Carers

Bolton

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 time[2]

- 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 available[3].

- **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 week[4]

- 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 finances[2]

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+ hours[4]

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

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Young carers[4]



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 work[4]



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 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

April 2026

[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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