

## Appendix 1: Carers Population Profile in Bracknell Forest

### Part A: Survey

#### Overview:

The survey was open online from 12<sup>th</sup> October 2022 to 30<sup>th</sup> November 2022. It was originally only going to be open for four weeks, however this was extended to allow further time for more responses. The link to the survey was circulated via social media, to local partner organisations to share, internally to Bracknell Forest Council staff and sent to other organisations within Bracknell Forest that had a link to carers.

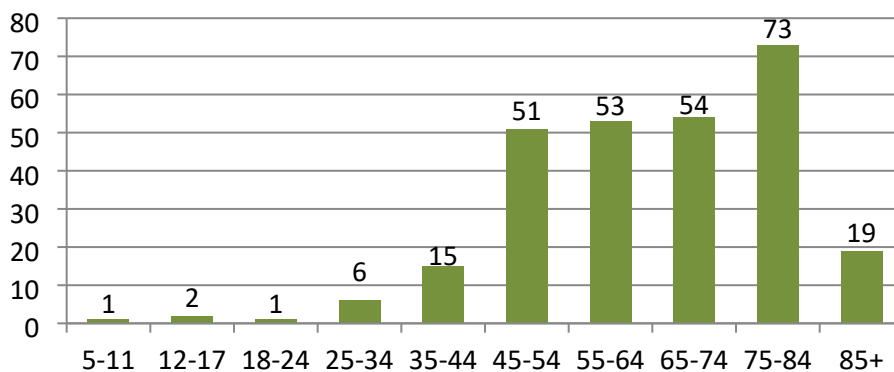
A postal version of the survey was also sent out to those known to Adult Social Care, where the carer had an open case, or a client had an open case with a main carer linked to the case.

The survey was split into two sections, the first being 'About You' with details about the carer themselves, the second section was 'About Your Caring Role' which went into more depth and specific details about their caring role.

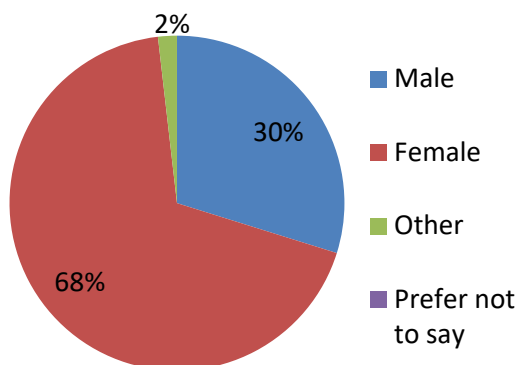
The results of the survey are below, with graphs displaying the answers where possible. For questions that resulted in a narrative answer, these have either been grouped into key themes or common answers have been pulled out.

#### About You:

##### 1. What is your age range?



##### 2. What is your gender?



**3. What type of carer are you? (Multiple options)**

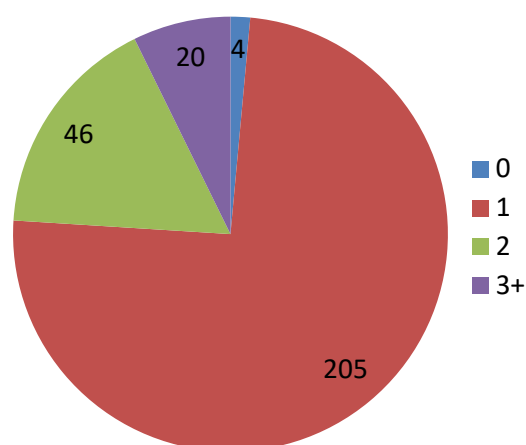
Option	Count	%
Adult Carer (18+ caring for someone 18+)	214	66%
Parent Carer (parent caring for a child or young person aged 18 or under, with any additional need)	27	8%
Sandwich Carer (someone who cares for both sick, disabled or older relatives and dependent children)	43	13%
Young Carer (Up to 17 years old, caring for an adult or sibling)	3	1%
Former Carer in the last year (Formerly provided care but stopped in the last year)	4	1%
Former Carer 1+ years (Formerly provided care but stopped over a year ago)	9	3%
Working Carer (Employed full or part-time outside of caring duties)	18	6%
Other (Please state below in 3b)	5	2%

**3b. If you selected 'Other' what type of carer would you describe yourself as?**

A couple of answers were 'former carer', once this answer was noted the answers available on the survey were updated to include the two Former Carer options.

Other answers generally fitted within the options available, some people had just expanded on their answer or provided additional detail.

**4. How many people do you care for?**



**5. Please tell us about the circumstance of the person/people you look after: Please tick all that apply**

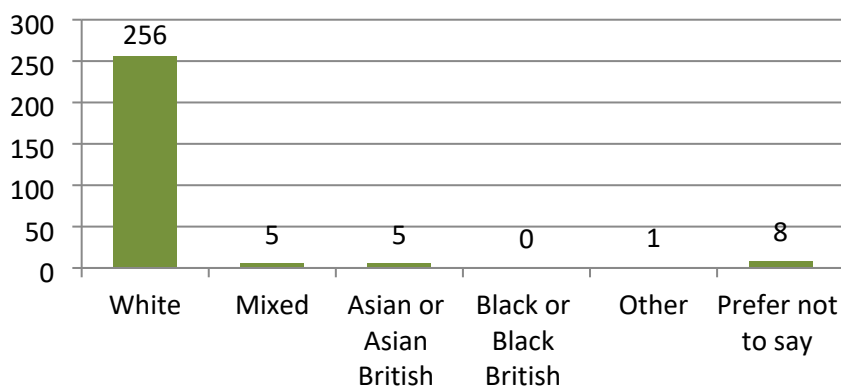
Circumstance	Count	%
Old age/frailty	110	16.5%
Dementia	116	17.4%
Terminal illness	14	2.1%
Long-term illness	67	10.1%
Learning disability or difficulty	65	9.8%
Autism Spectrum Disorder	72	10.8%
Mental Health problems	64	9.6%
Sight or hearing loss	54	8.1%
Physical disability	84	12.6%

Alcohol or drug dependency	3	0.5%
Other (Please state below in 5b)	17	2.6%

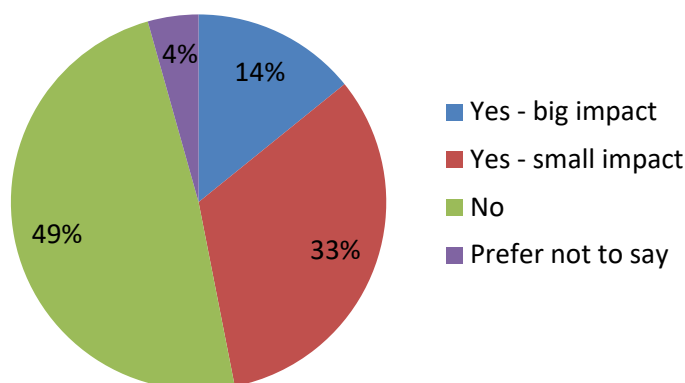
**5b. If you selected 'Other' please describe the circumstance below:**

The answers for this question just expanded on the options listed in question 5, with people providing additional details about the circumstances.

**6. How would you describe your ethnicity?**



**7. Do you have a disability or health problem of your own which impacts on your ability to care?**



**8. If you answered yes to question 7, which of the following options best describe your disability or health problem? Please tick all that apply**

Disability / Health Problem	Count	%
Physical disability	61	31%
Learning disability or difficulties	2	1%
Mental Health problems	29	15%
Autism Spectrum Disorder	8	4%
Visual impairment	5	3%
Hearing impairment	17	9%
Deaf BSL user	2	1%
Speech impairment	2	1%
Prefer not to say	6	3%
Other (Please state below in 8b)	37	19%

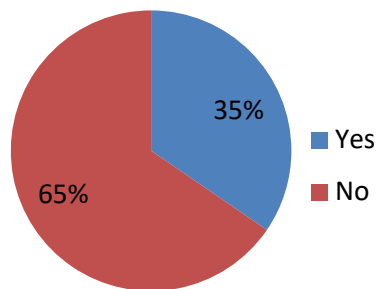
Not Applicable	26	13%
[No Response]	124	-

**8b. If you answered 'Other' please describe below:**

Answers included:

- Scoliosis
- Shingles
- Knee replacement
- Arthritis
- Cancer
- Old age

**9. Would you be happy to be part of a focus group with regards to your answers and therefore are happy for us to contact you?**

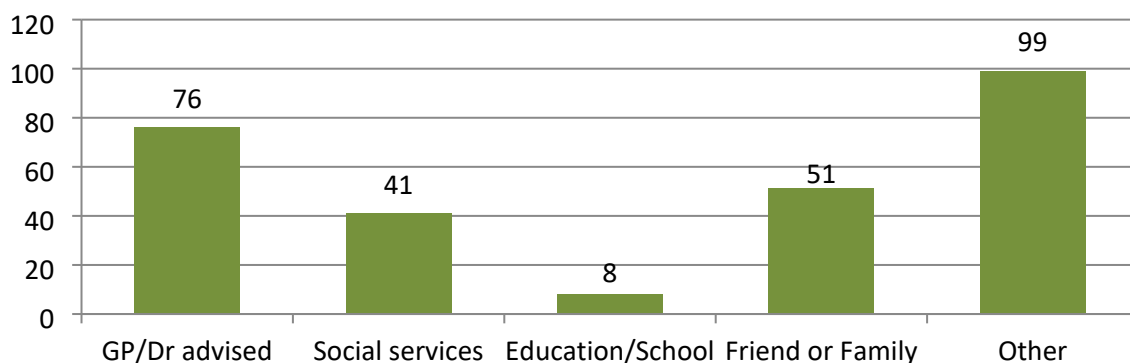


**9a. If you answered 'Yes' to question 9, please provide us with your name, phone number and email address:**

Answers not included due to data protection

**About Your Caring Role:**

**1. How did you first know you were a carer?**

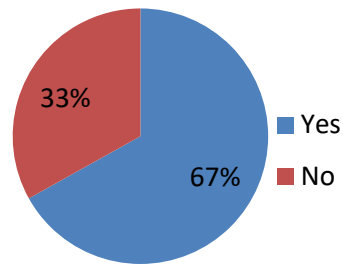


**1b. If you answered 'other' to question 1, please describe below:**

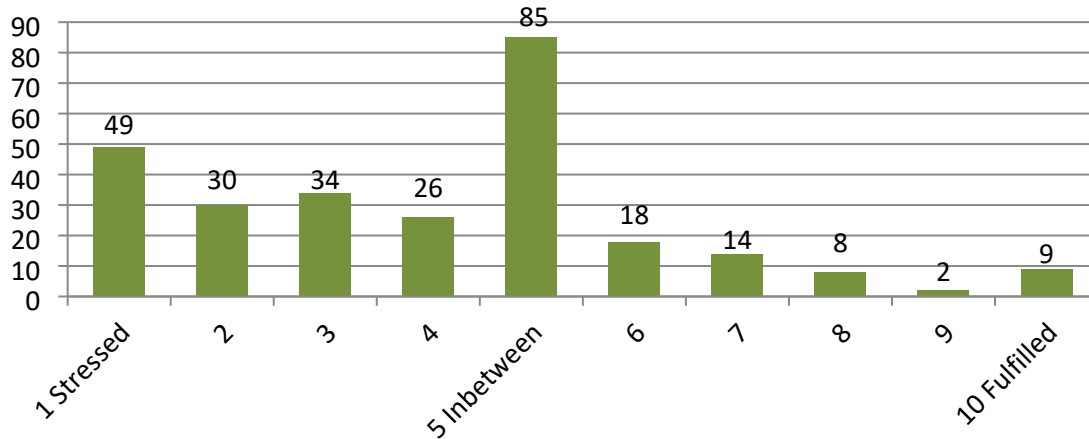
Common answers included:

- Upon diagnosis of cared for
- Social media groups
- Carer organisation
- On birth of child requiring care

**2. Are you registered as a carer with your GP?**



**3. On a scale of 1-10, with 1 being stressed and 10 being fulfilled, how does being a carer make you feel?**



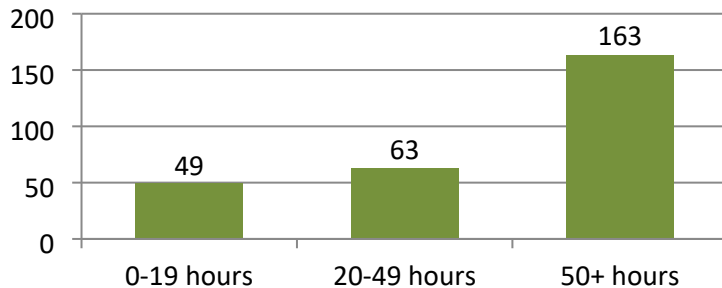
**3b. Please tell us why you chose this answer:**

Answers included:

On the go day and night. Having to take full responsibility for everything	When we don't receive respite as parents, we get very tired	I cope as I have family support
A lot of responsibility, stress, aggression, frustration to conquer in a day with very little help.	It can be stressful but also makes me glad that I was able to help people who are unable to help themselves	It upsets me that my Mum is deteriorating, and her new behaviours make me feel stressed. However, I am happy to help and support her.
Fighting for support on top of caring is absolutely exhausting.	Not being able to do daily things or having any ME time	I have had no support, so it has been very hard
Stressed because it takes so long to do everything. Fulfilled because I feel I am giving my husband better care than he would get elsewhere.	I have a full-time job, plus my child requires 24/7 care as physically disabled and cannot do anything for herself.	My feelings can range from one end of the scale to the other and all the emotions in-between
I cannot find any time to be on my own, the companionship I was looking forward to in later life is no longer possible	The person I care for has complex needs that require full time commitment leaving no time for my own needs	Torn emotionally as it means I may have to give up my business in order to fulfil caring responsibilities.

I have to do everything myself and get no help with other things like household tasks and shopping.	I have no training in looking after someone who needs caring full time	I don't mind being a carer but need more help
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**4. How much time do you spend caring per week?**



**5. What has been the most valuable support you have received as a carer and why? Please tick all that apply, then tell us why in question 5c**

Answer	Count	%
Assistive technology	19	5%
Carers groups	74	19%
Activities	31	8%
Respite	48	12%
Support with schoolwork	3	1%
Someone to talk to	73	19%
Personal Assistant (PA)	17	4%
Other (Please answer 5b)	124	32%

**5b. If you answered 'Other' to question 5, please describe your most valuable support:**

Common answers included:

- Bracknell Memory Clinic
- Day care centre
- Support from district nurses
- Online meetings to understand how dementia develops
- Family
- Dementia team
- Bracknell Parent Carer Forum
- Carer support payments
- Paid carers.
- 45 people answered similar to 'no support received'.

**5c. Please tell us the reason for your answer:**

Common answers included:

- Having someone to talk to
- Support from others in similar situations
- Nice to know you are not alone
- Break from caring role

**6. What are the main challenges you have experienced as a carer?**

Answers included:

I have no time to myself	Juggling everything I have to do	To understand dementia
The amount of form filling we have to do and the length of the information which is required	My own health deteriorating and not getting the appropriate help from the surgery	Trying to find out which services are available for my son, and how to access them
Getting people to recognise me as a carer, or understand how it impacts me	Financially its tough especially when I've had to take time off work to look after my parents who are in their 80s	Lack of support and lack of sign posting to the correct support, lack of sign posting to get help
Having others to share and empathise with our situation	Where to go for the right support when the needs arise	Being alone and no help

**7. What is most important to you to help maintain your own wellbeing?**

The most common answers were:

- Time to myself / respite
- Support from family / friends
- Someone to talk to
- Own health and hobbies
- The day centre
- Support from carers
- No answer – some postal responses that came back did not have an answer filled in for this question

**8. Do you have support from or belong to any carers support organisations and/or attend any groups? Please tick all that apply.**

Organisation / Group	Count	%
Signal 4 Bracknell Forest Carers	102	20%
Signal 4 Bracknell Forest Carers - craft group	1	0%
Signal 4 Bracknell Forest Carers - carers lunch	37	7%
Dementia Advisory Service weekly coffee mornings	17	3%
Voice & Inclusion partnerships for Mental Health and Dementia – run by The Ark	7	1%
Bracknell Forest Council – Adult Social Care	58	12%
Bracknell Forest Council – Childrens Social Care	15	3%
Bracknell Forest Council – Special Educational Needs and Disability	10	2%
Bracknell Forest Council – Community Mental Health Team	17	3%
Bracknell Forest Council – Community Mental Health Team Older Adults	14	3%
Bracknell Forest Council – Children and Adolescent Mental Health Team	1	0%
G.P. practice	48	10%
Social prescriber	8	2%
Bracknell Parent Carer Forum	32	6%
Young carers group The Wayz Berkshire Youth	1	0%
South Hill Park Wild About Arts Course for Young Carers	0	0%

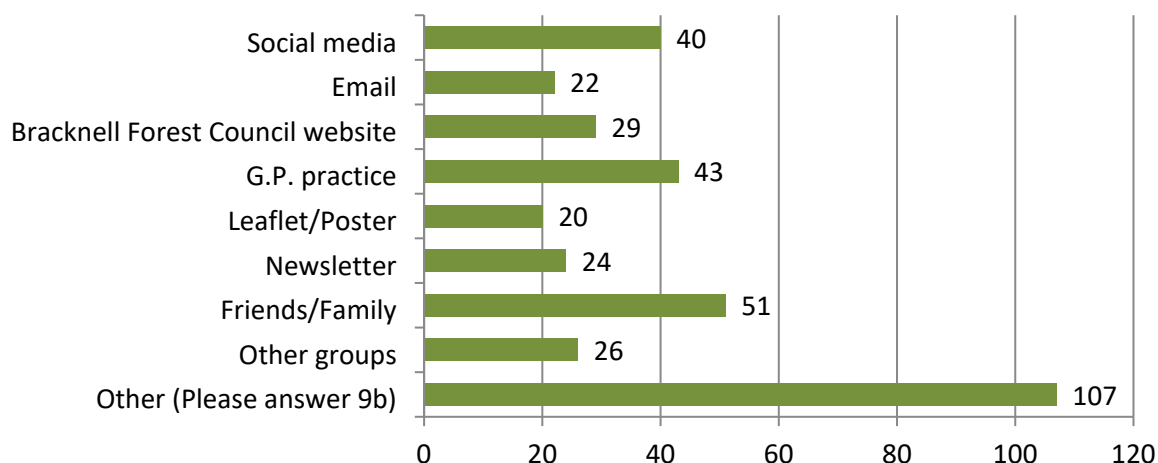
Community Mental Health Team carers group	7	1%
Promise Inclusion (formerly Bracknell Mencap) carers group	13	3%
Promise Inclusion Family Liaison Worker	5	1%
Promise Inclusion Smiles for Sibs Group	3	1%
New Hope carers group	0	0%
Other (Please answer 8a)	106	21%

**8a. If you answered 'Other' to question 8, please state below:**

Common answers included:

- No support
- Friends and/or family
- Younger People with Dementia
- No answer – some postal responses were returned without an answer to this question

**9. How did you find out about these organisations / groups? Please tick all that apply**



**9a. If you answered 'Other' to question 9, please state below:**

Common answers included:

- Referral from hospital
- Bracknell Memory Clinic
- Dementia Advisor Support
- Social Worker
- Did not know about them / not interested in them
- No answer – some postal responses were returned without an answer to this question

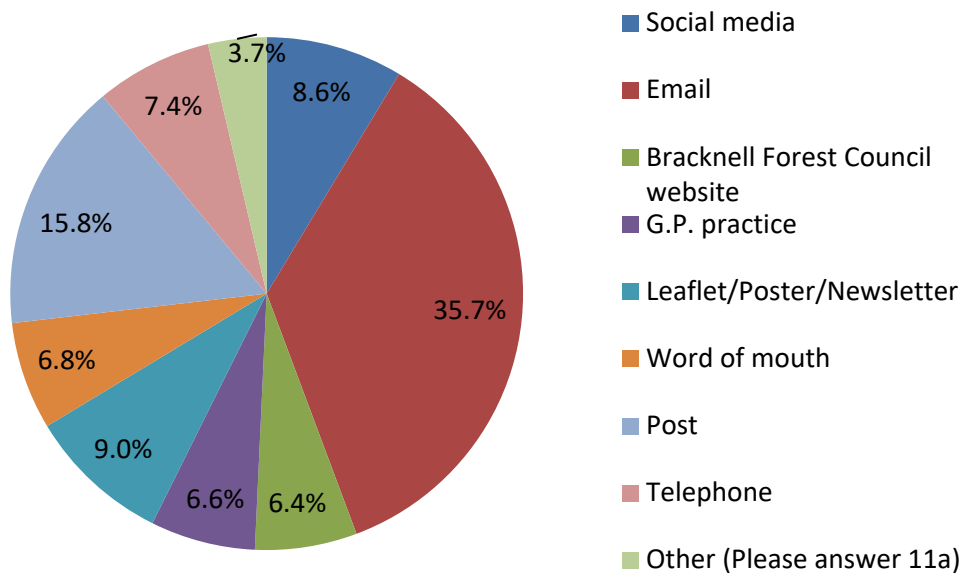
**10. Are there any groups or activities you would like to attend that are not currently available?**

Common answers included:

- No
- Sports events to help relieve stress
- Group for Assistive Tech to help people with disabilities
- Groups at weekends and evenings
- Walking events with other carers and more accessible casual meeting events
- No answer – some postal responses were returned without an answer to this question



**11. How do you prefer to receive information regarding support? Please tick all that apply**

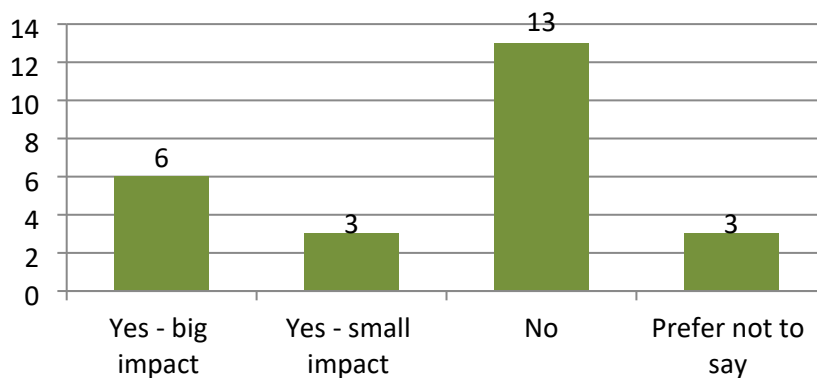


**11a. If you answered 'Other' to question 11, please state below:**

The majority of the responses were blank as they came in via the post so have been deemed 'No Answer'. Of those that had completed it, most had written an answer that was already an option in question 11.

**12. If you are over 18 and in education: does your caring role affect your education?**

250 people responded to this question as 'Not Applicable', of those this did apply to, the results are below:



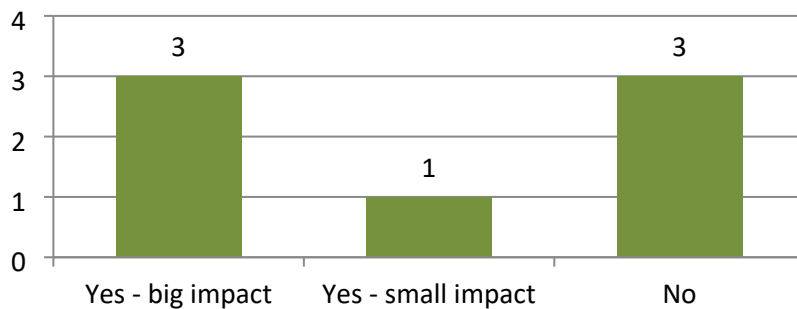
**13. What one thing could improve life for you as a carer?**

Common answers included:

- Time on my own / respite
- Knowing what support is available
- Financial assistance
- Easier forms
- More frequent carer meetings with other local carers
- No answer – some postal responses were returned without an answer to this question

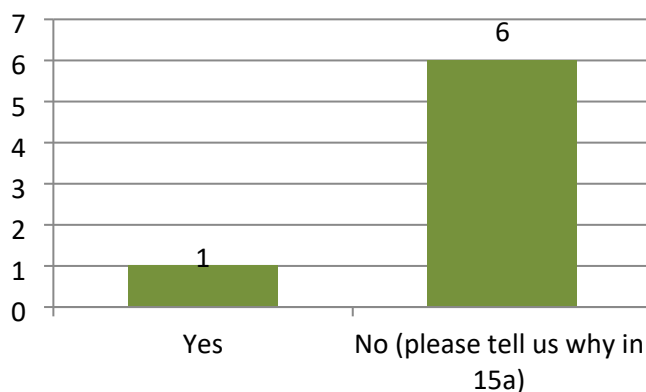
**14. For young carers aged between 5-17: does your caring role affect your education?**

Unfortunately the results for this question have been skewed because the data from question one shows that only three young carers responded to the survey. Seven people answered this question which was aimed only at young carers. Alternatively, it is likely that some parents or adults responded to this survey on behalf of a young carer and answered the first question with their age, but this question on behalf of the young carer. Therefore we are unable to determine if these answers are only from young carers or if any of them are mistakes.



**15. For young carers aged between 5-17: are you able to access activities / meet with friends outside of school and your caring role?**

As above with question 14, we are unable to determine if these results are accurate as other answers would suggest only three young carers responded to the survey, but we have seven answers for this young carer question.



**15a. If you answered 'No' to question 15, please tell us why:**

There were only a few answers for this question, they included:

- It is difficult to go out unless a lift can be arranged as I am too young to go alone
- They start before home from school

**16. Is there anything else you would like to tell us about that you feel is relevant to our new Carers Strategy?**

Answers included:

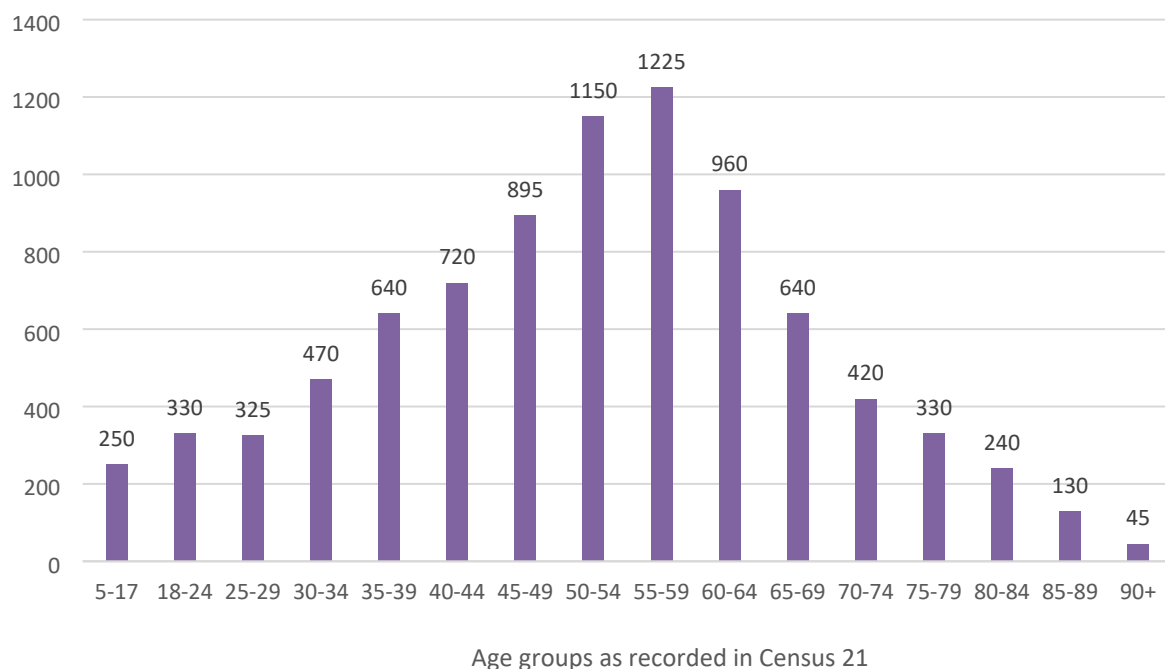
Where to turn for help if you, as a carer, have to go into hospital suddenly and there is nobody to look after your loved one	Give the carers a breather, some respite, drop-in group, more information	It needs to be meaningful action not just words. Think about what resources there are available to meet needs of carers requirements
It would be great if everything was pulled together under a banner so there was a single point of contact for carers to then find out about what is available to them. I have been caring for over 10 years and am still finding out new information about what is available to us	Really pleased this is going ahead, a definite need for input from carers for support and the opportunity to create some new choices perhaps	Being aware of the lack of time that some carers have when it comes to researching what help is available
Carers Assessments take months & months too process, far too long	The new carers course at Church Hill House Memory Clinic was invaluable. I do hope that this still continues	More communication about the help out there
Reduce wait lists and offer more support services quickly	Please look after young carers because we have a right to enjoy our childhood	Be useful for GP, District nurse and hospitals to share information more efficiently

**Part B: Ethnicity of Unpaid Carer – Census data 2021**

Sum of Observation	Column Labels					
Row Labels	Provides 19 or less hours unpaid care a week	Provides 20 to 49 hours unpaid care a week	Provides 50 or more hours unpaid care a week	Provides no unpaid care	Does not apply	Grand Total
Asian, Asian British or Asian Welsh	193	111	82	7914	580	8880
Black, Black British, Black Welsh, Caribbean or African	60	79	61	2616	177	2993
Does not apply	0	0	0	0	0	0
Mixed or Multiple ethnic groups	85	20	30	3132	574	3841
Other ethnic group	37	24	13	1464	80	1618
White: English, Welsh, Scottish, Northern Irish or British	4211	1204	2098	84179	5258	96950
White: Gypsy or Irish Traveller, Roma or Other White	169	104	102	8472	432	9279
White: Irish	41	13	25	941	18	1038
<b>Grand Total</b>	<b>4796</b>	<b>1555</b>	<b>2411</b>	<b>108718</b>	<b>7119</b>	<b>124599</b>

**Part C: Numbers of carers in Bracknell Forest by age group in Census 2021**

Numbers of carers in Bracknell Forest by age group in Census 2021



**Part D: Number of People Receiving Care and Support from BFC 2019-2021**

	2019/20			2020/21		2021/22
Number of people receiving long term care and support	1263			1248		1247
<b>2019/20</b>						
	<b>18-64</b>			<b>65+</b>		
<b>Primary Support Reason</b>	<b>Nursing</b>	<b>Residential</b>	<b>Community</b>	<b>Nursing</b>	<b>Residential</b>	<b>Community</b>
Physical Support	7	7	97	72	49	235
Sensory Support	0	1	26	2	0	9
Support with Memory & Cognition	3	2	1	135	87	130
Learning Disability Support	3	26	267	2	8	32
Mental Health Support	3	7	35	5	2	16
Social Support	0	0	8	0	0	0

<b>2020/21</b>						
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	18-64			65+		
<b>Primary Support Reason</b>	<b>Nursing</b>	<b>Residential</b>	<b>Community</b>	<b>Nursing</b>	<b>Residential</b>	<b>Community</b>
Physical Support	4	3	91	52	40	262
Sensory Support	0	1	8	2	0	7
Support with Memory & Cognition	4	2	0	144	84	138
Learning Disability Support	2	25	246	2	8	40
Mental Health Support	3	6	44	9	2	9
Social Support	0	0	9	0	0	0

<b>2021/22</b>						
	18-64			65+		
<b>Primary Support Reason</b>	<b>Nursing</b>	<b>Residential</b>	<b>Community</b>	<b>Nursing</b>	<b>Residential</b>	<b>Community</b>
Physical Support	7	3	102	54	30	252
Sensory Support	0	1	11	1	0	11
Support with Memory & Cognition	4	3	0	142	78	123
Learning Disability Support	2	24	257	2	9	41
Mental Health Support	2	10	51	7	4	7
Social Support	0	0	9	0	0	0

**Part E: Young Carers Focus Group**

## Young Carers Focus Group

Young Carers Consultations											
School Brakenhale											
<b>Year Groups of Young Carers</b>											
<b>Total YP</b>	18	Yr 7	Yr 8	Yr 9	Yr 10	Yr11	6th Form				
	4	4	5	3	1	1					
<b>How useful is the current offer for YC?</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
<b>Rate out of 10 (1= Poor 10=Amazing)</b>		1	2	1	6	7	1				
"I Get support from Mrs Gosling when needed"											
"I don't know what the offer is"											
"we don't see anyone for support"											
<b>Currently, where do you get your support as a young carer?</b>		<b>No. YP</b>	<b>Support options (created by YP)</b>								
		2	School Teacher/staff								
		7	Friend								
		3	Other family members								
		1	Therapist								
		5	Not sure/ No one								
<b>Does caring affect your education or social network?</b>		<b>No. YP</b>	<b>Support options (created by YP)</b>								
		0	Big Impact								
		12	Little Impact								
		5	No Change								
		1	Prefer not to say								
			"Sometimes miss breakfast"								
			"Managing homework is difficult"								
			"Can see friends as much"								
			"Forget to do things"								
<b>What do you currently access?</b>		<b>No. YP</b>	<b>Support options (created by YP)</b>								
		1	South Hill Art Club (but no longer attends)								
		2	Sports teams								
		1	Dance Groups								
		0	YC support								
		14	Nothing								
<b>What could be provided that would support you?</b>		<b>No. YP</b>	<b>Support options (created by YP)</b>								
		15	Access to activities outside of school (offer, location and cost is a barrier at present)								
		17	In school space to talk like a drop in session								
		5	Trips with other YC in school								
		12	Someone to speak to on a 1:1 basis								
		7	Breakfast at school								
		10	School Holiday activities								
<b>What communication do you get?</b>		<b>No. YP</b>	<b>Support options (created by YP)</b>								
		2	School Email								
		16	none								
<b>Best way to get information to you as a YC?</b>		<b>No. YP</b>	<b>Support options (created by YP)</b>								
		4	School email								
		7	Social Media Post								
		17	In school space to talk like a drop in session								
		12	Someone to speak to on a 1:1 basis								
		18	Things like this with other YC								
<b>Faciliator Comments</b>		<p>The groups started off quietly but some became more vocal. Every YP contributed to something. I think what came out of the session was that YC are not sure about the support, offers and opportunities. Only a few had heard of Braccan Walk Drop in. From discussion, I think the best way to liaise and get input from YC and to share opportunities, would be for someone to go in termly and do a group update but also offer a regular drop-in session so YP know when it is happening.</p>									