



Carers Health Needs Report

1st April 2013 – 31st March 2014



Carer Support Team

North Lanarkshire

North Lanarkshire is the fourth largest Scottish local authority, located in Central Scotland - mid-way between Edinburgh and Glasgow. The 2011 census population for North Lanarkshire was 337,727. The population per square kilometre is 719 persons making North Lanarkshire the fifth most densely populated council area after the four city local authorities. Since the 2001 Census, the population has increased by 5%. This is the same percentage increase as seen in Scotland overall.

There are estimated to be 49,000 unpaid carers in North Lanarkshire providing care on a regular basis (Scottish household survey 2007-2008).

- 23% of carers provide 50 hours or more of care each week.
- Over 70% of carers have been providing care for over five years
- 11% of women undertake a caring role compared to 8% of men

North Lanarkshire Carers Together

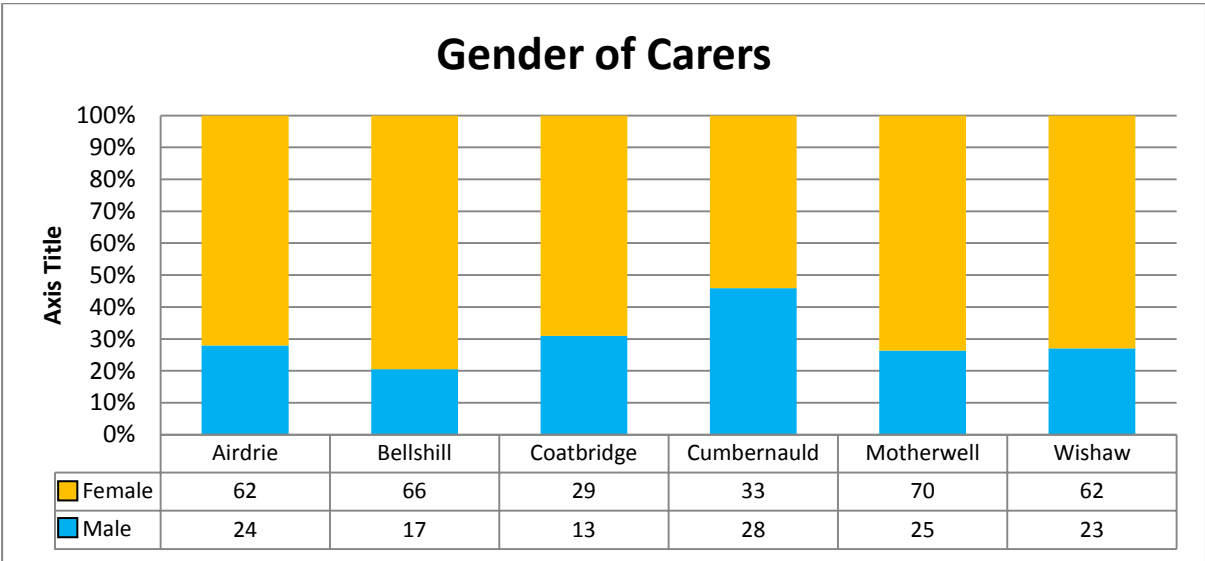
North Lanarkshire Carers Together was established in November 2000. It is a registered charity (Charity No. SCO33795) and, since 2005, a company limited by guarantee (Company No. 284126). The organisation’s base is the carers’ centre at 51 Hope Street in Motherwell.

Coordinators for Carers

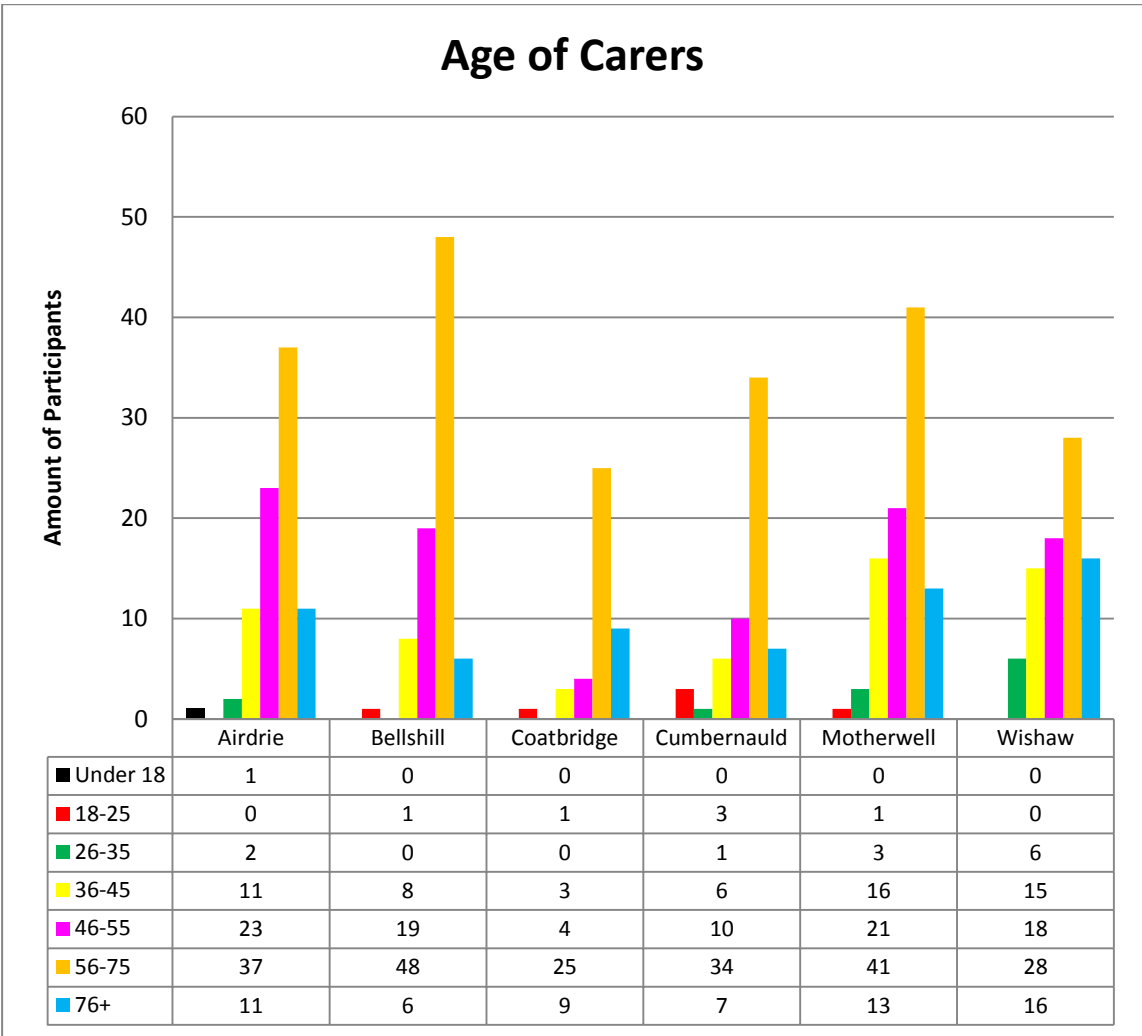
		<p>Co-ordinator for Carers Role:</p> <ul style="list-style-type: none"> ❖ Work within GP practices, promoting the benefits of the GP Carers Register. ❖ Ensure GP practices have a wide range of NHS Carer Information Packs, GP Carers Registration Forms and Carer Support Team contact details. ❖ Work within GP practices delivering carer awareness sessions to primary care professionals, highlighting the needs of carers and young carers. ❖ Work directly with GP practices, providing a range of opportunities, identifying, signposting and referring carers and young carers to services. ❖ Make appropriate referrals on behalf of carers and young carers. ❖ Act as a link with the Co-ordinator for Carers based within Wishaw General, Monklands and Hairmyres Hospitals.
<p>YVONNE CAMERON</p> <p>Co-ordinator for Carers</p> <p>yvonne@carerstogogether.org</p> <p>Tel: 01698 404055</p>	<p>CORINNE THOMSON</p> <p>Assistant Co-ordinator for Carers</p> <p>corinne@carerstogogether.org</p> <p>Tel: 01698 404055</p>	
<p>NORTH LANARKSHIRE CARERS TOGETHER</p>		

The Co-ordinators for Carers work within 64 GP Practices across North Lanarkshire. Over the course of 2013/2014 they have met with many “hidden/still to be identified” carers, of whom 455 participated anonymously in this Carers Health Needs survey.

455 Carers participated in this Carers Health Needs survey covering North Lanarkshire Local Authority area.

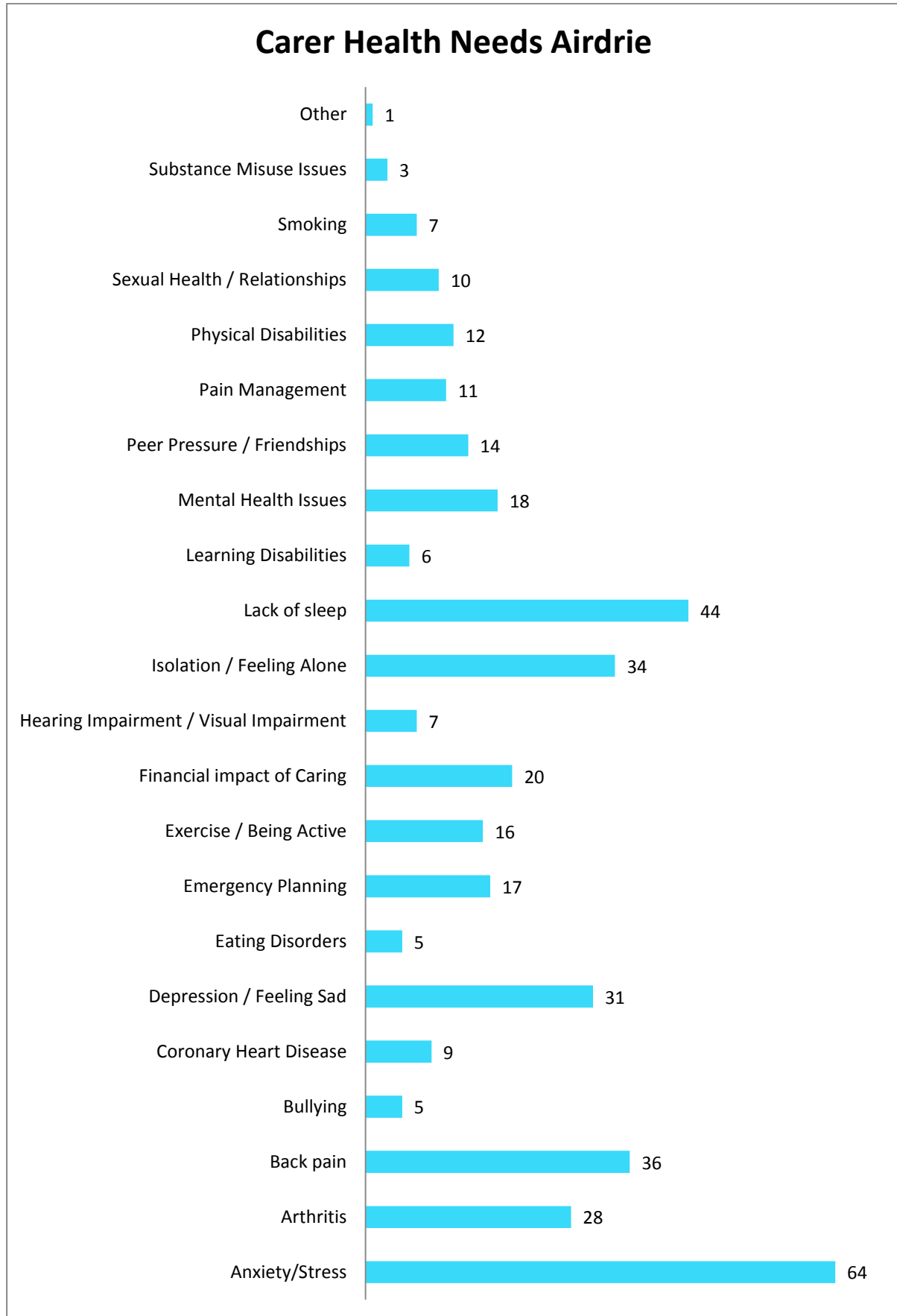


n¹=455



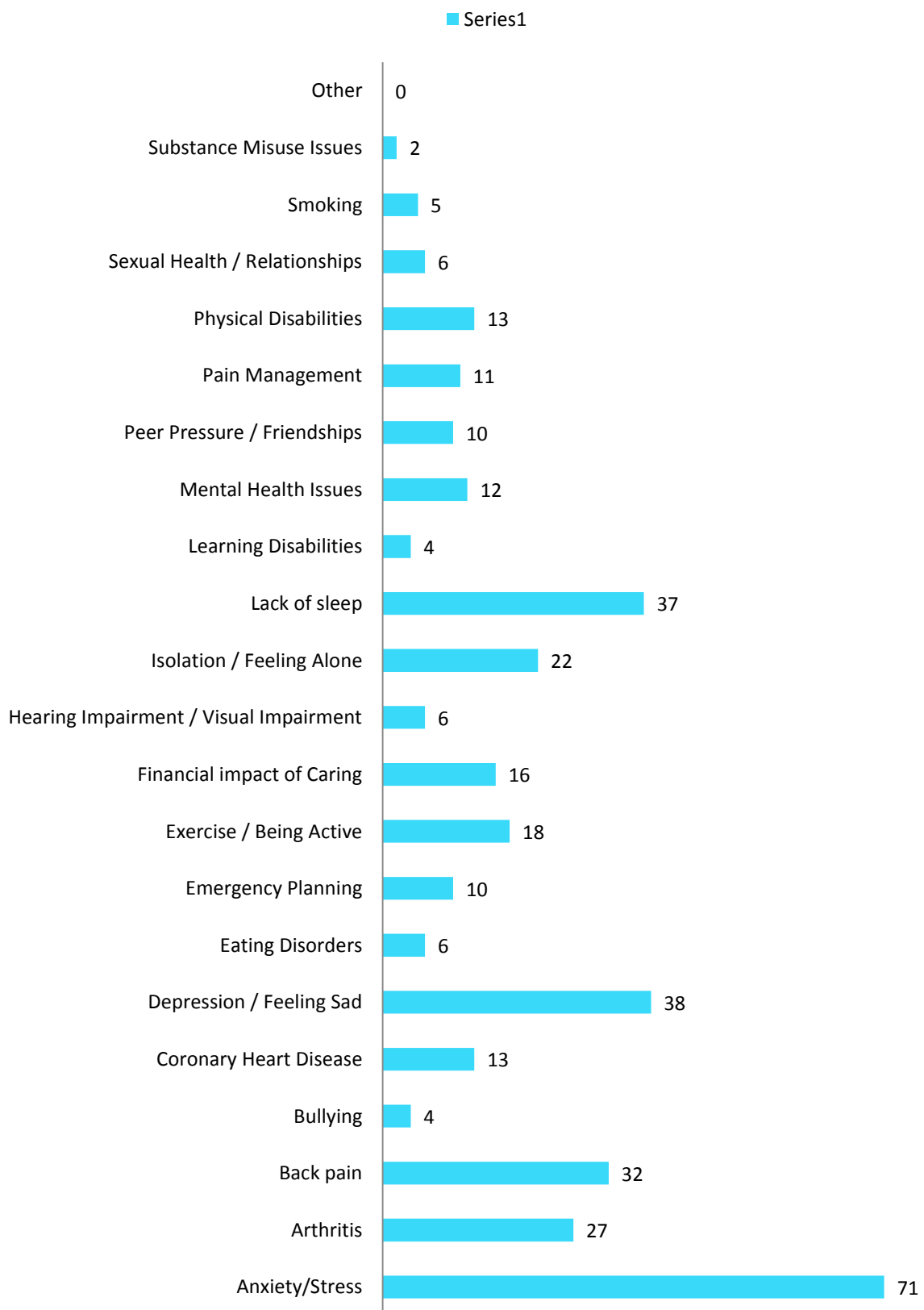
n = number of people who responded to this part of the survey

n=448



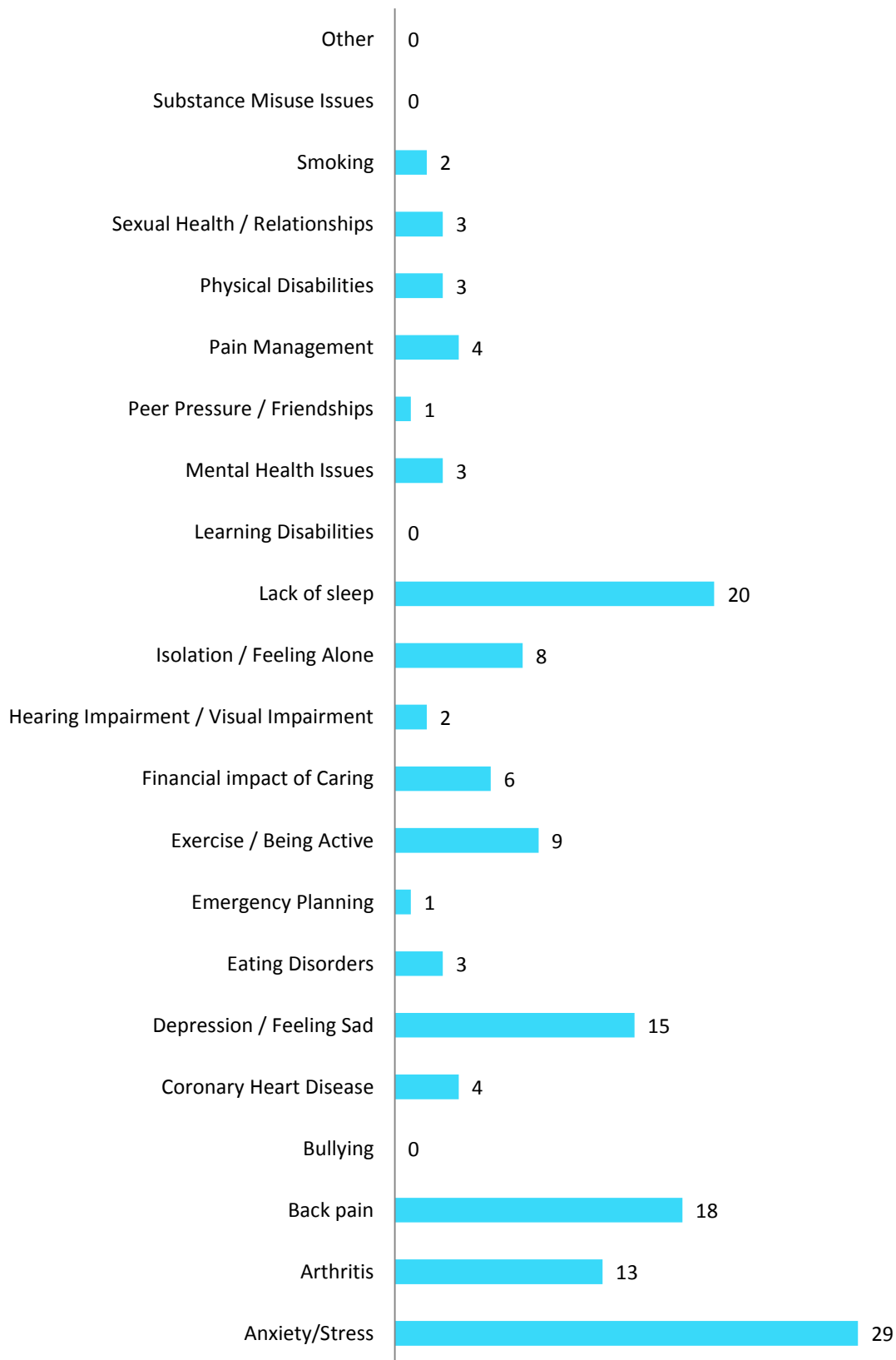
n=85

Carer Health Needs Bellshill



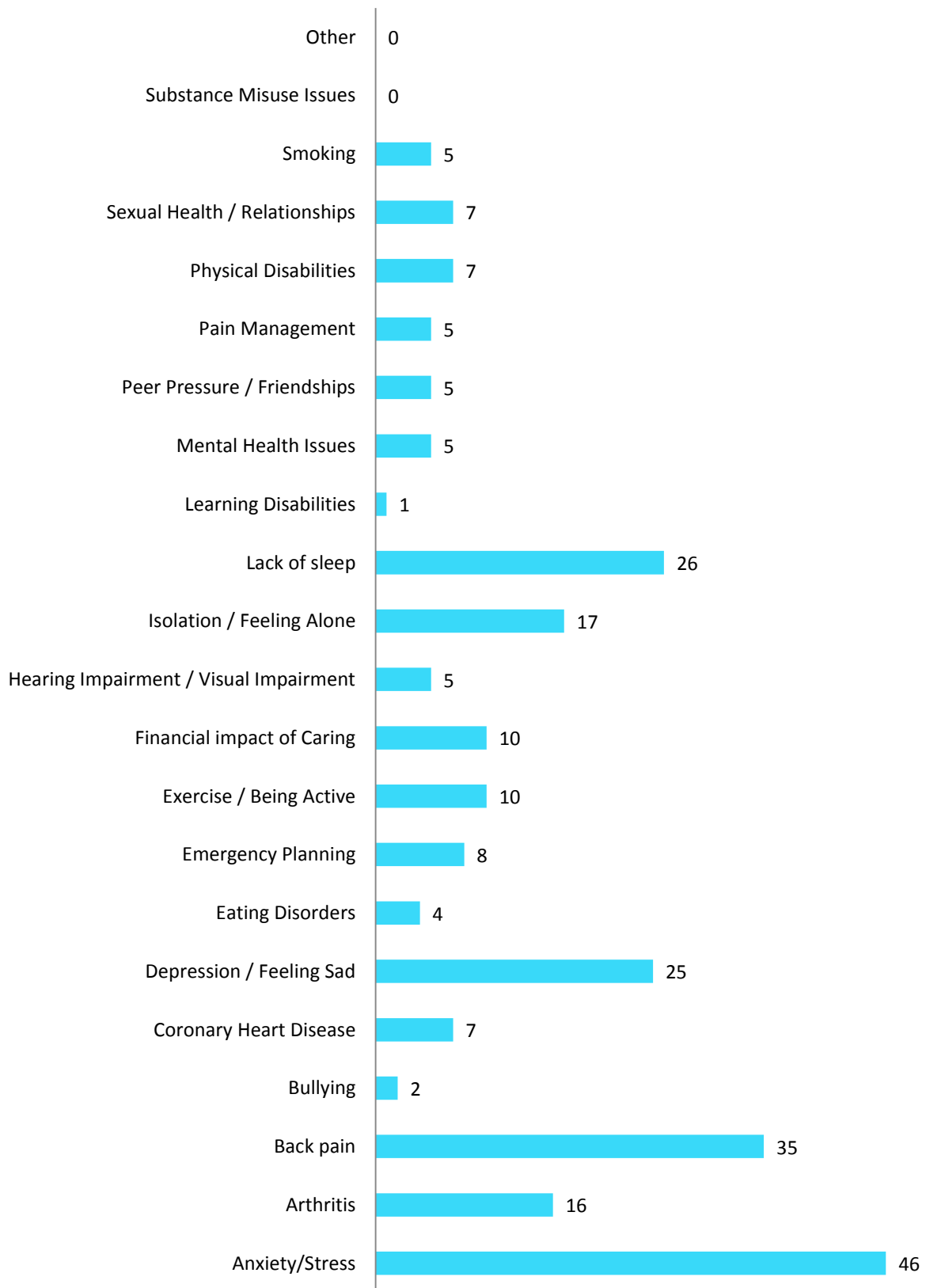
n=83

Carer Health Needs Coatbridge



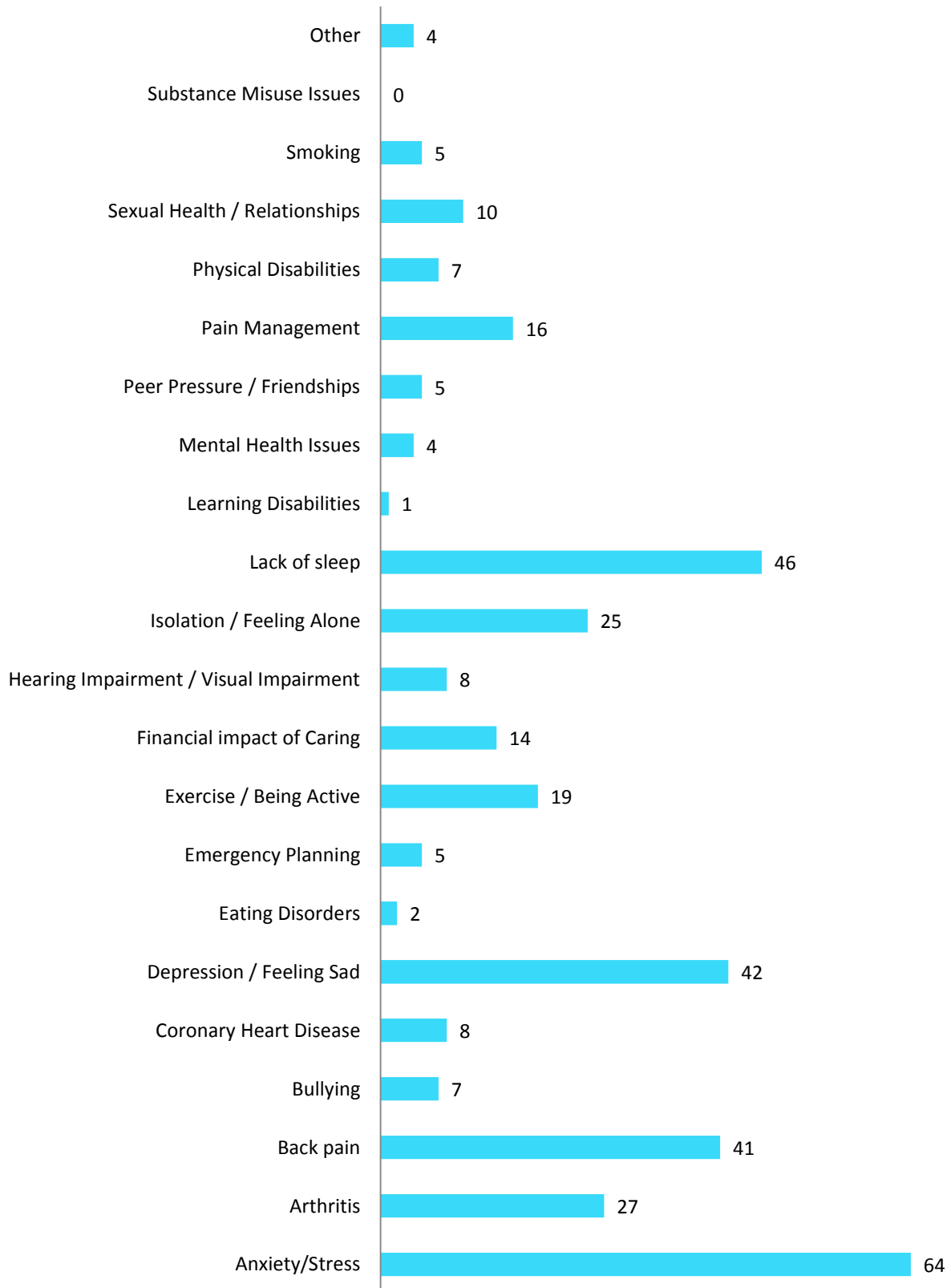
n=44

Carers Health Needs Cumbernauld



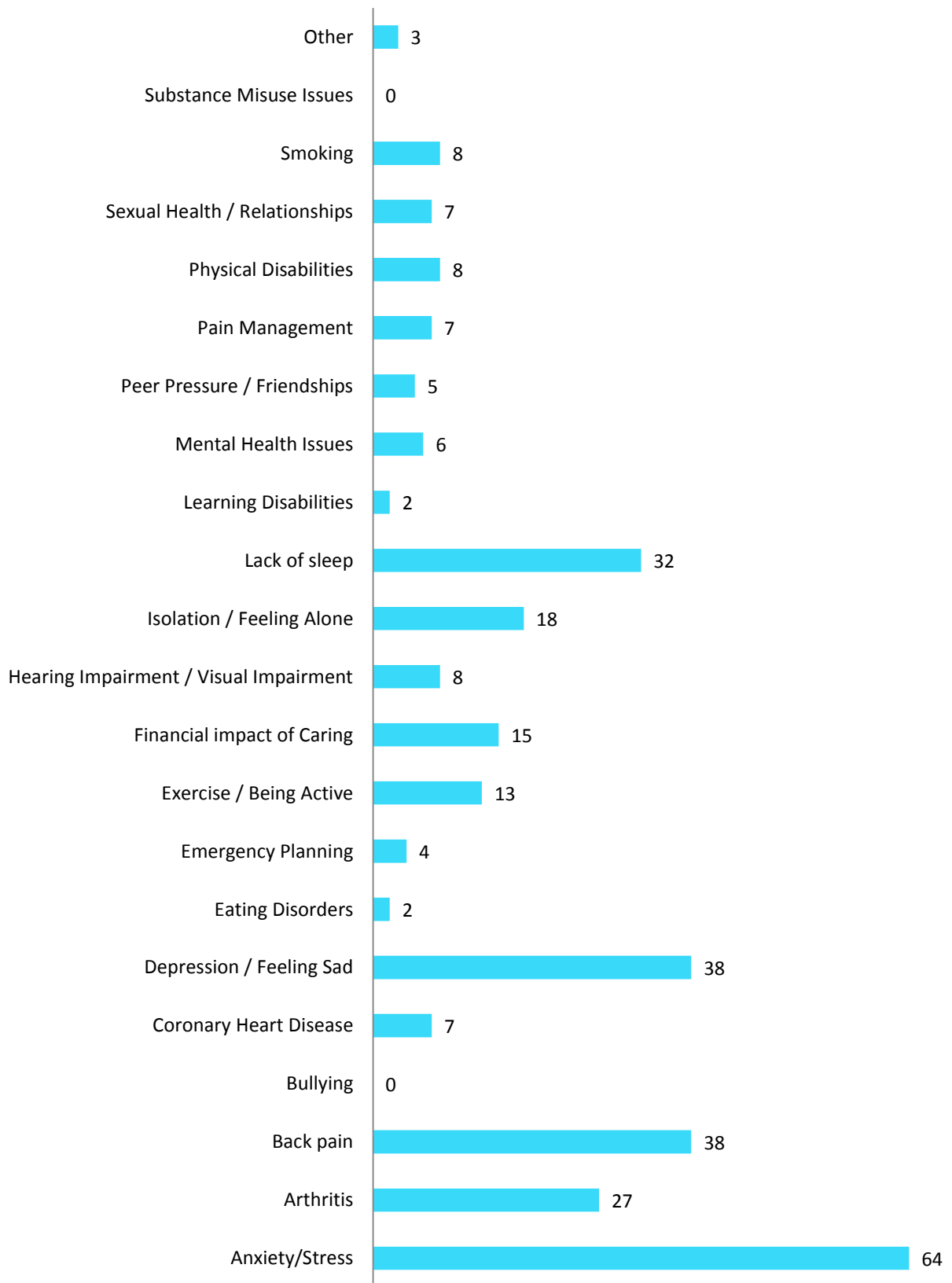
n=61

Carer Health Needs Motherwell



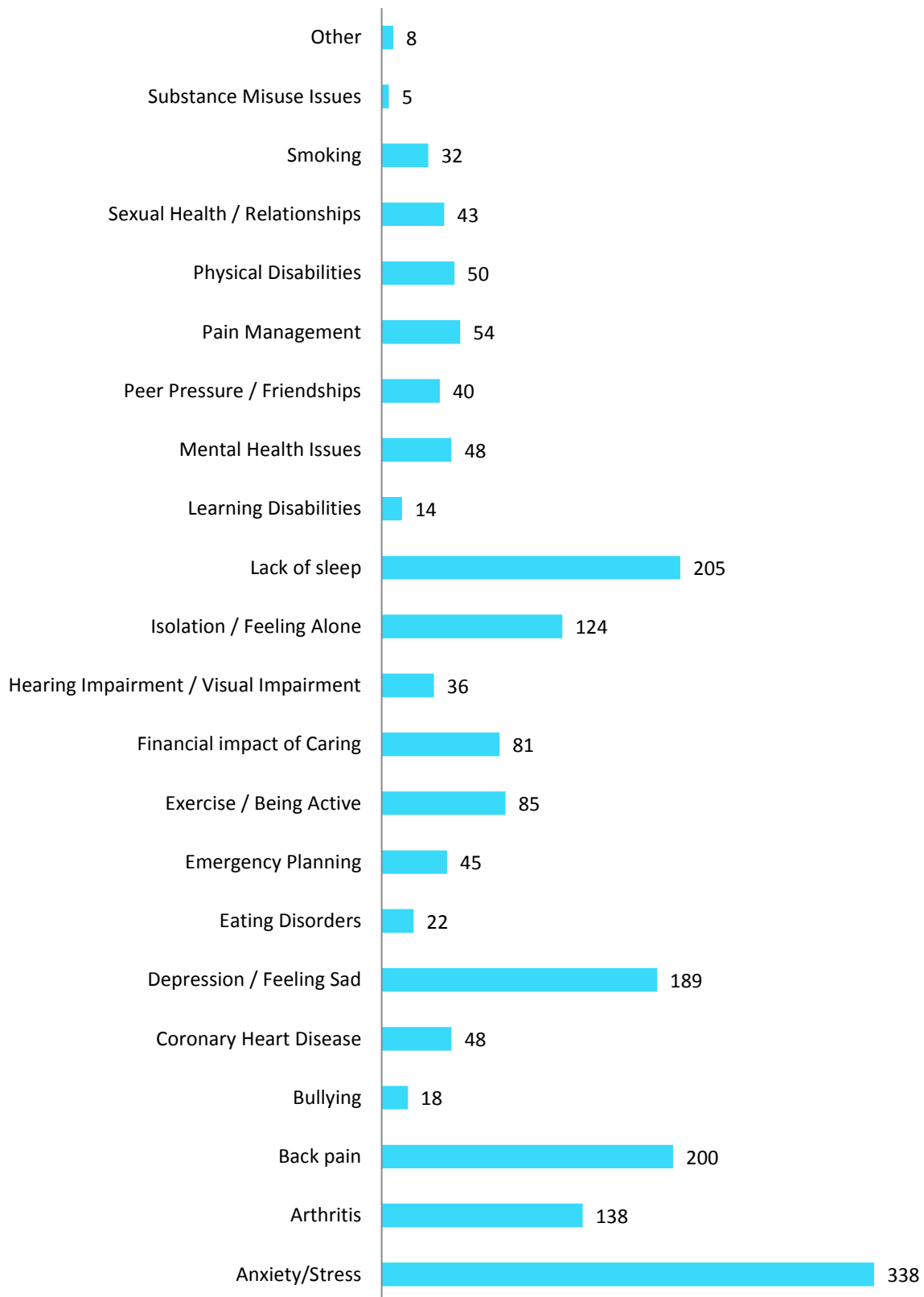
n=96

Carers Health Needs Wishaw



n=85

Carer Health Needs North Lanarkshire



n=455

Additional Information

Airdrie		
Other health concerns	Additional support that would be of benefit	Comments or issues
Bronchitis, renal, incontinence, Korsakoff 's syndrome, sleep apnoea, headaches	Money, 4 hours extra support per day, 'me time' would help, support when needed, health support, money and advice	Lack of sleep

Bellshill		
Other health concerns	Additional support that would be of benefit	Comments or issues
Type 2 diabetes, chronic obstructive pulmonary disease (COPD), sclerosis	More training, day care, speak to someone regularly	Lack of support, lack of information when I was insured, being a burden

Coatbridge		
Other health concerns	Additional support that would be of benefit	Comments or issues
Multiple sclerosis, continence issues, Type 2 diabetes, COPD, Type 1 diabetes, asthma	Any day care centre placement Don't stop Carers Allowance at 65	How to deal with my son's challenging behaviour Need more time for myself

Cumbernauld, Kilsyth and Northern Corridor		
Other health concerns	Additional support that would be of benefit	Comments or issues
Parkinson's disease, multiple sclerosis, laryngectomy	Financial assistance, more information	Comforting to know help is available if needed, to be kept informed, time off, cost of personal items for incontinence is an issue

Motherwell		
Other health concerns	Additional support that would be of benefit	Comments or issues
Mobility issues, Down's syndrome, respite issues, diabetes, vertigo	To be able to continue to work flexible around my caring role, respite, training	Unnecessary added pressure from Department of Works and Pensions (DWP), low mood, respite issues, free time would be nice

Wishaw and Shotts		
Other health concerns	Additional support that would be of benefit	Comments or issues
Angioedema, chronic lung disease, asthma, osteoporosis	More groups for the cared-for person	Would like to take my wife out more.....can't due to condition

Key Findings

455 carers from North Lanarkshire participated anonymously in the Carers Health Needs survey during the period 1 April 2013 to 31 March 2014. The key findings were:

- 1. **Anxiety and stress** was the highest ranked health problem in North Lanarkshire - **74%** of all carers who took part in the survey. This was also the highest ranked health problem in each North Lanarkshire township.

Townships:

- Airdrie 75%
- Bellshill 86%
- Coatbridge 66%
- Cumbernauld 75%
- Motherwell 67%
- Wishaw 75%

- 2. **Lack of sleep** was the second highest ranked health problem in North Lanarkshire - **45%** of all carers who took part in the survey.

Townships:

- Airdrie 52%
- Bellshill 45%
- Coatbridge 46%
- Cumbernauld 43%
- Motherwell 48%
- Wishaw 38%

- 3. **Back pain** was the third highest ranked health problem - **44%** of all carers who took part in the survey.

Townships:

- Airdrie 42%
- Bellshill 39%
- Coatbridge 41%
- Cumbernauld 57%
- Motherwell 43%
- Wishaw 45%

- 4. **Depression or feeling sad** was the fourth highest ranked health problem - **42%** of all carers who took part in the survey.

Townships:

- Airdrie 37%
- Bellshill 46%
- Coatbridge 34%
- Cumbernauld 41%
- Motherwell 44%
- Wishaw 45%

- 5. **Arthritis** was the fifth highest ranked health problem - **30%** of all carers who took part in the survey.

- 6. **Isolation or feeling alone** was the sixth highest ranked health problem - **27%** of all carers who took part in the survey.