

What do carers do?



A carer provides **unpaid care** for someone who **otherwise couldn't manage**¹

- Carers help with a **range of tasks** e.g. shopping, household chores, taking to appointments, emotional support, personal care.



The cared for person **may need help for a variety of reasons**¹:

- Including but not limited to: age, illness, disability, addiction or poor mental health



People **often don't see themselves as carers** until they have been caring for quite some time²

- 51% took over a year to recognise their caring role, 36% took over three years



Councils offer **carers' assessments** to see **how caring responsibilities affect carers** physically & emotionally. Extra support may be available³.

- **Charities** such as Bolton Carers Support are also there to help carers

Who are Bolton's carers?⁴



On the 2021 census, for Bolton:

- **26,000** people said they were carers, **9% of residents**
- **21,000 households** included a carer **17% of households**
- These are likely **underestimates** as they're based on self-report



59% of Bolton carers were **female**



The peak agegroup for caring was **50-64** - **16% of this agegroup** were carers

- **4% of carers** were aged **under 20**
- **22% of carers** were aged **65+**



28% of carers were **disabled** themselves

- Compared with **18%** of the **overall** population

Who are Bolton's carers?⁴



A higher proportion of White residents are carers, but our White population is older

- **7% of Asian** residents
- **12% of Asian** residents aged **50+**
- **5% of Black** residents
- **10% of Black** residents aged **50+**
- **10% of White** residents
- **13% of White** residents aged **50+**

Carers were slightly more likely to live in **less deprived areas**



- **42% of carers; 46% of non carers** lived in areas among the **20% most deprived** in England
- **15% of carers; 14% of non carers** lived in areas among the **20% least** deprived



4% of carers had previously served in the regular or reserve **armed forces**

Most intense care



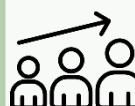
A third of carers care for **50+ hours** a week⁴

- Caring can be **very rewarding**²
- But it can also **take its toll** on health & wellbeing, on ability to work, on personal time & relationships with family & friends, on finances²



Carers giving the most care were slightly more likely to live in **more deprived areas**^{4,5}

- **47%** of carers giving **50+ hours** a week lived in **20% most deprived** areas
- **12%** lived in **20% least deprived** areas
- **34%** of carers giving up to 19 hours a week lived in **20% most deprived** areas
- **19%** lived in **20% least deprived** areas



As **age** increases, so does the proportion caring for 50+ hours⁴

- **28%** of carers aged **50-64**
- **45%** of carers aged **65-74**
- **60%** of carers aged **75-84**

Young carers⁴



There were just over **600** carers aged **U18**

- Self report so may be an underestimate
- Under 5's were not asked this
- **15%** were of **primary age**, 5-10
- **85%** were of **secondary age**, 11-17



The diversity of our younger population is reflected among young carers (aged 5-17)

- **Asian: 18%** of carers, 27% of population
- **Black: 5%** of carers; 7% of population
- **Mixed: 6%** of carers; 5% of population
- **White: 69%** of carers; 59% of population



52% of carers aged 5-17 were **female**



Most young carers cared for up to 19 hrs a week

- Carers **aged 5-10:**
61% cared **up to 19 hours** a week
24% cared for 50+ hours a week
- Carers **aged 11-17**
70% cared **up to 19 hours** a week
10% cared for 50+ hours a week

Combining care with work⁴



Many carers do this **alongside work/ study**

- Among those 16-64, the proportion in work or full time study:
- **61% female; 70% males - some care**
- **71% female; 80% male - no care**
- **37% female; 50% male - 50+ hours** of care



Working carers are more likely to do **part time hours**

- **48% females** who provide **some care**
42% who provide **no care**
- **24% of males** providing **some care**
21% who provide **no care**



Carers are more likely to **work in a related sector**. Among those with a current industry recorded

- **21%** of people providing **some care** worked in human health & social work
- **15%** of people providing **no care**

References

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[1] Bolton Carers Support. (nd). [Home - Bolton Carers Support](#)

[2] Carers UK. (nd). Identification. [Identification | Carers UK](#)

[3] NHS (2022). Carers' Assessments. [Carer's assessments - Social care and support guide - NHS](#)

[4] ONS. Census 2021; create a custom dataset [Create a custom dataset - Office for National Statistics](#)

[5] MHCLG (2025). Index of multiple deprivation 2025. [English indices of deprivation 2025 - GOV.UK](#)

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