*The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.*

# The Importance of Unpaid Care

Our research with Carers UK found that unpaid carers provide support that is equivalent in value to a second NHS.

Unpaid carers provide the majority of social care across England, offering practical, emotional, health-related and day-to-day support. Yet, we still know very little about the experiences of those who support others.

The Survey of Carers has been commissioned by the **Department for Health and Social Care (DHSC)**, and is being conducted by researchers at the **University of Birmingham**, as part of the **Centre for Care**.

The survey has been designed with people who provide care themselves, alongside local authorities, government and charities, to help ensure it reflects real-life experiences.

## Get in Touch:


07483 450 340

surveyofcarers@contacts.bham.ac.uk

surveyofcarers.bham.ac.uk.


# YOUR VOICE MATTERS

All you need to know about the Survey of Carers



# Are You an Unpaid Carer?

Do you help a family member, friend, neighbour or someone else because of a long-term illness, disability, physical or mental health conditions, substance misuse, or older age?

Helping can look like:

- Cooking
- Cleaning
- Shopping
- Washing
- Housework
- Making phone calls
- Keeping somone company
- Taking someone to the doctor

If you do anything similar to the above, **you are an unpaid carer.**

No one knows what it is like to care better than **you.**

# Why Does it Matter?

## Your Voice

By sharing your voice, you'll help inform the decisions made by policymakers, including your local council, make about the support unpaid carers like you need.

## Future Change

Your response will help shape a new national survey designed to help identify the real diversity of carers - so nobody is overlooked, unheard, or left without support.

## Anonymity

All responses will be anonymous, and no one will be identifiable in the findings or reports. That is a Survey of Carers guarantee.

**BE HEARD. SHARE YOUR VOICE.**



Survey of Carers | Centre for Care | University of Birmingham | University of Sheffield | Funded by NIHR | National Institute for Health and Care Research