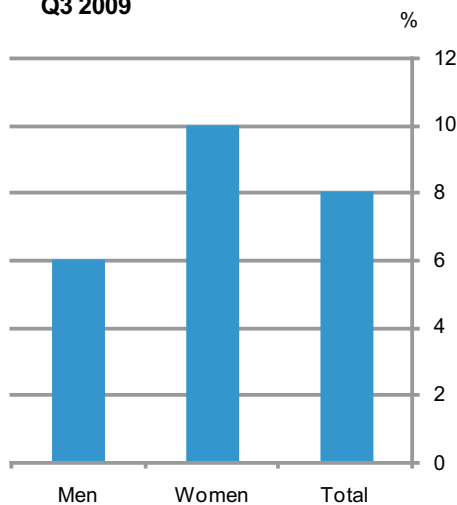


**Percentage of adults aged 15 years and over who were carers by sex, Q3 2009**



## Quarterly National Household Survey

### Carers

#### Quarter 3 2009

### 1 Introduction

This report presents the findings from a special module on carers included in the Quarterly National Household Survey (QNHS) in Quarter 3 of 2009. The QNHS is a large-scale survey of persons living in private households. The focus of the module was on those providing unpaid informal care and not those receiving care. The questions asked about the extent and nature of caring provided as well as the impact of caring on the life of the carer.

Key findings in terms of carers in the overall population:

- ◆ Overall, 8% of adults said they provided unpaid help or assistance to someone, 10% of women and 6% of men.
- ◆ 13% of adults aged 45-64 were carers.
- ◆ In each age group up to age 65 higher proportions of women were carers than men.

Key findings on carers as a group:

- ◆ 64% of carers are women.
- ◆ Nearly half (48%) of all carers are aged 45-64.
- ◆ A third of carers (32%) work full time.
- ◆ Four in ten carers were the sole carer for the person they looked after.
- ◆ Half of all carers cared for someone in the same household.
- ◆ Just under half (47%) of all carers spent more than 15 hours per week providing care and 21% spent more than 57 hours per week.
- ◆ Four in ten carers look after a parent or parent-in-law.
- ◆ A third of carers looking after someone in the same household have been caring for 10 years or more.
- ◆ A third of carers are caring for someone who needs care due to old age.
- ◆ Two thirds of carers reported that their own life had been impacted by their caring responsibilities.
- ◆ 27% of carers scored 7 or more on the Caregiver Strain Index.
- ◆ 38% of carers who looked after someone in the same household reported feeling completely overwhelmed by their caring responsibilities.

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## 2 Prevalence of caring in Ireland

This section looks at the proportion of adults in the population who report having caring responsibilities by key demographic characteristics.

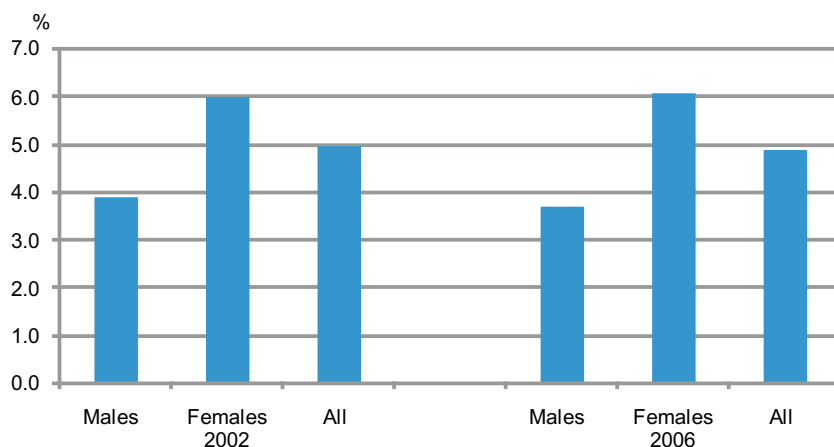
### Census of Population 2002 and 2006

The 2006 Census of Population showed that almost 160,000 persons or 4.9% of the population aged 15 and over living in private households provided regular unpaid personal help for a friend or family member with a long-term illness, health problem or disability (including problems due to old age). Personal help included help with basic tasks such as feeding or dressing but excluded paid help or help such as care provided through meals on wheels (see background notes for question wording). The Census includes all persons in the state. Figure 2A shows that in the 2006 Census 4.9% of the population aged 15 and over living in private households said they provided regular unpaid personal care. The proportions were broadly similar to those observed in 2002. Women were more likely than men to be carers, 6.1% of women aged 15 and over said they provided personal care in 2006 compared with 3.7% of men. See table 2.1 and figure 2a.

**Table 2.1 Extract from Census of Population 2002 and 2006**  
**Persons aged 15 and over in private households (permanent and non permanent) who were carers by number of hours per week spent caring**

Hours per week	2002			2006		
	Men	Women	Total	Men	Women	Total
1 - 14	33,168	47,609	80,777	34,747	54,651	89,398
15 - 28	5,566	9,138	14,704	5,952	10,413	16,365
29 - 42	2,976	4,542	7,518	3,805	5,232	9,037
43 or more	13,042	26,182	39,224	13,540	26,024	39,564
All Carers	54,752	87,471	142,223	58,044	96,320	154,364
<b>Total population 15+ in private households</b>	<b>1,418,005</b>	<b>1,453,601</b>	<b>2,871,606</b>	<b>1,571,537</b>	<b>1,587,539</b>	<b>3,159,076</b>
<b>Carers as % of persons in private households</b>	<b>3.9</b>	<b>6.0</b>	<b>5.0</b>	<b>3.7</b>	<b>6.1</b>	<b>4.9</b>

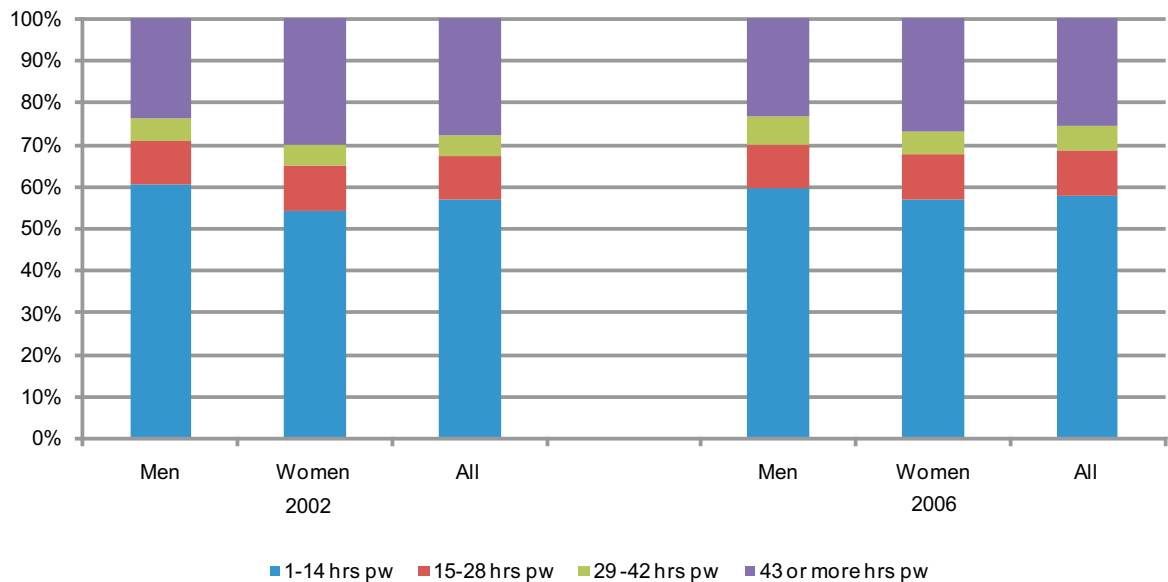
**Figure 2a Percentage of adults aged 15 and over in private households who were carers, 2002 and 2006**



CSO, Census of Population 2002, 2006

In the 2006 Census the majority of carers reported providing between 1 and 14 hours of unpaid personal care per week (57.9%) and one in four carers provided more than 43 hours care per week. While women were more likely than men to be carers they also reported higher levels of caring commitment in terms of time than did men, both in 2006 and in 2002. Among women carers 27% reported spending 43 or more hours per week as a carer compared with 23.3% of men in 2006. See table 2.1. and figure 2b.

**Figure 2b Number of hours per week providing care by sex of carer, 2002 and 2006**



CSO, Census of Population 2002, 2006

### Caring among adults in private households

Respondents to the QNHS in the third quarter of 2009 were asked questions about the extent and nature of informal caring and the impact of caring on their own lives and health. Respondents who answered the QNHS by proxy (through another household member) were not asked the caring module. Overall, 21,500 persons answered the module.

The focus of the module is on those providing care and not on those receiving care. In situations where the carer looks after more than one person the analysis looks at the main person cared for, for ease of presentation.

Whether someone has caring responsibilities and the commitment required varies considerably depending on individual circumstances and the care requirements of the person being cared for. In looking at the profile of carers it is helpful to distinguish between those who reside in the same household as the person cared for, those who are the main carer and the time commitment of caring.

### Definition of carers

The definition of care in the report is based on the answers to the following questions about help provided to others either living with the respondent or living in another private household. The definition excludes help in a paid capacity or where the support provided is financial only. The definition includes all types of caring tasks self defined by the respondent.

*Some people have extra responsibilities because they look after someone who has long-term physical or mental ill health or disability, or problems related to old age.*

*May I just check, is there anyone living with you /not living with you who is sick, disabled or elderly whom you look after or give special help to, other than in a professional or paid capacity (for example, a sick or disabled (or elderly) relative/husband/wife/child/friend/parent etc?).*

The definition of caring used in the QNHS (looking after or give special help to) is broader than the concept of regular unpaid personal help used in the Census so it would be expected that a higher prevalence of caring would be observed in the QNHS.

## Prevalence of caring

Overall 8% of respondents in the QNHS said they provided unpaid help, 10% of women and 6% of men. The gender difference was evident for both caring for someone in the same household, 4% of women and 2% of men and in caring for someone living elsewhere, 6% of women and 4% of men. See table 2.2.

Seven per cent of adults were providing help to just one person, 1% of adults however were providing care to 2 or more people.

Three percent of adults were the only carer for the person they looked after and a further 3% were the main carer either solely or jointly with another person. See table 2.2.

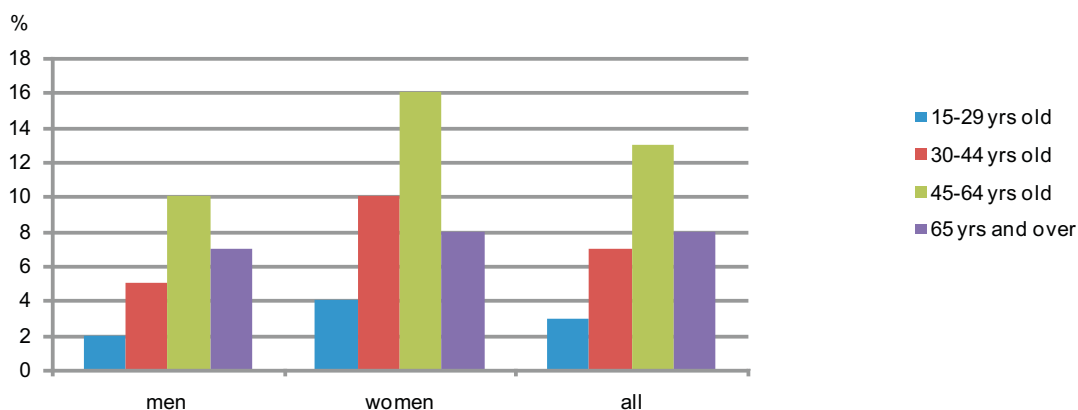
**Table 2.2 Percentage of adults who were carers and number of people cared for by whether the carer cared for somebody in the same household or in another household**

	%		
	Men	Women	Total
<b>Carers</b>	<b>6</b>	<b>10</b>	<b>8</b>
Only carer	2	4	3
Sole main carer	1	2	2
Joint main carer	1	1	1
Not main carer	2	3	2
<b>Caring for someone in the same household</b>			
Yes	2	4	3
Yes, but only financial help	0	1	0
1 person cared for	2	3	3
2 or more people cared for	0	0	0
<b>Caring for someone in another household</b>			
Yes	4	6	5
Yes, but only financial help	1	1	1
1 person cared for	3	5	4
2 or more people cared for	0	1	1
<b>weighted base (000's)</b>	<b>1,738</b>	<b>1,788</b>	<b>3,526</b>
<b>unweighted sample</b>	<b>8,757</b>	<b>12,784</b>	<b>21,541</b>

## Variation by key characteristics

The proportion of adults who were carers increased with age from 3% of the youngest age group, 15-29, to 7% of those aged 30-44 and peaking at 13% of those 45-64 years before falling back to 8% among those aged 65 and over. In each age group up to age 65 higher proportions of women were carers than men. Among those aged 65 and over men and women were equally likely to be carers, 7% of men and 8% of women. See *table 2.3* and *figure 2c*.

**Figure 2c Percentage of persons aged 15 and over who were carers by age and sex**



Persons who worked part time or were economically inactive were more likely to be carers, 10% and 9% respectively compared with 6% of those who worked full-time and 7% of those who were unemployed. There was very little difference in the likelihood of men being a carer depending on their economic status varying from 5% of those who worked full time to 7% of those who worked part time. Women working full time were less likely to be carers than women working part time, or economically active but still of working age, 8% compared with 10-12%. See *table 2.3*.

A married person is twice as likely to be a carer as a single person, 10% versus 5% although this is largely associated with age. See *table 2.3*.

There was little variation in the likelihood of being a carer by educational attainment level or by occupational group. There is little variation in the percentage of the population who are carers between rural and urban areas or between regions, ranging from 6% in the Mid-East to 9% in the Midlands. The Mid-West and Mid-East have the lowest percentage of men who are carers (5%), compared with 7% of men in the Midlands. The highest proportion of women who are carers is in the Midlands and West (11%) while the lowest (8%) is recorded in the Mid-East. See *table 2.3*.

**Table 2.3 Percentage of persons aged 15 years and over who were carers classified by key demographic characteristics**

	%		
	Men	Women	Total
<b>Carers</b>	<b>6</b>	<b>10</b>	<b>8</b>
<b>Age group</b>			
15-29 yrs	2	4	3
30-44 yrs	5	10	7
45-64 yrs	10	16	13
65+	7	8	8
<b>Educational status</b>			
No formal education/primary	7	10	9
Lower secondary	7	10	8
Higher secondary	5	11	8
Post leaving cert	5	11	8
Third level non degree	6	10	8
Third level degree or above	6	8	7
<b>Marital Status</b>			
Single	4	6	5
Married	7	13	10
Separated/Widowed	6	9	8
<b>Region</b>			
Border	6	9	8
Midland	7	11	9
West	6	11	8
Dublin	6	10	8
Mid-East	5	8	6
Mid-West,	5	9	7
South-East	6	10	8
South-West	6	10	8
<b>Urban/Rural location</b>			
Urban	6	9	7
Rural	6	11	8
<b>Economic activity</b>			
Working full time	5	8	6
working part time	7	12	10
Unemployed	6	10	7
Economically Inactive aged 15-64	6	11	9
Economically Inactive age 65+	7	8	8
<b>Broad occupational groups</b>			
Managers and administrators	7	10	8
Professional	6	10	8
Associate professional and technical	5	9	7
Clerical and secretarial	5	12	10
Craft and related	5	14	6
Personal and protective service	6	11	9
Sales	7	8	8
Plant and machine operatives	7	12	8
Other	4	8	7
<b>weighted base (000's)</b>	1,738	1,788	3,526
<b>unweighted sample</b>	8,757	12,784	21,541

### **3 Carers and their caring commitment**

This section describes the key features of carers as a group as opposed to their prevalence in the overall population. It also describes their caring responsibilities in terms of the time devoted to caring, their relationship to the person they are helping and the support they have from others.

#### **Profile of carers**

The majority of carers are women (64%) and most carers are married (61%). Just under half of carers are aged 45-64 years (48%) and 28% are aged 30-44 years. Broadly similar age profiles were observed for both women and men who were carers.

Six in ten carers live in an urban environment and 29% of all carers live in the Dublin region. Between 7% and 10% live in the Midlands, Mid-West and Mid-East and West regions.

Just under a third of carers (32%) work full time and 31% are economically inactive but of working age, 16% of carers work part time. *See table 3.1.*

**Table 3.1 Demographic and employment characteristics of carers by sex**

%

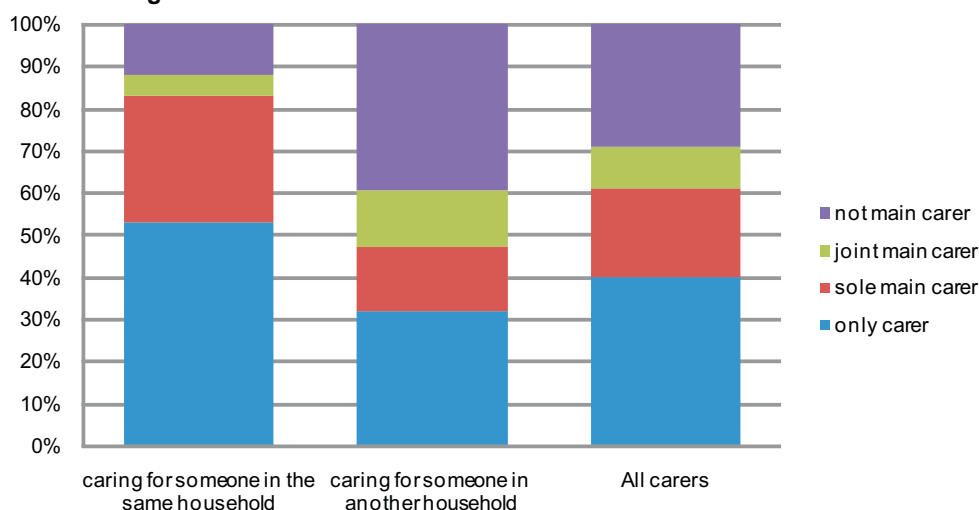
	Men	Women	Total
<b>Age group</b>			
15-29 yrs	9	12	11
30-44 yrs	28	28	28
45-64 yrs	49	47	48
65+	15	13	14
<b>Education level</b>			
No formal education/primary	23	18	20
Lower secondary	20	16	17
Higher secondary	18	25	23
Post leaving cert	10	13	12
Third level non degree	11	15	14
Third level degree or above	17	13	14
<b>Marital status</b>			
Single	32	24	27
Married	60	61	61
Separated and widowed	8	14	12
<b>Where carer's dwelling is situated</b>			
Urban	59	59	59
Rural	41	41	41
<b>Region</b>			
Border	13	10	11
Midland	7	7	7
West	10	11	10
Dublin	29	29	29
Mid-East	9	10	10
Mid-West,	8	7	7
South-East	11	12	11
South-West	14	15	15
<b>Economic Status</b>			
Working full time	46	24	32
working part time	9	20	16
Unemployed	11	6	8
Economically Inactive aged 15-64	20	38	31
Economically Inactive age 65+	14	12	13
<b>Broad occupational groups</b>			
Managers and administrators	20	8	12
Professional	10	9	10
Associate professional and technical	6	7	7
Clerical and secretarial	4	18	13
Craft and related	17	2	7
Personal and protective service	8	15	13
Sales	6	8	7
Plant and machine operatives	13	3	7
Other	17	29	25
<b>weighted base (000's)</b>	<b>99</b>	<b>175</b>	<b>274</b>
<b>unweighted sample</b>	<b>565</b>	<b>1,406</b>	<b>1,971</b>



## Level of responsibility

One in four carers were the only support for the main person they cared for and the remainder shared their caring responsibilities with others. A third of carers were the person's main carer, either solely or jointly with another person. The remaining 29% of carers were secondary carers. See table 3.2 and figure 3a.

**Figure 3a Level of responsibility for person cared for by whether caring for someone in the same household or not**



Carers who lived in the same household as the person cared for were more likely to be the sole carer than those caring for people in other households. Over half (53%) of carers who resided in the same household as the person cared for were the persons only carer, so they had no one sharing the responsibility with them. A further 35% were the cared for persons main carer either solely (30%) or jointly with someone else (5%). Among those caring for someone living in another household just under a third (32%) were the only care giver for the person receiving their support and a further 28% were the persons main carers solely (15%) or jointly (13%). See table 3.2.

**Table 3.2 Carers by type of carer, by whether caring for somebody in the same household or not and sex**

	Men	Women	Total	%
<b>Caring for someone in the same household</b>				
Only carer	50	55	53	
Sole main carer	28	31	30	
Joint main carer	7	4	5	
Not main carer	15	10	12	
<b>Caring for someone in another household</b>				
Only carer	28	34	32	
Sole main carer	13	17	15	
Joint main carer	14	13	13	
Not main carer	44	37	39	
<b>Total</b>				
Only carer	37	42	40	
Sole main carer	19	22	21	
Joint main carer	11	10	10	
Not main carer	33	27	29	
<b>weighted base (000's)</b>	99	175	274	
<b>unweighted sample</b>	565	1,406	1,971	

One in five carers (21%) who care for somebody in the same household are aged 65 years and over while only one in ten of carers who care for somebody in another household are aged 65+. This is mainly explained by the majority of this age group caring for their spouse (39%). See tables 3.3 and 3.9.

**Table 3.3 Demographic characteristics of carers by whether caring for somebody in the same household or not, main carer and hours caring per week**

	caring for someone in same household	caring for someone in another household	Sole/Main/ joint main carers	carers spending >15 hrs pw	% Total
<b>Sex</b>					
Male	39	35	34	35	36
Female	61	65	66	65	64
<b>Age group</b>					
15-29 yrs	11	10	7	7	11
30-44 yrs	23	31	26	26	28
45-64 yrs	45	49	51	50	48
65+	21	10	16	17	14
<b>Education level</b>					
No formal education/primary	31	13	22	26	20
Lower secondary	19	16	18	18	17
Higher secondary	21	23	23	23	23
Post leaving cert	9	14	11	11	12
Third level non degree	10	16	13	11	14
Third level degree or above	9	18	17	19	14
<b>Marital status</b>					
Single	29	26	24	25	27
Married	59	62	63	63	61
Separated and widowed	12	12	13	12	12
<b>Where carer's dwelling is situated</b>					
Urban	58	59	59	60	59
Rural	42	41	40	40	41
<b>Region</b>					
Border	11	11	10	11	11
Midland	6	7	7	6	7
West	12	9	10	10	10
Dublin	28	29	30	29	29
Mid-East	9	10	9	8	10
Mid-West	7	8	8	8	7
South-East	11	11	11	10	11
South-West	16	14	15	17	15
<b>Economic Status</b>					
Working full time	23	37	28	23	32
working part time	13	18	16	16	16
Unemployed	6	9	6	4	8
Economically Inactive aged 15-64	38	27	35	41	31
Economically Inactive age 65+	20	8	14	16	13
<b>Broad occupational groups</b>					
Managers and administrators	12	13	13	11	12
Professional	5	13	8	7	10
Associate professional and technical	4	8	5	5	7
Clerical and secretarial	8	16	12	11	13
Craft and related	8	7	7	7	7
Personal and protective service	13	13	13	15	13
Sales	8	7	7	7	7
Plant and machine operatives	8	6	7	7	7
Other	35	18	28	31	25
<b>weighted base (000's)</b>	<b>104</b>	<b>171</b>	<b>194</b>	<b>132</b>	<b>274</b>
<b>unweighted sample</b>	<b>744</b>	<b>1,227</b>	<b>1,438</b>	<b>991</b>	<b>1,971</b>

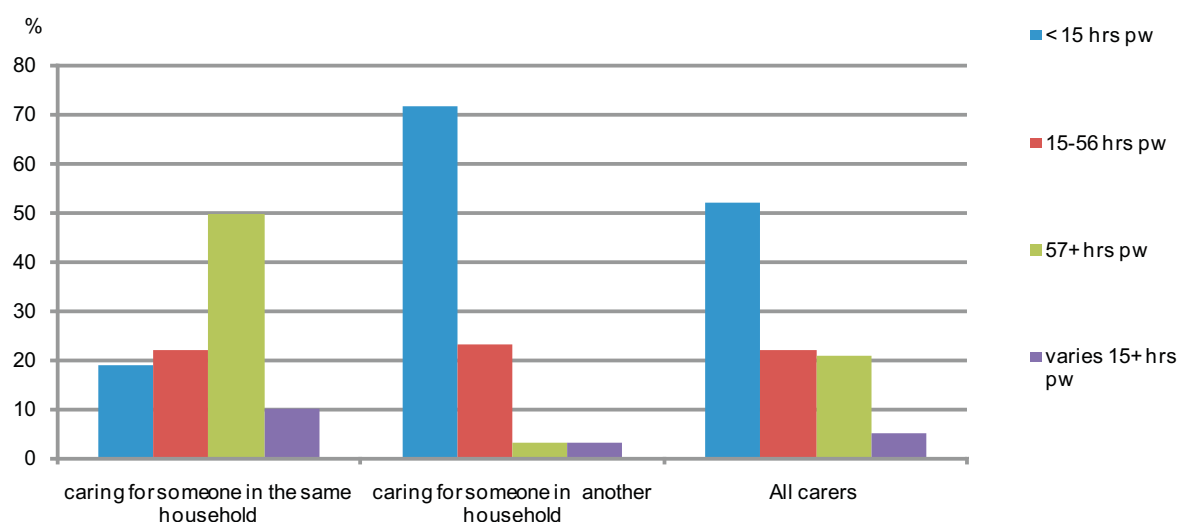
## Time commitment of caring

Almost half of all carers (47%) spent more than 15 hours per week providing care for the main person they cared for, with one in five carers (21%) spending more than 57 hours per week on caring activities. As might be expected carers living in the same household as the person they looked after spent a far greater amount of time on caring than carers who cared for someone in another household. Half of carers who shared a household with the person they cared for spent 57 hours or more per week on caring. Where carers were looking after someone in another household almost three-quarters (72%) spent less than 15 hours per week on caring. There was little difference between men and women carers in the amount of time spent caring. See table 3.3.

**Table 3.4 Type of carer, hours caring per week and duration of caring by whether caring for someone in the same household or not**

	%		
	caring for someone in the same household	caring for someone in another household	Total
<b>Type of carer</b>			
Only carer	53	32	40
Sole main carer	30	15	21
Joint main carer	5	13	10
Not main carer	12	39	29
<b>Hours per week</b>			
< 15	19	72	52
15-56	22	23	22
57 +	50	3	21
Varies - 15 hrs +	10	3	5
<b>Time spent caring for main dependant</b>			
Less than 6 months	3	7	6
6 months, < 1 year	4	10	8
1 < 3 years	21	32	28
3 < 5 years	21	20	20
5 < 10 years	18	18	18
10 < 15 years	12	7	9
15 < 20 years	6	2	3
20+ years	14	4	8
<b>weighted base (000's)</b>	104	171	274
<b>unweighted sample</b>	744	1227	1971

**Figure 3b Hours spent caring per week by whether caring for someone in the same household or not**



The time spent caring varied according to whether the carer was the main or joint main carer or not. Over a quarter (28%) of carers who were the main or joint main carer spent 57 hours or more per week on caring activities and this varied depending on whether the care was within the same household. Among main carers looking after someone in another household 61% spent less than 15 hours per week on caring activities. Where the carer shared the same household as the person cared for more than half (54%) of carers who were main or joint main carer spent 57 or more hours per week on caring. The caring commitment for secondary carers (i.e. were not a main carer) who shared the same household as the person cared for was much less than for main carers, 44% spent less than 15 hours on caring although 30% spent more than 29 hours per week caring. See table 3.5.

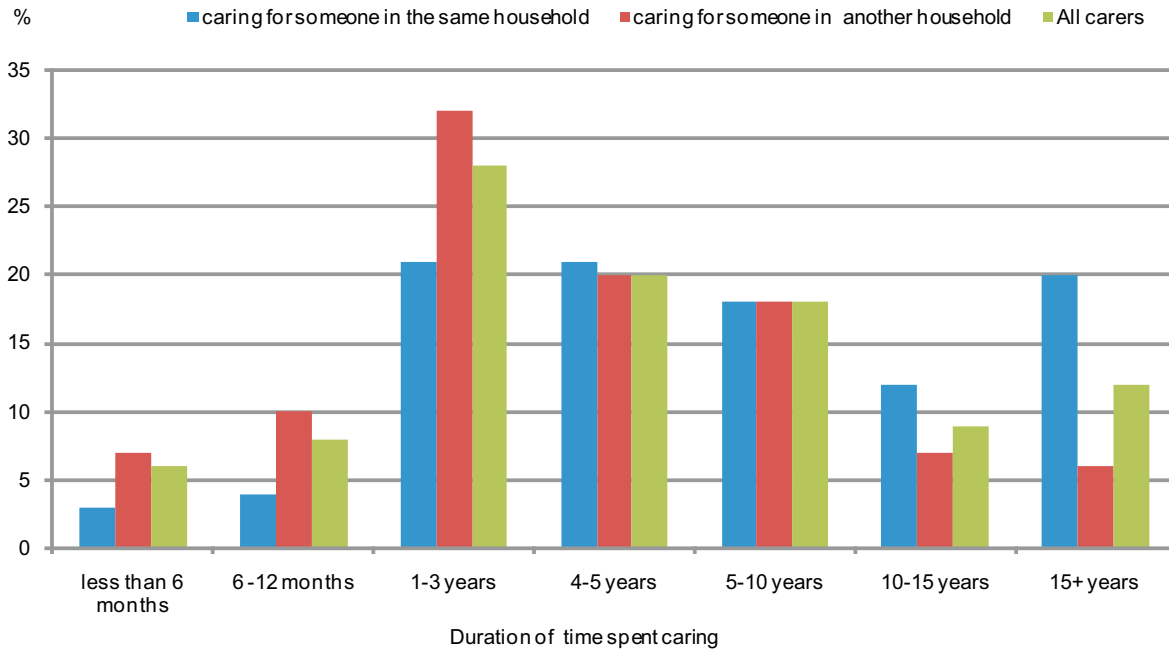
**Table 3.5 Number of hours spent caring per week by whether main carer and whether caring for someone in the same household or not**

Hours per week	Caring for someone in same household		Caring for someone in another house		Total	
	Main / joint main carer	Not main carer	Main / joint main carer	Not main carer	Main / joint main carer	Not main carer
1 - 14	14	40	61	75	39	70
15-28	8	13	18	13	13	13
29-42	6	6	7	3	6	3
43-56	7	9	2	2	4	3
57+	54	15	4	1	28	3
Varies - <15	2	4	5	5	4	5
Varies - 15 +	9	13	3	2	6	3
<b>weighted base(000's)</b>	91	12	103	67	194	80
<b>unweighted sample</b>	678	66	760	467	1,438	533

## Length of time caring

Overall, 14% of carers had been caring for the main person they cared for, for less than a year and 28% have been carers for between 1 and 3 years. One in five of all carers have been a carer for 10 years or more. Where carers were helping someone in another household they were much more likely to be caring for shorter elapsed time than where care was provided within the same household. Just 7% of carers who cared for someone in the same household had been caring for up to a year compared with 17% of carers helping someone in another household. A third of carers who shared a household with the person they cared for had been a carer for 10 years or more. See table 3.4.

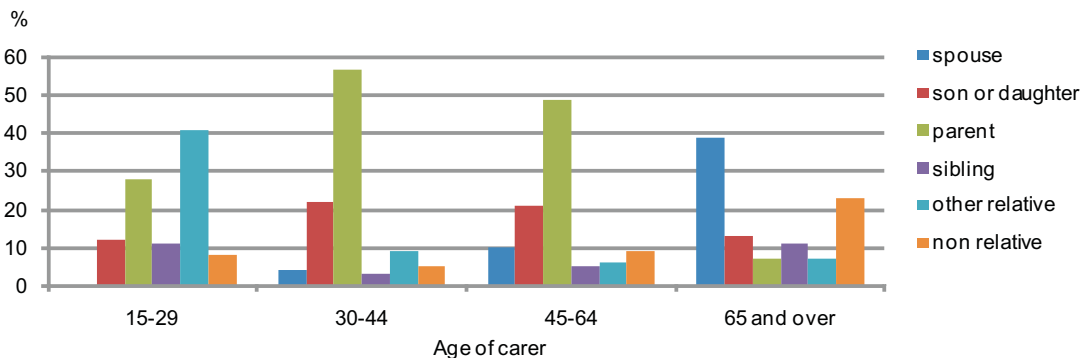
**Figure 3c Duration of time spent providing care by whether caring for someone in the same household or not**



## Relationship of carer to person cared for

The two most common relationships of carers to the person they were helping were intergenerational. Four out of ten carers were caring for a parent or parent-in-law (43%) and one in five carers were caring for a child (19%). Just over one in ten carers were caring for their spouse or partner and similar proportions were caring for other relatives (11%) or non relatives (10%).

**Figure 3d Relationship of person cared for to carer by age group of carer**



Where the carer was looking after someone in another household more than half (54%) were looking after a parent or parent-in-law and 14% were looking after a relative. Carers looking after someone in the same household were more likely to be looking after immediate family, 30% were caring for a spouse or partner, 34% were caring for a child and 26% were caring for a sibling. See table 3.6

**Table 3.6 Relationship of person cared for to carer by whether caring for someone in the same household or not, hours per week caring and whether main carer**

	caring for someone in same household	caring for someone in another household	> 15 hrs pw	Sole carer/Main carer / Joint main carer	% All Carers
<b>Relationship to carer</b>					
Spouse/partner	30	0	21	16	11
Child	34	10	28	22	19
Parent or parent-in-law	26	54	40	43	43
Brother/Sister	5	6	4	5	6
Other Relative	5	14	5	7	11
Other relationship	1	15	2	8	10
<b>weighted base (000's)</b>	104	171	132	194	274
<b>unweighted sample</b>	744	1,227	991	1,438	1,971

The relationship of the carer to the person receiving the help varied according to the age of the carer. Among carers aged 30-44, more than half (57%) were helping a parent or parent-in-law and 22% were caring for a child. Among carers aged 45-64 half were caring for a parent or parent-in-law and 10% were caring for their spouse or partner. Among those aged 65 and over 39% were caring for a spouse or partner. See table 3.7 and figure 3D

**Table 3.7 Relationship of person cared for to carer by age of carer**

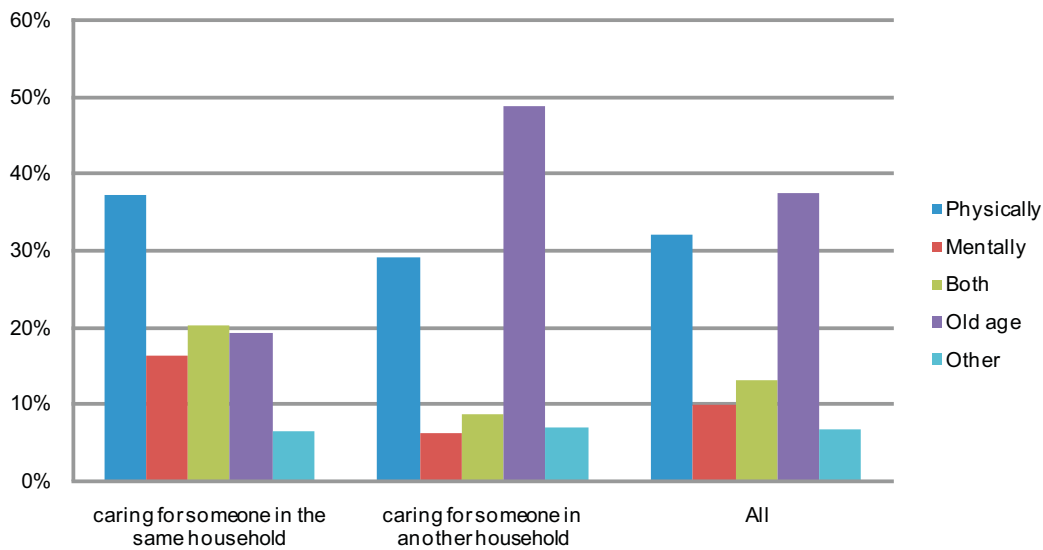
	Age group				% Total
	15-29	30-44	45-64	65+	
<b>Relationship to carer</b>					
Spouse/partner	[0]	4	10	39	11
Child	[12]	22	21	13	19
Parent or parent-in-law	[28]	57	49	7	43
Brother/Sister	[11]	3	5	11	6
Other Relative	[41]	9	6	7	11
Other relationship	[8]	5	9	23	10
<b>weighted base (000's)</b>	29	77	130	38	274
<b>unweighted sample</b>	108	566	964	333	1,971

Figures in parentheses [ ] indicate percentages based on small numbers, and are, therefore, subject to a wide margin of error.

## Reason for person requiring care

Just over a third of carers were caring for someone who required care due to old age and a further third were caring for someone with a physical disability only. One in ten carers were caring for someone with a mental disability only and 13% were caring for someone with both a physical and mental difficulty. Carers living in a separate household to the person they were caring for were more likely to be caring for someone with difficulties due to old age (49%) than carers who lived in the same household as the person cared for (19%). Among carers living in the same household as the person cared for 37% were caring for someone who required help due to a physical disability, 16% due to a mental difficulty and 20% due to both physical and mental difficulties. See table 3.7 and figure 3e.

**Figure 3e Reason person cared for by whether caring for someone in the same household or not**





## Who carers help

Overall, six in ten carers were caring for women. However there were differences depending on whether the carer lived in the same household or not. Where the cared for person was living in the same household as the carer there were equally likely to be caring for a man as a woman. Almost seven in 10 carers (69%) who cared for a person in another household were looking after a woman. See *table 3.8*.

Overall 7% of carers were looking after a child aged 15 years or under and over half (53%) were looking after someone aged 75 years and over. There were marked differences in the age of the cared for person depending on whether they shared a household with the carer or not. Among carers who lived in the same household 16% were looking after a child aged under 15, 20% were looking after someone aged 15-44 and 32% were looking after someone aged 75 and over. Among carers living in a separate household the vast majority were caring for older people, 26% were caring for some aged 85 and over, 41% were caring for someone aged 75-84 years and 17% were caring for someone aged 65-74 years. See *table 3.8*.

**Table 3.8 Reason care required by whether caring for someone in the same household or not by sex and age of the person being cared for**

			%
	caring for someone in the same household	caring for someone in another household	Total
<b>Sex</b>			
Male	51	31	39
Female	49	69	61
<b>Age group of person being cared for</b>			
<15 yrs	16	2	7
15-44 yrs	20	5	11
45-64 yrs	19	8	12
65-74 yrs	13	17	16
75-84 yrs	18	41	32
85+	14	26	21
<b>Reason care required</b>			
Physically	37	29	32
Mentally	16	6	10
Both	20	9	13
Old age	19	49	38
Other	7	7	7
<b>weighted base (000's)</b>	104	171	274
<b><i>unweighted sample</i></b>	744	1227	1971

## Type of care given

The most common types of caring activities reported by carers were "Keeping an eye" on the person they were caring for and "Keeping them company" (90% and 88%). The type of care provided varied depending on whether the carer lived in the same household as the person receiving the care. Almost three quarters (72%) of carers looking after someone in the same household gave medication as part of the care provided, 56% helped with personal care and 55% with physical care. Carers looking after someone in another household were more likely to be helping with practical matters (80%) or taking them out (76%) or helping with paperwork (51%) than with personal care (27%), physical care (32%) or giving medication (34%). See table 3.9.

**Table 3.9 Type of help given by whether caring for someone in the same household or not**

	%		
	Caring for someone in same household	Caring for someone in another household	Total
<b>Help given</b>			
Help with personal care	56	27	38
Help with physical care	55	32	41
Help with paperwork or financial matters	64	51	56
Help (other practical help)	91	80	84
Keeping them company	85	90	88
Taking them out	80	76	77
Giving medicines	72	34	48
Keeping an eye on them	95	88	90
Other types of help	59	40	47
<b>weighted sample (000's)</b>	104	171	274
<b>unweighted sample</b>	744	1227	1971

## Profile of carers

As has been shown the situation of carers differs according to many factors. Key characteristics of carers in particular situations are summarised below.

### Carers looking after someone in same household:

- ◆ 61% were women – see *table 3.3*
- ◆ 21% were aged 65 and over and 45% were aged 45-64 years – see *table 3.3*
- ◆ 59% were married and 29% were single – see *table 3.3*
- ◆ 30% were looking after their spouse, 34% after a son/daughter and 26% after a parent or parent in law – see *table 3.6*
- ◆ More than half (53%) were the only carer – see *table 3.4*
- ◆ 50% spent more than 57 hours per week caring – see *table 3.4*
- ◆ One in five have been a carer for 15 years or more – see *table 3.4*
- ◆ Just under a third (32%) were caring for someone aged 75 or over and 16% were caring for a child under 15 years – see *table 3.8*

### Carers looking after someone in another household:

- ◆ 65% were women – see *table 3.3*
- ◆ 49% were aged 45-64 and 10% were aged 65 and over – see *table 3.3*
- ◆ 62% were married and 26% single – see *table 3.3*
- ◆ 54% were looking after a parent or parent in law – see *table 3.6*
- ◆ 69% were caring for a female – see *table 3.8*
- ◆ Two thirds (67%) were caring for someone aged 75 or over – see *table 3.8*

### Carers who spend 15 or more hours per week caring:

- ◆ 65% were women – see *table 3.3*
- ◆ 17% were aged over 65 and over and 50% were aged 45-64 – see *table 3.3*
- ◆ 63% were married and 25% were single – see *table 3.3*
- ◆ 23% work full-time and 16% work part-time – see *table 3.3*
- ◆ 40% were looking after a parent or parent-in-law, 28% a son or daughter and 21% were looking after their spouse – see *table 3.6*

## 4 Impact of caring on carer

The following sections look at the health of the carers and the impact of caring on the person providing the care.

### Health of carer

The majority of carers described their own general health as either good (47%) or very good (31%). The proportion reporting good health decreased with age. While few carers described their health as bad or very bad, increasing proportions described their health as fair, increasing from 13% of those aged 30-44 to 19% of those aged 45-64 and 29% of those aged 65 and over. See *table 4.1*.

**Table 4.1 Self perceived health of carer by age of carer**

	Age group of carer				Total
	15-29	30-44	45-64	65+	
<b>Carers</b>					
Very good	[64]	40	30	7	31
Good	[29]	45	47	60	47
Fair	[6]	13	19	29	18
Bad	.	2	3	4	3
Very bad	[1]	0	0	1	0
<b>weighted base (000's)</b>	9	34	66	22	132
<b>unweighted sample</b>	34	263	502	192	991

Figures in parentheses [ ] indicate percentages based on small numbers, and are, therefore, subject to a wide margin of error.

Carers were asked whether they themselves had any limiting long-lasting illness or difficulties. One in five carers (22%) said they had at least one health difficulty and the proportion increased with age from 13% of those aged 15 to 29 to 28% of those aged 65 and over. The proportion of carers reporting difficulty with basic physical activities increased with age from 7% of those aged 30-44 to 17% of carers aged 65 and over. Younger carers were more likely to report emotional or psychological difficulties than older carers, 7% of those aged 30-44 compared with 3% of those aged 65 and over. See table 4.2.

**Table 4.2 Self reported disability of carer by age of carer**

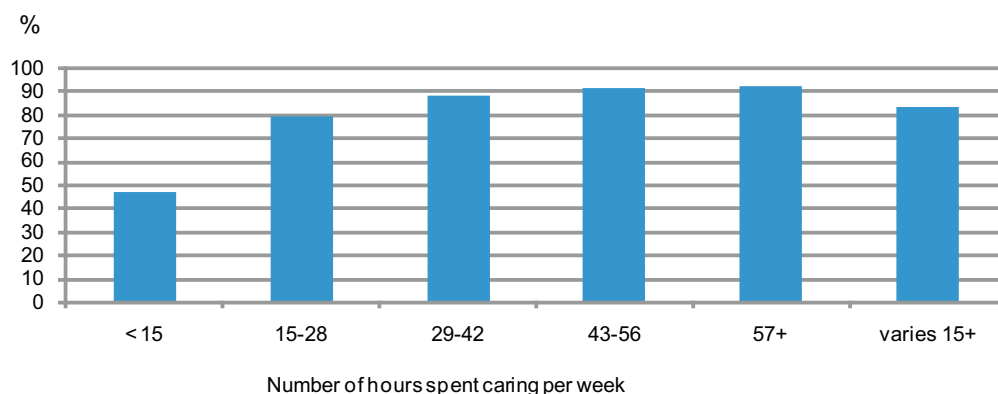
	Age group				Total
	15-29	30-44	45-64	65+	
<b>Carers self reported disability</b>					
Blindness or a serious vision impairment	[0]	1	2	2	2
Deafness or a serious hearing impairment	[0]	0	1	2	1
Difficulty with basic physical activities	[5]	7	11	17	11
Intellectual disability	[6]	1	3	1	2
Difficulty with learning, remembering or concentrating	[5]	2	2	2	2
Psychological or emotional condition	[6]	7	4	3	5
Difficulty with pain, breathing, or any other chronic illness or condition	[2]	7	8	8	7
None of the listed disabilities	[87]	79	78	72	78
Have at least 1 of the listed disabilities	[13]	21	22	28	22
<b>weighted base (000's)</b>	9	34	66	22	132
<b>unweighted sample</b>	34	263	502	192	991

Figures in parentheses [ ] indicate percentages based on small numbers, and are, therefore, subject to a wide margin of error.

### Impact of caring

Carers were asked questions on the Caregiver Strain Index which is intended to measure the burden and stress of caring in a home context. It includes questions on topics such as whether the carer's sleep is disturbed, whether any adjustments in personal, family life or work have had to be made and whether aspects of caring are upsetting. A score of 7 out of a total of 13 is considered to be the threshold for indicating carer strain.

**Figure 4a Number of hours caring per week by whether carer's health /lifestyle affected by caring**



Two thirds of carers reported that their own health/lifestyle had been impacted by their caring responsibilities. The most frequently reported impacts were that it is confining (44%) and that there has had to be family adjustment (43%). As the number of hours caring per week increase so does the proportion of carers reporting an affect on their health or lifestyle, 47% of those that spent less than 15 hours per week, rising to 83% for those who spent 15 to 56 hours per week caring and almost all (92%) of those who spent 57 hours or more per week caring.

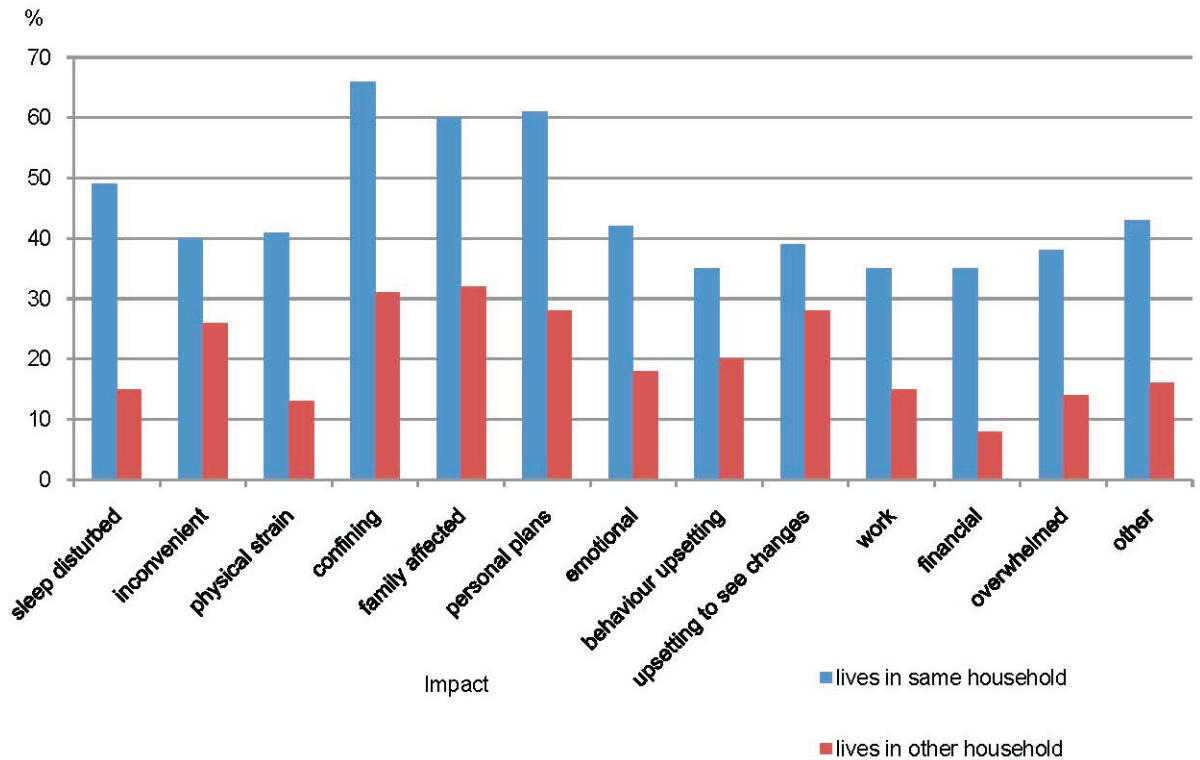
Overall, 27% of carers scored 7 or more (the threshold) on the Caregiver Strain Index, varying from 9% of carers who spent less than 15 hours per week caring, reaching a third (35%) for those who spent more than 15 to 56 hours caring per week and rising to 59% of those who spent 57 hours or more caring per week. See table 4.3 and figure 4A.

**Table 4.3 How the Carer's health/lifestyle has been affected by the no of hrs spent caring per week**

Carers	Number of hours spent caring per week				Total
	< 15 hrs	15-56 hrs	Varies - 15+ hrs	57 + hrs	
sleep is disturbed	9	36	32	65	28
is inconvenient	17	43	34	52	31
is a physical strain	7	32	26	55	24
is confining	23	60	46	77	44
has been family adjustments	25	60	50	68	43
changes to personal plans	21	52	52	73	40
emotional adjustments	15	34	36	49	27
some behaviour is upsetting	15	31	28	44	25
upsetting to find change in caree	22	41	41	45	32
work adjustments	11	29	32	43	23
financial strain	6	24	21	44	19
feeling completely overwhelmed	8	31	30	50	23
other affects on lifestyle	9	36	39	54	26
no affect on health or lifestyle	53	17	17	8	34
has affect on health or lifestyle	47	83	83	92	66
<b>Caregiver Strain Index score</b>					
zero	53	17	17	8	34
1 to 6	38	48	48	33	40
7 or more	9	35	35	59	27
<i>Mean score</i>	<i>1.9</i>	<i>5.1</i>	<i>4.7</i>	<i>7.2</i>	<i>3.8</i>
<b>weighted base (000's)</b>	142	61	14	57	274
<b>unweighted sample</b>	980	454	101	436	1,971

This perceived impact of caring varies according to whether the cared for person lived in the same household as the carer and according to the numbers of hours devoted to caring per week with those with the least caring responsibilities also reporting the least impact on their lives. See table 4.4.

**Figure 4b Impact of caring on health/lifestyle of carer by whether caring for someone in the same household or not**



Carers who lived in the same household as the person cared for were much more likely to report that their health/lifestyle had been affected, 85% compared with 55% of those who cared for someone in another household. Two thirds of carers caring for someone in the same household said that it is confining and 60% reported having to make family adjustments or change their own personal plans. The physical demands of caring for someone in the same household are evident in that half said that their sleep was disturbed, 41% said it was a physical strain and 38% reported feeling completely overwhelmed. In regard to the emotional impacts of caring for someone in the same household 42% reported needing to make emotional adjustments, that some of the behaviour is upsetting (35%) or that it is upsetting to see the changes in the person they care for (39%). Just over a third of carers who look after someone in the same household said they had had to make work adjustments or that caring was a financial strain (35%).

Carers who looked after someone in the same household were much more likely to score 7 or more on the Caregiver Strain Index, 44% compared with 16% of those who care for somebody in another household.

The overall mean score for carers on the Caregiver Strain Index was 3.8. It was higher (5.8) for those who care for somebody in the same household, and 2.6 for those who care for somebody in another household. See table 4.4.

**Table 4.4 How the Carer's health/lifestyle has been affected by whether caring for someone in the same household or not**

			%
	caring for someone in the same household	caring for someone in another household	Total
<b>Carers</b>			
sleep is disturbed	49	15	28
is inconvenient	40	26	31
is a physical strain	41	13	24
is confining	66	31	44
has been family adjustments	60	32	43
changes to personal plans	61	28	40
emotional adjustments	42	18	27
some behaviour is upsetting	35	20	25
upsetting to find change in caree	39	28	32
work adjustments	35	15	23
financial strain	<b>35</b>	8	19
feeling completely overwhelmed	38	14	23
other affects on lifestyle	43	16	26
no affect on health or lifestyle	15	45	34
has affect on health or lifestyle	85	55	66
<b>Caregiver Strain Index score</b>			
zero	15	45	34
1 to 6	41	39	40
7 or more	44	16	27
<i>Mean score</i>	5.8	2.6	3.8
<b>weighted base (000's)</b>	104	171	274
<b><i>unweighted sample</i></b>	744	1227	1971



**Table 4.5 How the carer's health has been affected by whether the carer cared for someone in the same household and the relationship of the person cared for to the carer**

					%
Care for someone in same household	Spouse/ partner	Child	Parent or parent-in-law	other	Total
sleep is disturbed	54	59	39	28	49
is inconvenient	41	44	37	30	40
is a physical strain	52	43	33	23	41
is confining	66	69	68	46	66
has been family adjustments	54	69	62	47	60
changes to personal plans	57	70	61	42	61
emotional adjustments	44	52	36	21	42
some behaviour is upsetting	37	41	30	23	35
upsetting to find change in caree	54	28	42	21	39
work adjustments	28	41	41	22	35
financial strain	41	42	27	20	35
feeling completely overwhelmed	41	46	35	14	38
other affects on lifestyle	45	52	34	28	43
no affect on health or lifestyle	11	11	15	35	15
has affect on health or lifestyle	89	89	85	65	85
<b>Caregiver Strain Index score</b>					
zero	11	11	15	35	15
1 to 6	43	35	47	43	41
7 or more	46	54	38	22	44
<i>Mean score</i>	6.1	6.5	5.5	3.7	5.8
<b>weighted base (000's)</b>	31	35	26	11	104
<b>Unweighted sample</b>	242	263	173	66	744
					%
Care for someone in another household	Spouse/ partner	Child	Parent or parent-in-law	other	Total
sleep is disturbed	*	21	20	6	15
is inconvenient	*	35	32	15	26
is a physical strain	*	18	18	5	13
is confining	*	40	39	15	31
has been family adjustments	*	45	41	15	32
changes to personal plans	*	39	37	12	28
emotional adjustments	*	22	22	11	18
some behaviour is upsetting	*	27	22	13	20
upsetting to find change in caree	*	30	34	16	28
work adjustments	*	21	20	5	15
financial strain	*	15	9	5	8
feeling completely overwhelmed	*	20	17	8	14
other affects on lifestyle	*	24	20	6	16
no affect on health or lifestyle	*	35	34	65	45
has affect on health or lifestyle	*	65	66	35	55
<b>Caregiver Strain Index score</b>	*				
zero	*	35	34	65	45
1 to 6	*	42	45	29	39
7 or more	*	22	21	6	16
<i>Mean score</i>	*	3.6	3.3	1.3	2.6
<b>weighted base (000's)</b>	1	17	92	61	171
<b>unweighted sample</b>	7	123	684	413	1,227

\* Sample occurrence too small for estimation.

**Table 4.5 contd. How the carer's health has been affected by whether the carer cared for someone in the same household and the relationship of the person cared for to the carer**

%

<b>Total</b>	<b>Spouse/ partner</b>	<b>Child</b>	<b>Parent or parent-in-law</b>	<b>other</b>	<b>Total</b>
sleep is disturbed	53	47	24	9	28
is inconvenient	40	41	33	17	31
is a physical strain	52	35	21	8	24
is confining	66	60	45	20	44
has been family adjustments	55	61	46	20	43
changes to personal plans	57	60	42	16	40
emotional adjustments	44	42	25	12	27
some behaviour is upsetting	37	36	24	15	25
upsetting to find change in caree	55	28	36	17	32
work adjustments	28	35	25	8	23
financial strain	41	34	13	7	19
feeling completely overwhelmed	41	38	21	9	23
other affects on lifestyle	46	43	23	10	26
no affect on health or lifestyle	11	19	30	61	34
has affect on health or lifestyle	89	81	70	39	66
<b>Caregiver Strain Index score</b>					
zero	11	19	30	61	34
1 to 6	43	37	45	31	40
7 or more	46	44	25	9	27
<i>Mean score</i>	<i>6.2</i>	<i>5.6</i>	<i>3.8</i>	<i>1.7</i>	<i>3.8</i>
<b>weighted base (000's)</b>	31	52	119	72	274
<b>unweighted sample</b>	249	386	857	479	1,971

\* Sample occurrence too small for estimation.

## Impact and duration of caring

Four in ten carers who have spent ten years or more caring scored 7 or more on Caregiver Strain Index compared with 23% of those who spent less than 10 years caring. See table 4.6.

**Table 4.6 How the Carer's health/ lifestyle has been affected by the number of years spent caring**

Carers	Number of years spent caring		Total
	Less than 10 years	10 years or more	
	%		
sleep is disturbed	25	41	28
is inconvenient	29	39	31
is a physical strain	22	31	24
is confining	40	58	44
has been family adjustments	39	59	43
changes to personal plans	37	55	40
emotional adjustments	25	37	27
some behaviour is upsetting	23	36	25
upsetting to find change in caree	32	31	32
work adjustments	21	31	23
financial strain	17	25	19
feeling completely overwhelmed	20	37	23
other affects on lifestyle	23	39	26
no affect on health or lifestyle	37	21	34
has affect on health or lifestyle	63	79	66
<b>Caregiver Strain Index score</b>			
zero	37	21	34
1 to 6	40	39	40
7 or more	23	40	27
Mean score	3.5	5.2	3.8
<b>weighted base (000's)</b>	219	55	274
<b>unweighted sample</b>	1,563	408	1,971

**Table 4.7 Duration caring by the relationship of the person cared for to the carer**

Years spent caring	Spouse/p	Child	Parent or	Other	Total
	artner		parent-in-law		
%					
Less than 6 months	5	4	6	8	6
6 months, < 1 year	8	6	7	11	8
1 < 3 years	24	19	33	27	28
3 < 5 years	25	16	22	18	20
5 < 10 years	19	15	20	17	18
10 < 15 years	10	13	6	9	9
15 < 20 years	4	6	3	2	3
20+ years	5	22	3	7	8
<b>weighted base (000's)</b>	31	52	119	72	274
<b>unweighted sample</b>	249	386	857	479	1971

## Financial Support

Overall 13% of carers were in receipt of financial support, 28% where they cared for somebody in the same household and 3% where they cared for somebody in another household. The most common financial support was the Carers' allowance where 7% of carers were in receipt of it. See *table 4.8*

**Table 4.8 Carers by whether they receive financial support and what type by whether caring for someone in the same household or not**

			%
	caring for someone in the same household	caring for someone in another household	Total
<b>Financial support</b>			
Yes	28	3	13
No	72	97	87
<b>Type of allowance</b>			
carers allowance (full rate)	15	2	7
carers allowance (half rate)	6	1	3
carers benefit	2	0	1
respite care grant	2	0	1
domcilliary care allowance	3	0	1
other financial support	2	0	1
<b>weighted base (000's)</b>	104	171	274
<b><i>unweighted sample</i></b>	744	1227	1971

## Background Notes

<b>Reference period</b>	The questions on caring were included in the Quarterly National Household Survey (QNHS) in the three months from July 2009 to September 2009 (Quarter 3 2009).
<b>Purpose of survey</b>	While the primary purpose of the QNHS is to collect information on employment and unemployment, it also includes modules on social topics of interest. This module was requested by, and developed in consultation with, the social partners.
<b>Questionnaire</b>	<p>The caring module was asked of all persons aged 15 years and over who were willing to participate in the survey across four waves of the QNHS sample who were participating directly in the survey. Percentages in this release have been calculated with respect to all such persons. The topics covered included:</p> <ul style="list-style-type: none"> <li>• the prevalence of carers in the general population</li> <li>• the profile of carers, the type of care provided and why the person was cared for</li> <li>• the affect of caring on the carer</li> </ul> <p>The results in this release are based on the caring questionnaire, a copy of which is available on the CSO website <a href="http://www.cso.ie">www.cso.ie</a>.</p>
<b>Grossing effect</b>	The QNHS grossing procedure aligns the distribution of persons covered in the survey with independently determined population estimates at the level of sex, five-year age group and region.
<b>Sample design and Weighting</b>	See CSO website for detailed information on both sample design and weighting for the QNHS.
<b>Respondents to the survey</b>	Only direct respondents to the survey were asked. In the QNHS information for some individuals are collected by proxy from another member of the household if the person is not directly available at the time of interview. These proxy respondents were excluded from the caring module.
<b>Note on tables</b>	The row or column percentages in tables may not add to 100% due to rounding and the exclusion of a small number of don't know or not stated responses.
<b>Statistical significance</b>	All estimates based on sample surveys are subject to error, some of which is measurable. Where an estimate is statistically significantly different from another estimate it means that we can be 95% confident that differences between those two estimates are not due to sampling error. Unless otherwise stated, changes and differences mentioned in the text have been found to be statistically significant at the 95% confidence level.
<b>ILO Labour Force Classification</b>	<p>The primary classification used for the QNHS results is the ILO (International Labour Office) labour force classification. The ILO classification distinguishes</p> <p><b>In Employment:</b> Persons who worked in the week before the survey for one hour or more for payment or profit, including work on the family farm or business and all persons who had a job but were not at work because of illness, holidays etc. in the week.</p> <p><b>Unemployed:</b> Persons who, in the week before the survey, were without work and available for work within the next two weeks, and had taken specific steps, in the preceding four weeks, to find work.</p> <p><b>Inactive Population (not in labour force):</b> All other persons.</p> <p>The labour force comprises persons employed plus unemployed.</p>
<b>Highest level of education attained</b>	This classification is derived from a single question and refers to educational standards that have been attained and can be compared in some measurable way.
<b>Occupations</b>	The classification system used is based on the UK Standard Occupational Classification (SOC) with some modifications to reflect the Irish labour market. This Classification was also used in the 2002 and 1996 Census of Population and has replaced the previous Census and Labour Force Survey occupations classification.

**Full time/Part time** Whether a respondent is described as full-time or part-time is self determined. Their answer to the following question is used, not the number of hours they work

*“Thinking about the hours of work in the job, would you describe it as full-time or part-time?”*

**Urban or rural location** The country is divided up into 8 strata based on population density. These areas are further classified into urban and rural areas as follows:

**Urban**

- Cities
- Suburbs of cities
- Mixed urban or rural areas bordering on the suburbs of cities
- Towns and their environs with populations of 5,000 or over (large urban)
- Mixed urban or rural areas bordering on the environs of larger towns
- Towns and their environs with a population of 1,000 to 5,000 (other urban)

**Rural**

- Mixed urban or rural areas
- Rural areas

**NUTS2 and NUTS3 regions**

The regional classifications in this release are based on the NUTS (Nomenclature of Territorial Units) classification used by Eurostat. The NUTS3 regions correspond to the eight Regional Authorities established under the Local Government Act, 1991 (Regional Authorities) (Establishment) Order, 1993, which came into operation on 1 January 1994. The NUTS2 regions, which were proposed by Government and agreed by Eurostat in 1999, are groupings of the NUTS3 regions. The composition of the regions is set out below.

<b>Border, Midlands and Western NUTS2 Region</b>		<b>Southern and Eastern NUTS2 Region</b>	
	<b>Border</b>	Cavan	<b>Dublin</b>
Dublin City	Donegal		Dun Laoghaire-Rathdown
	Leitrim		Fingal
	Louth		South Dublin
	Monaghan		
	Sligo	<b>Mid-East</b>	Kildare
			Meath
<b>Midland</b>	Laoighis		Wicklow
	Longford		
	Offaly	<b>Mid-West</b>	Clare
	Westmeath		Limerick City
			Limerick County
<b>West</b>	Galway City		North Tipperary
	Galway County		
	Mayo	<b>South-East</b>	Carlow
	Roscommon		Kilkenny
			South Tipperary
			Waterford City
			Waterford County
			Wexford
		<b>South-West</b>	Cork City
			Cork County
			Kerry

**Question on caring in Census of Population 2006**

Q21. Do you provide regular unpaid personal help for a friend or family member with a long-term illness, health problem or disability? Include problems which are due to old age. Personal help includes help with basic tasks such as feeding or dressing.

1. Yes, 1-14 hours a week.
2. Yes, 15-28 hours a week.
3. Yes, 29-42 hours a week.
4. Yes, 43 or more hours a week.
5. No

**QHNS Social Modules**

While the main purpose of the QNHS is the production of quarterly labour force estimates, there is also a provision for the collection of data on social topics through the inclusion of special survey modules. The selection of the major national modules undertaken to date has been largely based on the results of a canvas of users (over 100 organisations) that was conducted by the CSO in 1996, 2002, 2006 and most recently 2008. The results of the canvas are presented to the National Statistics Board and they are asked to indicate their priorities for the years ahead.

The schedule for social modules in any given year is based on the following structure:

**Quarter 1** Annual modules update (Disability, Pensions, Childcare, Accidents and Illness), Information, Communication and Technology (ICT) Survey.

**Quarter 2** EU module (always covered under EU legislation).

**Quarter 3** National module.

**Quarter 4** National module.

The table below outlines the most recent social modules published in the QNHS:

<b>Reference Quarter</b>	<b>Social Module</b>
Q2 2009	Cross-Border Shopping
Q2 2009	Union membership
Q2 2008	Educational Attainment
Q1 2008	ICT Household survey (as part of the Information Society and Telecommunications 2008 publication)
Q1 2008	Working conditions module
Q1 2008	Pension provision
Q4 2007	Childcare
Q3 2007	Health
Q4 2007	Educational Attainment
Q2 2007	Union Membership
Q1 2007	Work-related Accidents and Illness (Q1 2003-Q1 2007)
Q1 2007	ICT Household survey (as part of the Information Society and Telecommunications 2007 publication)
Q4 2006	Crime and Victimization
Q3 2006	Sport and physical exercise
Q3 2006	Social capital as part of Community Involvement and Social Networks 2006
Q1 2006	ICT household survey (as part of the Information Society and Telecommunications 2008 publication)
Q4 2005	Pension provision
Q4 2005	Special Saving Incentive Accounts (SSIAs)
Q3 2005	ICT household survey
Q3 2005	Recycling and energy conservation
Q2 2005	Reconciliation between work and family life
Q4 2004	Equality
Q1 2005	Childcare
Q3 2004	ICT household survey
Q2 2004	Union Membership
Q2 2004	Work organisation and working time
Q4 2003	Crime and Victimization
Q3 2003	Housing
Q3 2003	ICT household survey
Q2 2003	Life long learning



Social modules yet to be published:

<b>Reference Quarter</b>	<b>Social Module</b>
Q3 2008	Lifelong Learning
Q4 2008	Travel to Work
Q1 2009	ICT Household Survey
Q4 2009	Pension Provision