

Worksheet 2:

The impact of being a carer for a person with dementia

'Caring for someone with dementia puts a huge strain on the carer's physical and mental health. It can also strain, at times to breaking point, the relationships with other family members.'

'While there are many positive aspects of caring, carers of people with dementia are very likely to experience strain'.

40-75% of family carers have significant psychological illness, and 15-32% have clinically diagnosable major depression.

Among carers in general, caring for a person with dementia is particularly stressful. Typically, they provide more intensive and extensive care.

60-70% of carers for people with dementia are women. Women are 2.3 times more likely to provide care for someone with dementia for more than 5 years.

In 2016/17, 30% those caring for a person with dementia had been doing so for 5-10 years and 22% for over 10 years.

63% of carers for people with dementia are retired while 18% are in paid work. 15% say they are not in work because of their caring responsibilities. 36% spend more than 100 hours per week caring for a person with dementia.

Notes