practical help to the person they care for, and 74% provide emotional support. 78% help their loved one with care services and benefits, 75% help with medication and 72% help with personal care[[5]](#footnote-5).
* **25%** of carers care for more than 50 hours per week according to the 2011 Census, which is higher than London and England averages[[6]](#footnote-6)

**What problems can carers experience?**

* **86%** of carers say that caring has affected their health or wellbeing, particularly when it comes to feeling tired, disturbed sleep and general stress[[7]](#footnote-7)
* **70%** carers report having good health, which is lower than the borough average[[8]](#footnote-8)
* **58%** of carers say that caring has caused financial difficulties[[9]](#footnote-9)
* **46%** of carers say they are not in work due to caring[[10]](#footnote-10)
* **33%** of carers rate their quality of life as good. Most carers say they do not do enough of the things they value or enjoy (76%), do not have enough encouragement or support (68%), do not have enough social contact with others (65%) and are not looking after themselves well enough (56%)[[11]](#footnote-11)
* **26%** of young carers said they have been bullied at school because of their caring role in a national survey[[12]](#footnote-12)
* **1 in 20** miss school because of their caring role[[13]](#footnote-13)
1. 5,118 Tower Hamlets residents based on 2016-17 Quarter 3 data. Eligibility criteria involves caring for 35+ hours pw [↑](#footnote-ref-1)
2. Young Carer Register as of January 2018 [↑](#footnote-ref-2)
3. Number of carer assessments carried out in 2016-17. [↑](#footnote-ref-3)
4. 2016-17 figures [↑](#footnote-ref-4)
5. 2016-17 Carer Survey report [↑](#footnote-ref-5)
6. 2011 Census. London: 22%. England: 23% [↑](#footnote-ref-6)
7. 2016-17 Carer Survey report [↑](#footnote-ref-7)
8. In the 2011 Census, 83% of residents report having good health. This dropped to 70% for carers. [↑](#footnote-ref-8)
9. 2016-17 Carer Survey report [↑](#footnote-ref-9)
10. 2016-17 Carer Survey report [↑](#footnote-ref-10)
11. 2016-17 Carer Survey report [↑](#footnote-ref-11)
12. Carers Trust UK (https://carers.org/about-us/about-young-carers) [↑](#footnote-ref-12)
13. Carers Trust UK (https://carers.org/about-us/about-young-carers) [↑](#footnote-ref-13)