CARING FOR OUR CARERS

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Thank you to carers

Health and social care is **unsustainable without carers**

You save the UK £132 billion a year – the cost of a second NHS
A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support (Carers Trust, 2017)
The ever-increasing demand for carers

More and more people are likely to care more than once in their lifetime and be a sandwich carer.

2001: 2%  
2011: 12%  
2019: 15%

7.6 million people in the UK are currently caring (15% of the UK population)

3 in 5 / 60% of us will be a carer at some point in our lives
Carers and caring

Carers are often disadvantaged in health and wellbeing

71% of carers have poor physical or mental health

22% live in poverty

Nearly half a million people (468,000) have given up work over the past two years as a result of caring

8 out of 10 have felt lonely or socially isolated as a result of their caring role

Young adult carers (aged 14-25) have lower GCSE attainment and are twice as likely as their peers to be NEET (not in employment, education or training) for six months or more

8 out of 10 have felt lonely or socially isolated as a result of their caring role

The demands on carers are likely to increase
Carers and the OU

• throughout its 50 years the OU has been committed to being open, inclusive, ambitious and innovative
• we really can make it possible to learn, anytime, anywhere, despite the barriers of life or circumstances.
• the OU has a very strong commitment to meeting carers’ needs
• OU study meets the needs of those who care
Welcome to the Care and Caring Network@OU

"Changing demographics means that 3 in 5 of us will be a carer at some point in our lives – a figure that is predicted to increase. I am delighted that the Care and Caring network @OU has been set up within the Open University. We are the first University to have such a network and it shows our recognition of the needs of the growing number of our students and staff who are carers and the value of research in identifying effective interventions for carers. I fully support the endeavours of this unique and much needed network."

Dr Liz Marr, Interim Pro-Vice-Chancellor (Students)
1. Will enable **carers of any age in any part of the UK** to study towards **any OU undergraduate or postgraduate qualification** up to a maximum value of £18,000 in an environment that offers them tailored support and a distinct understanding of their personal needs.
The OU Carers Scholarships Fund
The first such scheme in the world to be developed

2. Carefully developed in consultation with our partners (Carers Trust and Carers UK) and our ambassadors (Dame Philippa Russell and Professor David Croisdale-Appleby) and has been endorsed by the Department of Health and Social care
The OU Carers Scholarships Fund
The first such scheme in the world to be developed

3. Examples of the many benefits to carers:

- give them a sense of identity outside of caring
- boost their confidence
- help them complete their education
- help them get back into education
- help them to retrain whilst caring so they can seek employment that is more compatible with their caring role
- help them to retrain whilst caring so they can seek new employment opportunities post-caring
- enable them to pursue an interest
- allow them to maintain their skills whilst caring
- improve their wellbeing
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