

Supporting working carers in the NHS

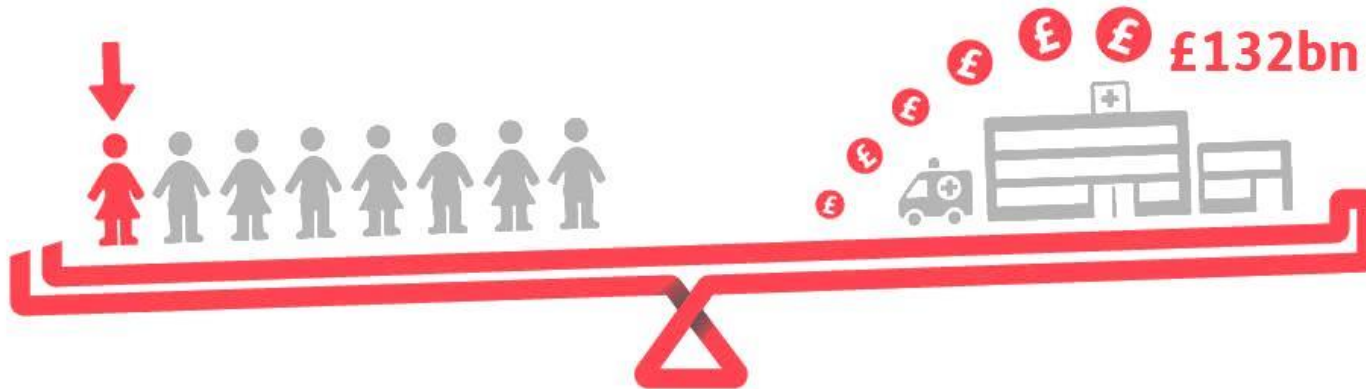
Madeleine Starr

Director of Business Development and
Innovation

Carers UK



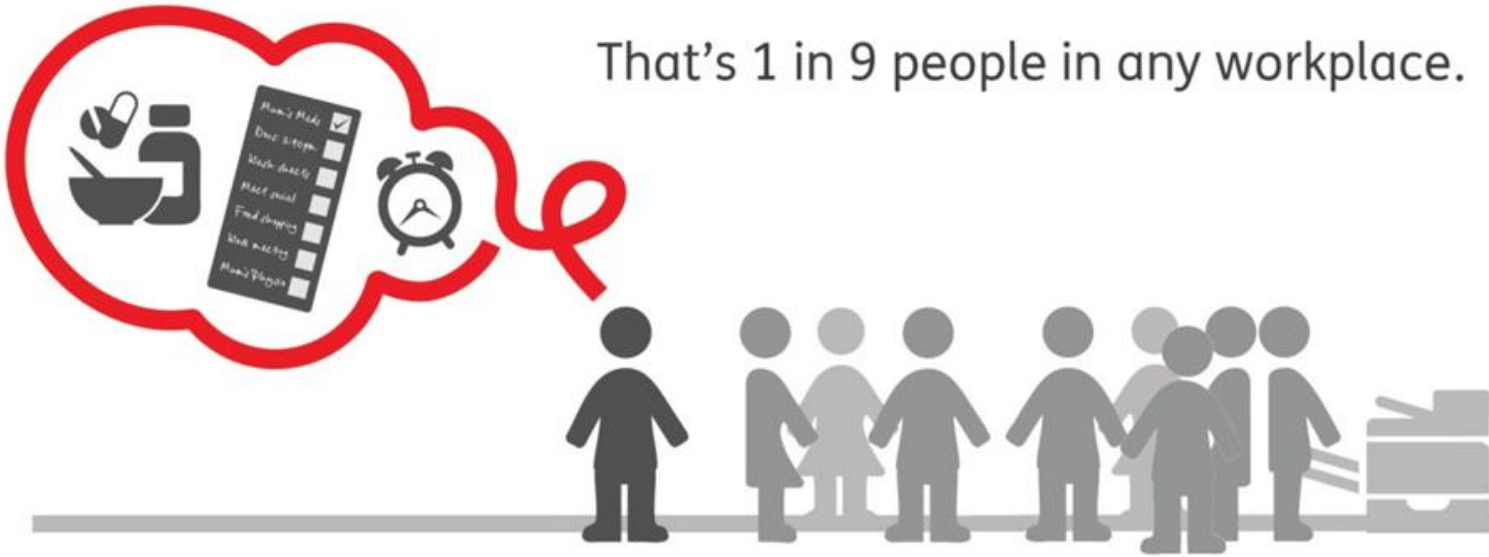
There are **6.5 million carers**
in the UK today. That's **1 in 8 adults**.



This **unpaid** care saves the state £132 billion a year.

3 million carers combine paid work with care.

That's 1 in 9 people in any workplace.



A growing issue

- By 2037 it is estimated there will be 9 million carers in the UK
- With a growing ageing population and a shrinking younger workforce, people will have to work longer to help meet the challenges of pensions and care funding
- Older workers are most likely to be carers too (the peak age for caring is 45-64)
- Over 2m people have given up work to care
- We are facing a perfect storm of pressures on work and pressures on care



A growing issue for the NHS

- There is a shortfall of 50,000 clinical staff in the NHS, 40,000 of whom are nurses
- More than half of nurses are older than 45, with a third aged 45-54 and 13.6 % between 55-64
- A third of midwives are already over 50
- The peak age for caring is 45-64, and many nurses in this age range will be carers
- One of the key reasons given by nurses for leaving the NHS is dissatisfaction with working conditions

Employers for Carers (EfC)

Our membership forum Employers for Carers:

Informed by
Business

Supported by
the specialist
knowledge
of Carers UK

- **supports** employers to develop carer friendly workplaces
- **promotes** the business benefits of supporting carers
- **influences** employment policy and practice

EfC umbrella membership

Engaging health partners

- Umbrella membership is designed for local authorities to reach and support working carers
 - in their own workforce
 - through health partners in their locality, as employers and providers
 - through SMEs
- Local authorities sign up as the key subscriber and then make EfC's resources available free to health partners and SMEs, offering added value at no cost

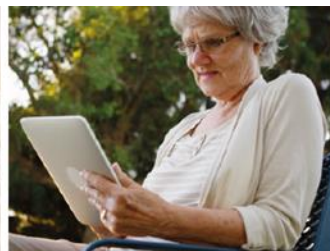


The carer friendly workplace

- Flexible
 - Working and leave arrangements
 - Learning and development opportunities
 - Job roles, with regular review
- Healthy
 - Workplace health and wellbeing information and support
- Productive
 - Support for work life balance
 - Innovation in support for caring



Digital resource for carers





Your Access Code: DGT5733 | [Logout](#)

About Me

building resilience for caring



E-learning

About Me: building resilience for caring

Caring for someone can be valuable and rewarding, but without the right support caring can have health, financial and social impacts.

This online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibilities from becoming overwhelming.

[Take the course](#)

DASHBOARD

[Click here to run usage reports and view support information.](#)



Just a few words...

...from a fellow carer
who understands what
you're going through
can be a lifeline.

carersuk.org/forum



Jointly: care co-ordination app

A central place to store and share the important information about the person you are looking after.

Set up appointments, allocate tasks, save files and notes and manage medication. Whoever you share care with, Jointly helps keep everyone in the loop.

[How to sign up for Jointly](#)

[Log in to Jointly](#)

The role of good nutrition when caring for someone

E-learning



The role of good nutrition in caring for someone

Carers UK has recently teamed up with Nutricia to develop an e-learning course which aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.

[Take the course](#)

Looking after someone?

[Join Carers UK »](#)



Employers for Carers Umbrella Members

- Brighton & Hove City Council
- Cheshire East Council
- Cheshire West & Chester Council
- Darlington Borough Council
- Devon County Council
- Dudley Metropolitan Borough Council
- Durham County Council
- Essex County Council
- Help for Carers, Croydon
- Hertfordshire County Council
- Knowsley Metropolitan Borough Council
- Leeds City Council
- Leicestershire County Council
- Lincolnshire County Council in partnership with Carers FIRST
- London Borough of Barnet
- NHS Employers
- Norfolk County Council
- Northern Health and Social Care Trust
- Plymouth City Council
- Slough Borough Council
- South Gloucestershire Council
- Suffolk County Council
- Surrey County Council
- Torbay and South Devon NHS Foundation Trust
- Wakefield Council
- West Sussex County Council

If you work at an NHS organisation within one of the umbrella localities listed on the previous slide, you are welcome to email Carers UK at client.services@carersuk.org and they can provide your login information for EfC membership resources

Contact:

madeleine.starr@carersuk.org

Visit:

www.carersuk.org
www.employersforcarers.org