



Gloucestershire Survey of Adult Carers 2023/24

The Adult Social Care Carers Survey asked carers about their life, how being a carer affects them, and about the support they get from Adult Social Care in Gloucestershire.

- We sent our survey to **841 people**.
- We had answers from **437 people**.

What we asked carers and what they told us.



1. We asked how long people have been carers.

146 people have been carers for 1 to 5 years, 69 people had been carers for more than 20 years.

More than half of these people are carers for more than 50 hours per week.

2. We asked carers how happy or unhappy they are with the support and services they get.

Just under half the carers who answered this question said they were happy or very happy.

A small number of people said they were unhappy or very unhappy.

3. We asked about how we work with people.

274 people said they have had discussions with Social Care about the people they care for.



191 carers said they were always or usually involved in discussions.

4. We asked carers how easy or hard it was to get information and advice about support, services, or benefits.



201 people said it was quite easy or very easy to get the information they needed.

Most people said the information and advice they got was helpful.

People said they usually use the internet to find the information they need.

5. We asked about the help people get from their GPs and Gloucestershire Carers Hub.



Most of the people who answered our questions said they have told their GP that they are a carer.

Just under half of them said they were always or usually supported by their GP.

Almost all the people who answered said they know about Gloucestershire Carers Hub.

380 people said they are registered with Gloucestershire Carers Hub.



6. We asked people about how being a carer affects their health.

Only 31 people said that being a carer doesn't affect their health.

Some of the things people said affects their health were;

- Feeling tired
- Having their sleep disturbed
- Feeling stressed
- Being cross and short tempered
- Feeling depressed.



7. We asked about how safe people feel and about their wellbeing.

Nearly 3 quarters of the people who answered said they did not get to spend time doing things with other people as much as they would like.

Some people said they feel lonely.

A very small number of people said they didn't feel safe.

8. What we will do about what we have learnt.

We will use what we have found out for our **Unpaid Carers Action Plan**.

We want carers to:

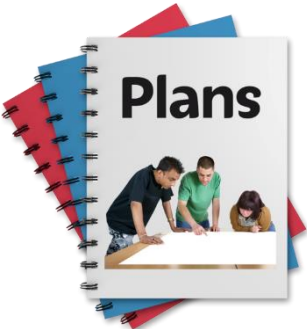
Be Heard – this means finding lots of different ways to hear from carers about what is important to them.

Be Recognised – we will work with our teams and staff to help them think about carers and the support they give the people they care for.

Be Informed – we have a group who will be working on the ways carers can get the information and advice they need.

Be Prepared – we will make sure every time we talk with carers we help them think about preparing for unexpected things and making a plan.

Be Connected – we want to help people feel less lonely and make sure they get the support they need to spend time with other people.





Be Reached – we have to do more work so all carers can get the information they need in the way that suits them, not just using the internet.



And finally:

Our report will be used by our teams to plan the work they will be doing.



Over the next year we will use lots of ways to hear from carers to help us understand more about their experiences.

What they tell us will help us make a plan about carers of all ages.



We want to say thank you to all the carers and the people who support them for taking time to complete our survey.

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