



# Carers Health Needs Report

1<sup>st</sup> April 2014 – 31<sup>st</sup> March 2015

## 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.

## Co-ordinators for Carers



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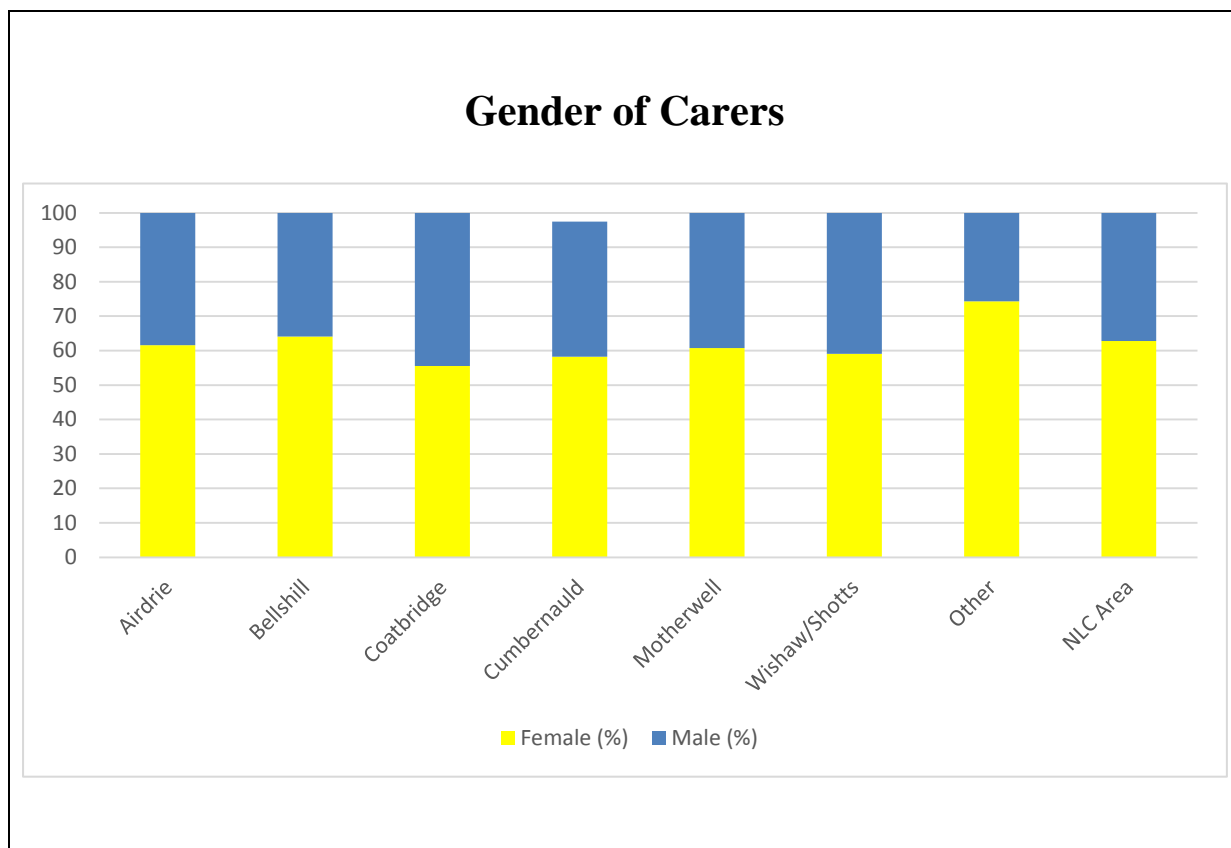
**Co-ordinator for Carers Role:**

- ❖ 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.

**NORTH LANARKSHIRE CARERS TOGETHER**

The Co-ordinators for Carers work within 64 GP Practices across North Lanarkshire. Over the course of 2014/2015 they have met with many “hidden/still to be identified” carers, of whom **417** participated anonymously in this Carers Health Needs survey.

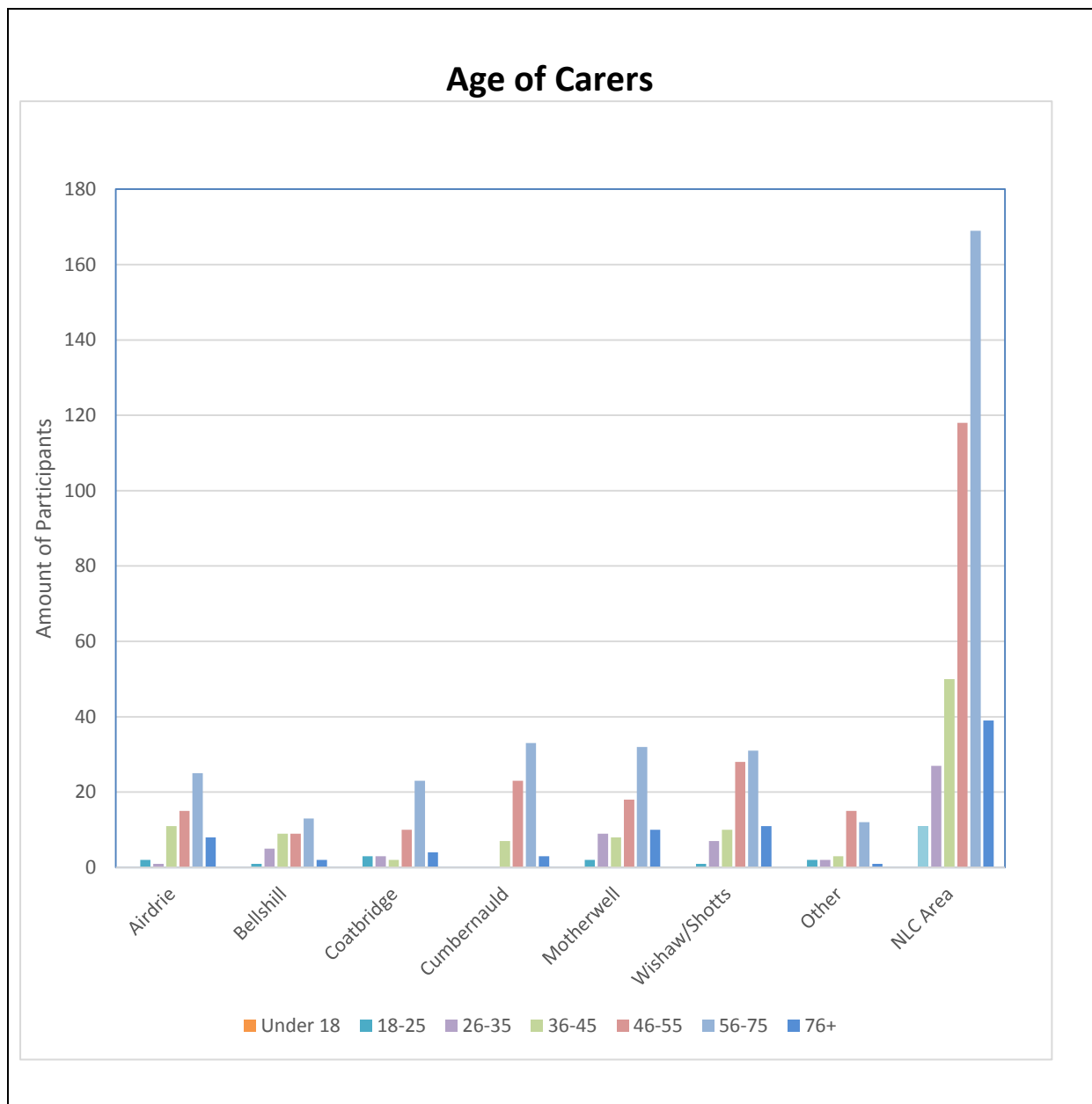
417 Carers participated in this Carers Health Needs survey covering North Lanarkshire Local Authority area.



### Breakdown by Township

	Airdrie	Bellshill	Coatbridge	Cumbernauld	Motherwell	Wishaw/Shotts	Other	NLC Area
<b>Female</b>	40	25	25	46	48	52	26	262
%	62%	64%	56%	70%	61%	59%	74%	63%
<b>Male</b>	25	14	20	20	31	36	9	155
%	38%	36%	44%	30%	39%	41%	26%	37%
<b>TOTAL</b>	65	39	45	66	79	88	35	<b>417</b>

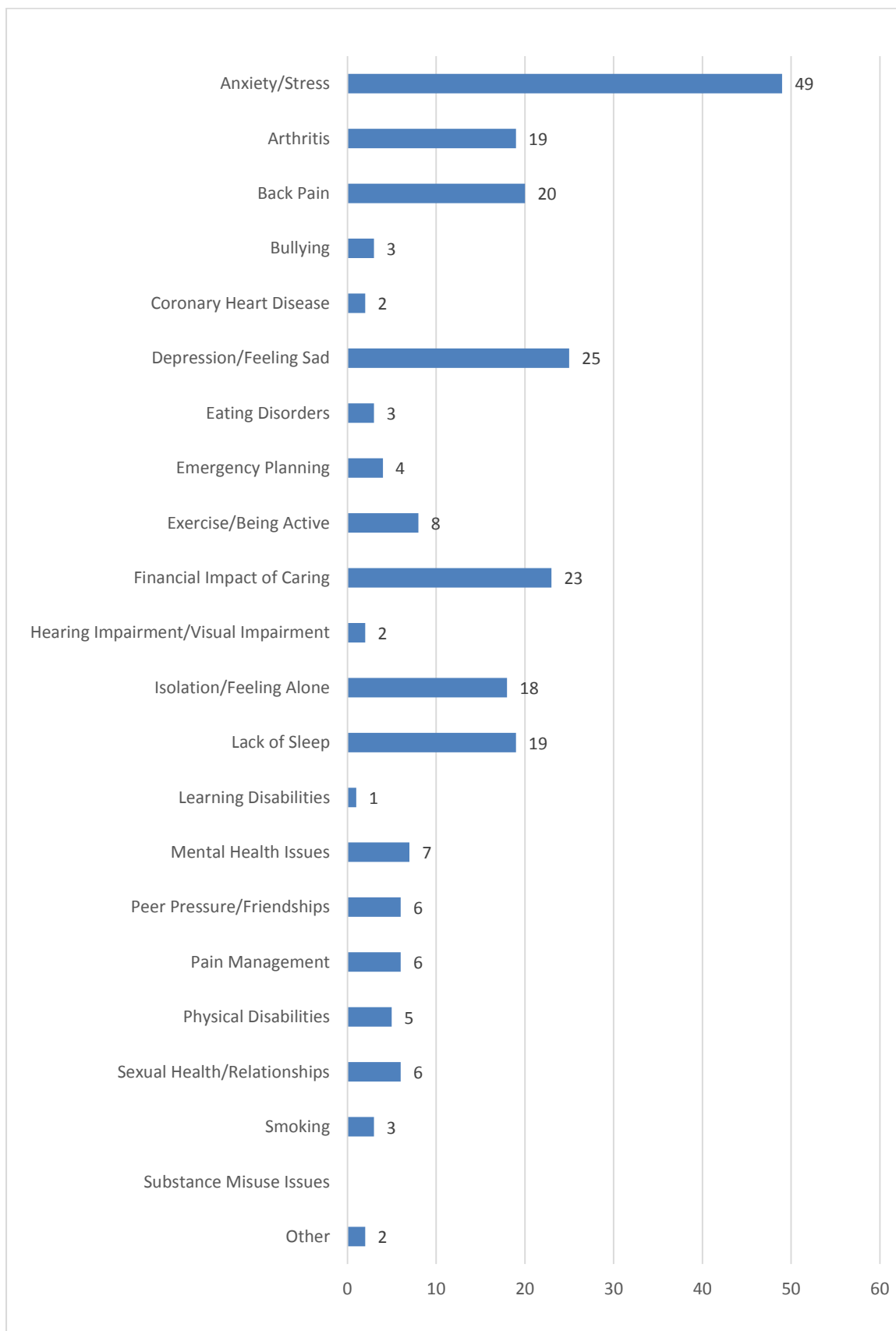
414 carers responded to this question



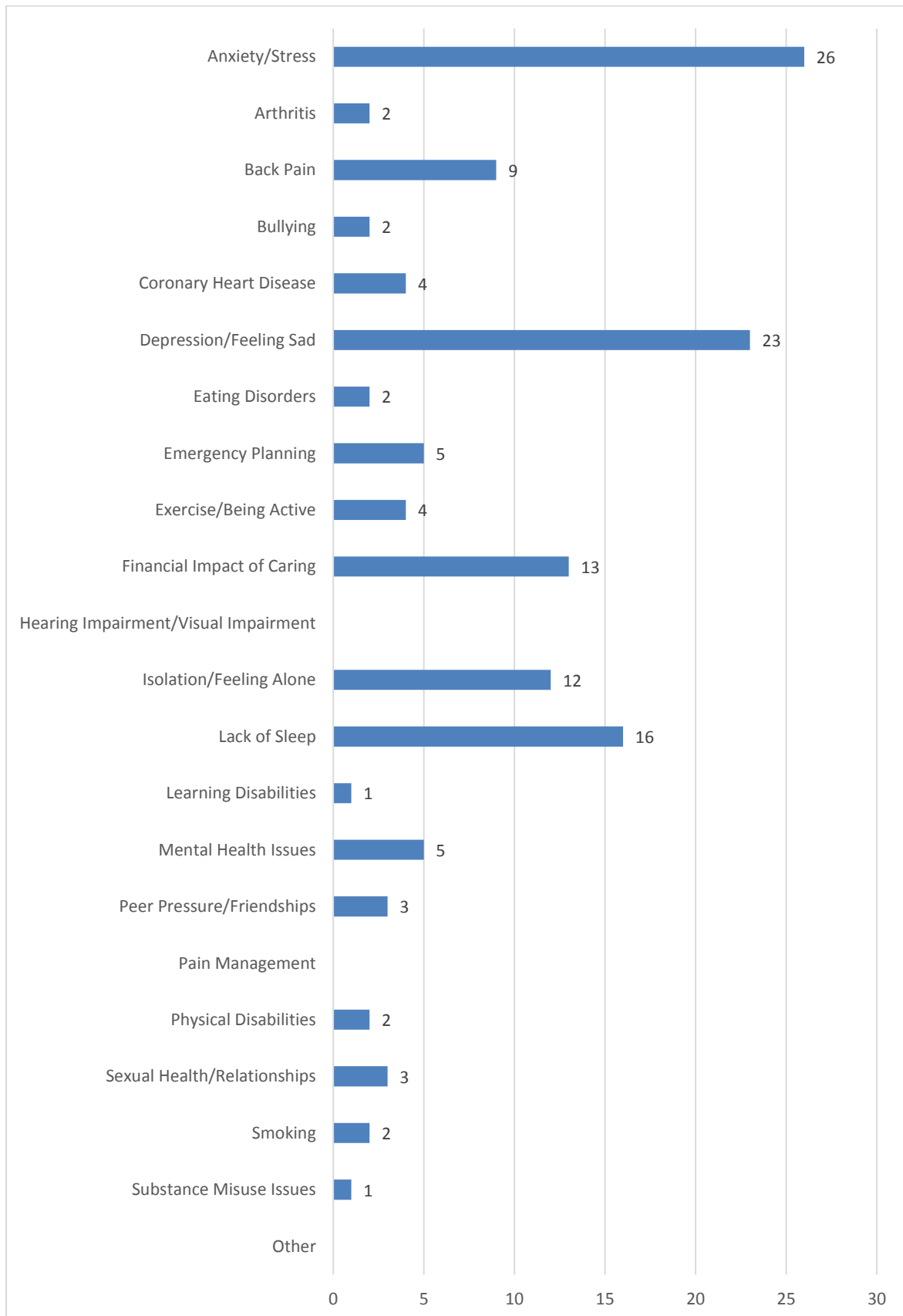
### Breakdown by Township

	Airdrie	Bellshill	Coatbridge	Cumbernauld	Motherwell	Wishaw /Shotts	Other	NLC Area
Under 18	0	0	0	0	0	0	0	0
18-25	2	1	3	0	2	1	2	11
26-35	1	5	3	0	9	7	2	27
36-45	11	9	2	7	8	10	3	50
46-55	15	9	10	23	18	28	15	118
56-75	25	13	23	33	32	31	12	169
76+	8	2	4	3	10	11	1	39
<b>TOTAL</b>	<b>62</b>	<b>39</b>	<b>45</b>	<b>66</b>	<b>79</b>	<b>88</b>	<b>35</b>	<b>414</b>

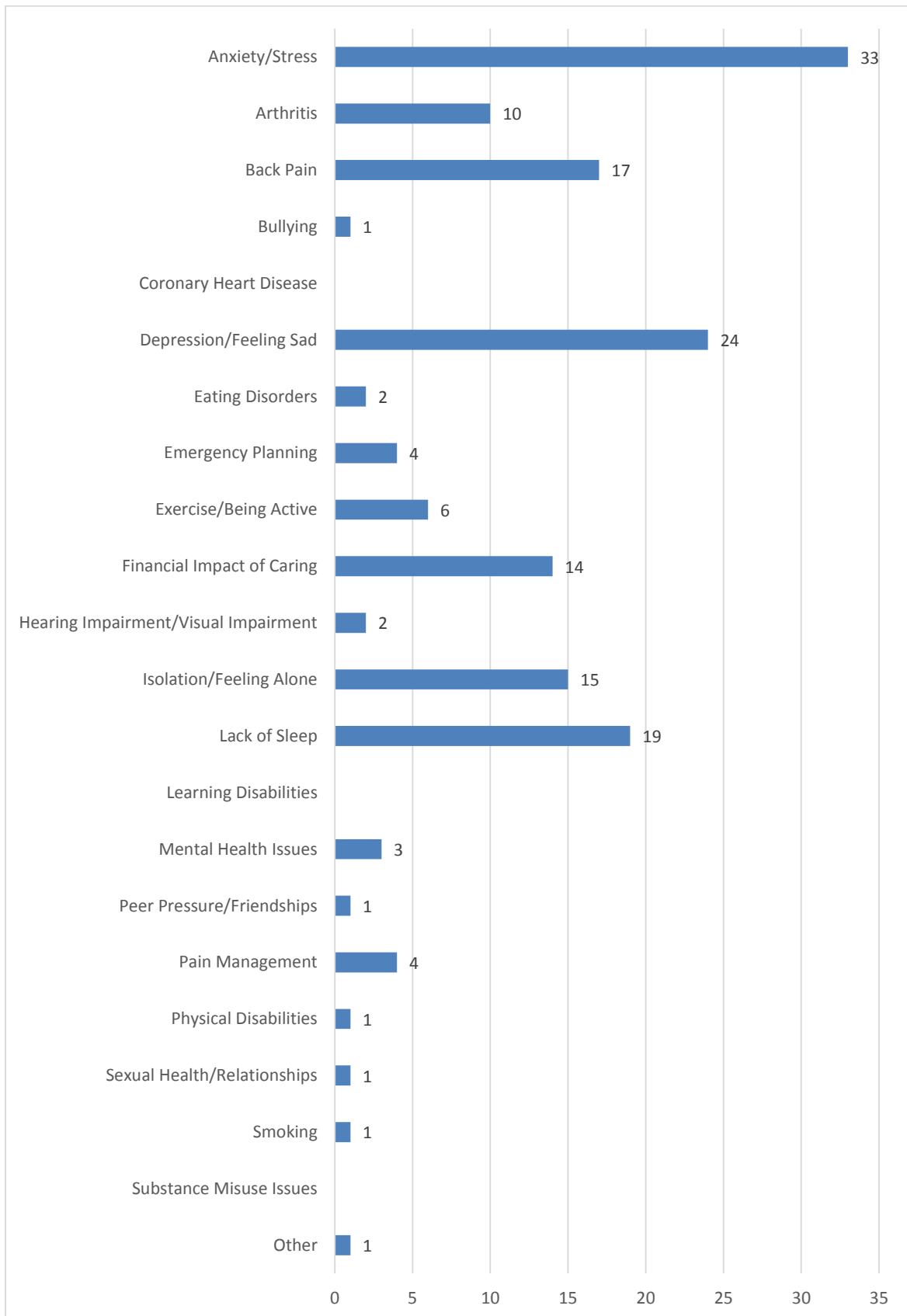
## Carer Health Needs Airdrie



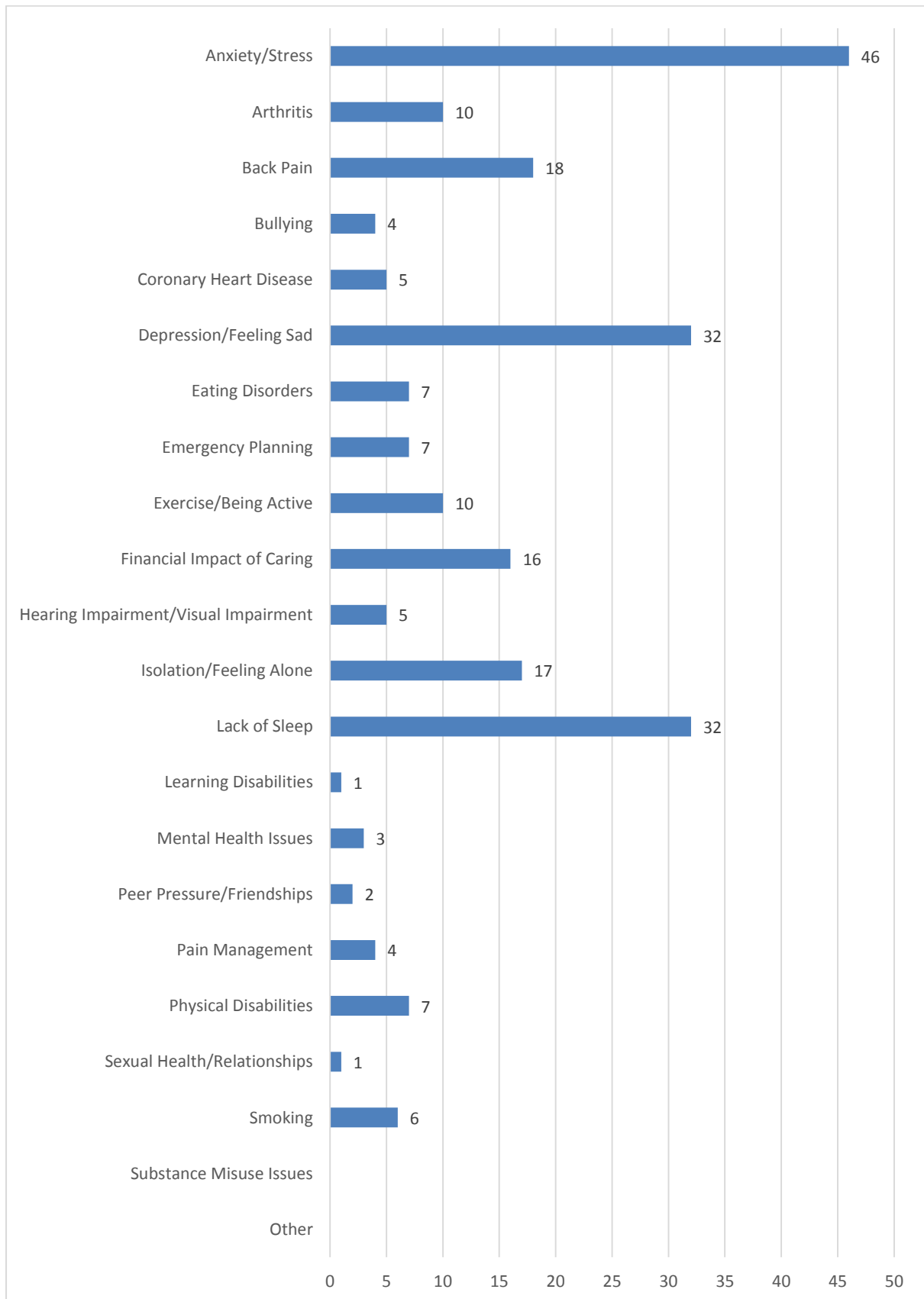
## Carer Health Needs Bellshill



## Carer Health Needs Coatbridge

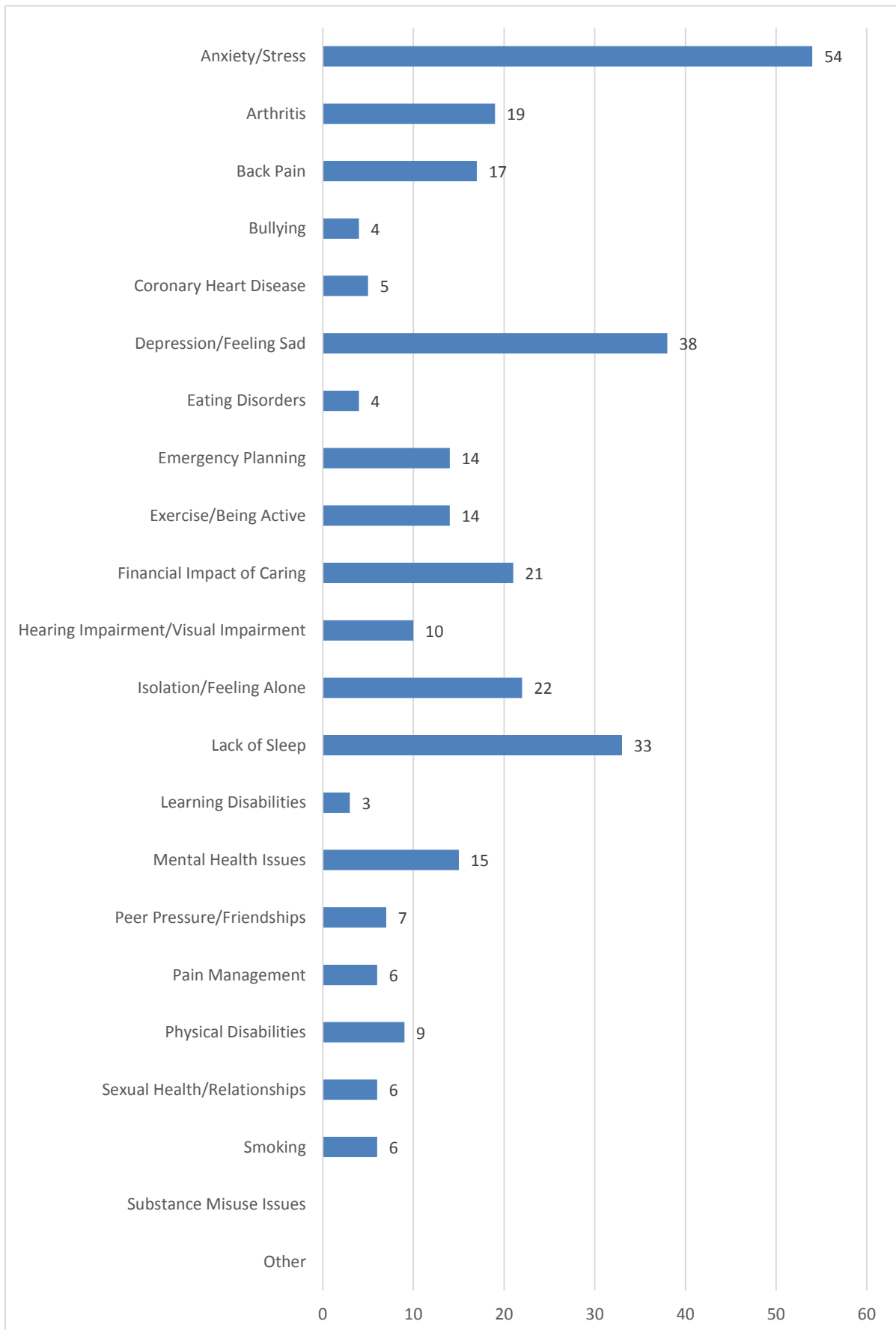


## Carer Health Needs Cumbernauld

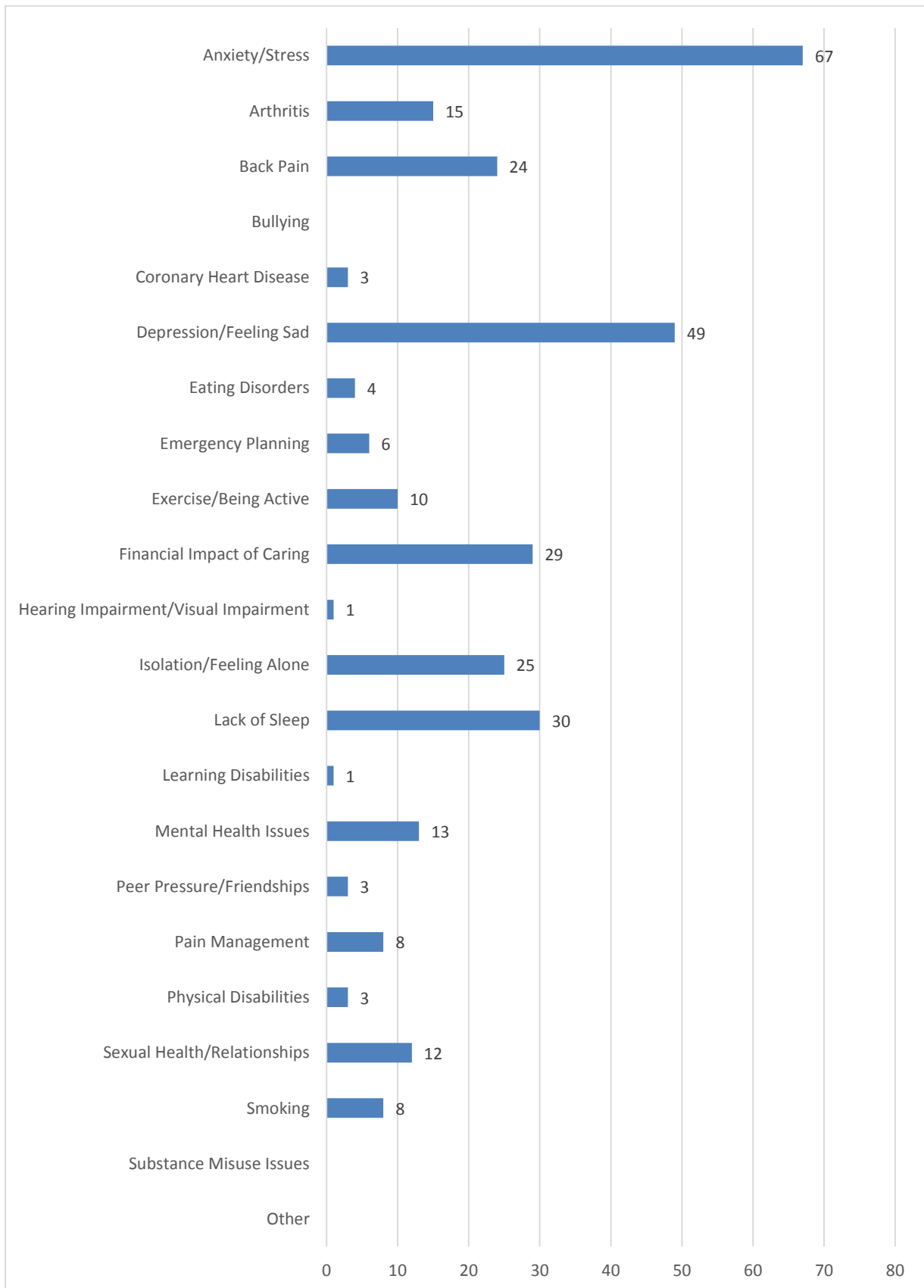




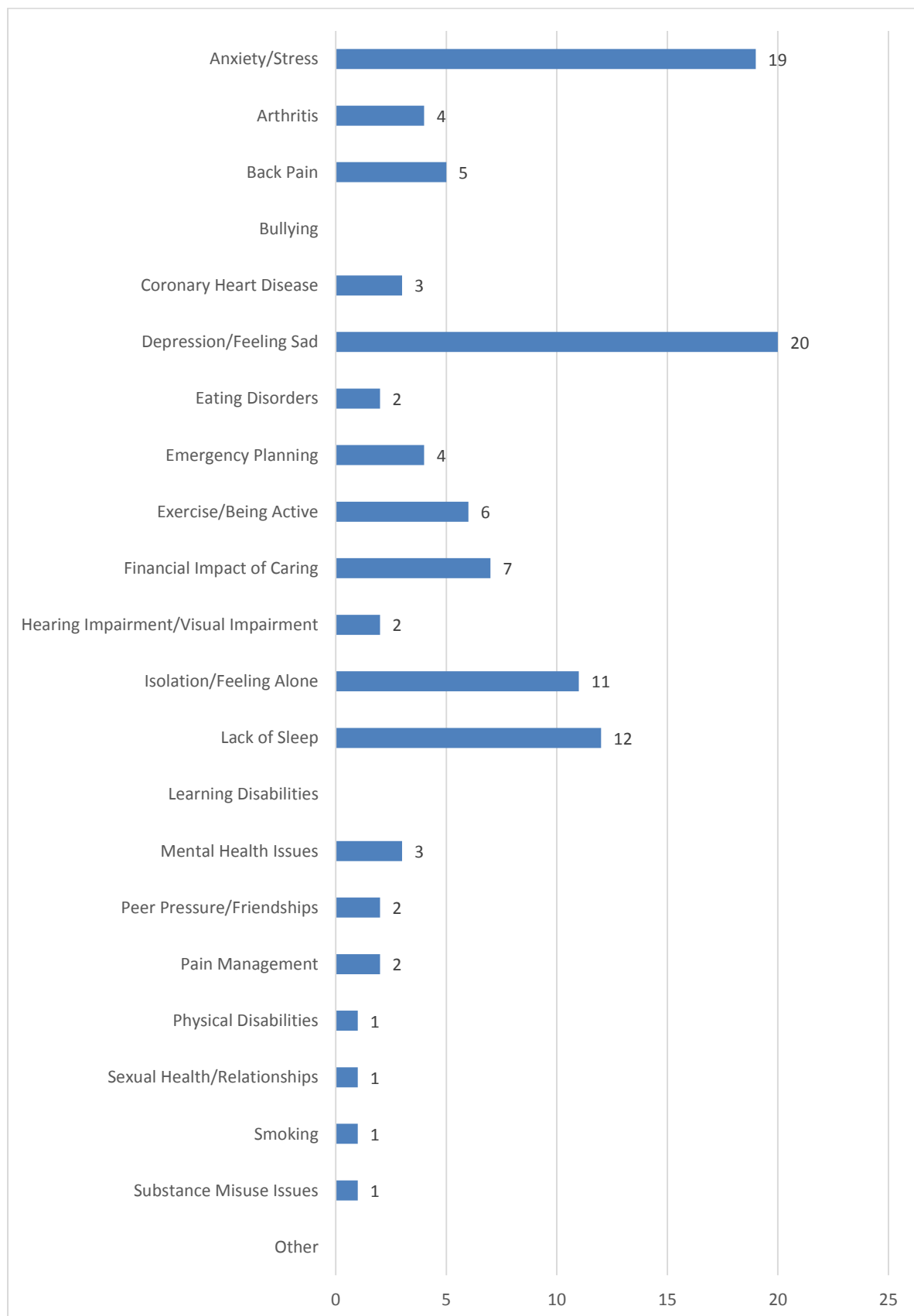
## Carer Health Needs Motherwell



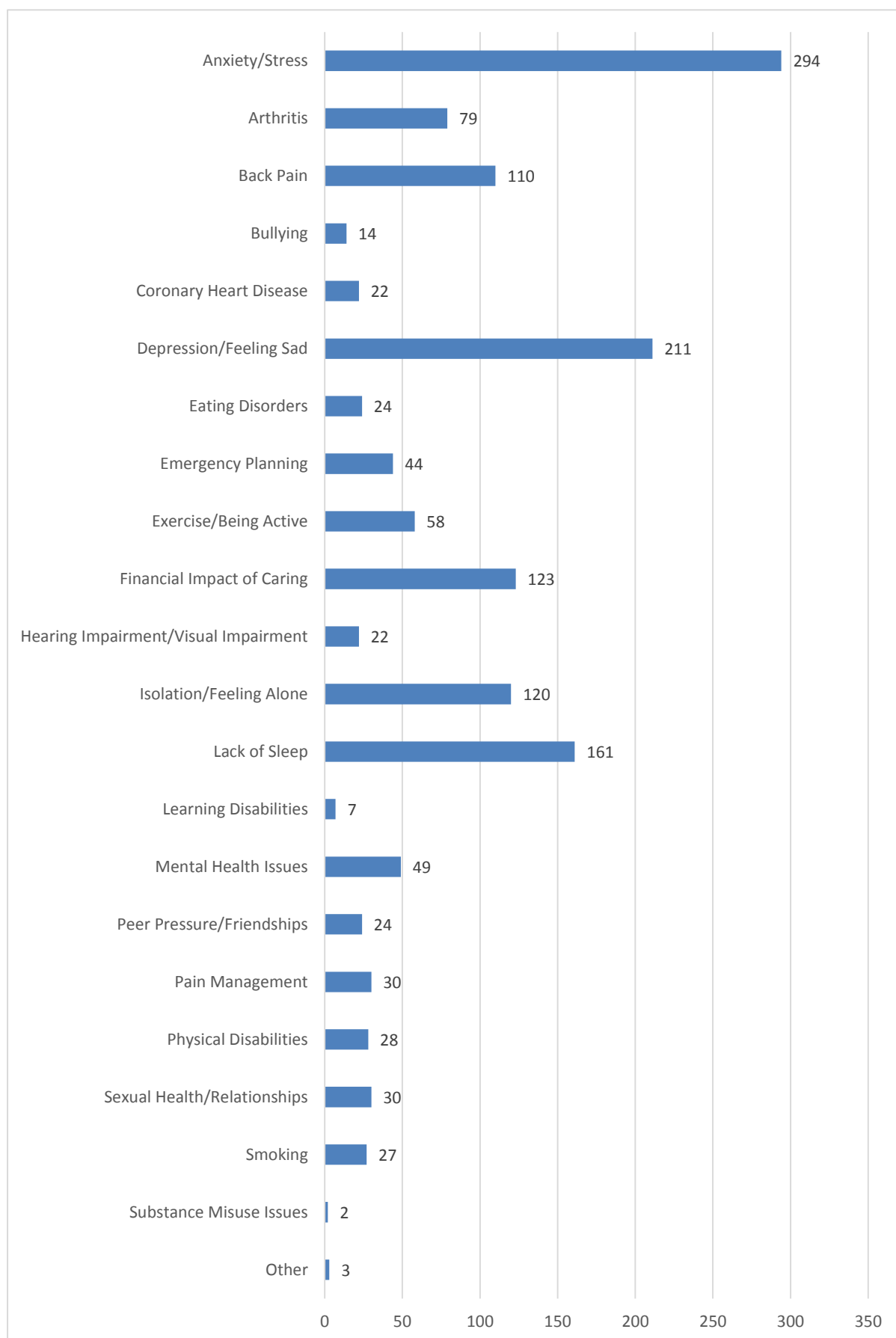
## Carer Health Needs Wishaw/Shotts



## Carer Health Needs Other Areas



## Carers Health Needs North Lanarkshire



## Additional information

<b>Airdrie</b>	
Other carer health concerns	Additional support that would be of benefit
COPD, diverticulitis, employment, lack of communication between hospitals and other agencies	finance, respite, emotional support, job skills, other carer support, information, short breaks
<b>Bellshill</b>	
Other carer health concerns	Additional support that would be of benefit
cancer, cleanliness, incontinence, COPD	finance, other carer support, information via website, respite, more groups available, more mental health information
<b>Coatbridge</b>	
Other carer health concerns	Additional support that would be of benefit
diabetes, blood pressure, COPD, hip problems	befriending, help with forms, transport, understanding the illness, more help from doctors, more help from social work, information, short breaks, respite, isolation, more understanding from employers about caring role,
<b>Cumbernauld</b>	
Other carer health concerns	Additional support that would be of benefit
Asthma, diabetes, blood pressure, COPD, diverticulitis, multiple sclerosis, lack of respite, muscle cramps, someone to talk to, stoma	other carer support, befriending, meals on wheels, information, more groups available, more understanding from employers about caring role, respite, transport, short breaks
<b>Motherwell</b>	
Other carer health concerns	Additional support that would be of benefit
COPD, employment, anti-social neighbours	finance, respite, other carer support, befriending, sheltered housing, help with forms, short breaks, emotional support, information
<b>Wishaw/Shotts</b>	
Other carer health concerns	Additional support that would be of benefit
COPD, employment, having someone to talk to	finance, respite, other carer support, information, good night sleep, more help from doctors, short breaks

<b>Other Areas</b>	
Other carer health concerns	Additional support that would be of benefit
Nil	finance, respite, more groups available, information, other carer support, befriending, good night sleep, more help from doctors, emotional support, job skills, short breaks

## **Key Findings**

**417** carers from North Lanarkshire participated anonymously in the Carers Health Needs survey during the period 1 April 2014 to 31 March 2015. The key findings were:

**anxiety and stress** was the highest ranked health problem in North Lanarkshire – **71%** of all carers who took part in the 2014/15 survey. This health problem was ranked first in Airdrie, Bellshill, Coatbridge, Cumbernauld, Motherwell, and Wishaw & Shotts, and second in ‘Other Areas’.

**anxiety and stress** was also the highest ranked health problem in North Lanarkshire in the 2013/14 survey. *Comment: Fairly predictable that this problem continues to be the highest ranked in North Lanarkshire.*

**depression and feeling sad** was the second highest ranked problem in North Lanarkshire – **51%** of all carers who took part in the 2014/15 survey. This health problem was ranked second in each township with the exception of ‘Other Areas’ where it was ranked first. **depression and feeling sad** was the fourth highest ranked health problem in North Lanarkshire in the 2013/14 survey.

*Comment: Again fairly predictable finding that this problem ranks highly.*

**lack of sleep** was the third highest ranked problem in North Lanarkshire – **39%** of all carers who took part in the 2014/15 survey. This health problem was ranked second in Cumbernauld, third in Bellshill, Coatbridge, Motherwell, Wishaw & Shotts, ‘Other Areas’, and equal 5<sup>th</sup> in Airdrie. **lack of sleep** was the second highest ranked health problem in North Lanarkshire in the 2013/14 survey.

*Comment: This problem has again ranked highly for a second year in a row.*

**financial impact of caring** was the fourth highest ranked problem in North Lanarkshire – **30%** of all carers who took part in the 2014/15 survey. This health problem was ranked third in Airdrie, fourth in Bellshill and Wishaw & Shotts, fifth in Motherwell and ‘Other Areas’, and sixth in Coatbridge and Cumbernauld. **financial impact of caring** was the eighth highest ranked health problem in the 2013/14 survey. *Comment: Suggest more targeted work needs to be undertaken to understand the nature of this problem and how it manifests as a health problem, and why it appears to be an increasing for carers.*

**isolation and feeling alone** was fifth highest ranked problem in North Lanarkshire – **29%** of all carers who took part in the 2014/15 survey. This health problem was ranked third in Motherwell, fourth in Cumbernauld, Wishaw & Shotts, and ‘Other Areas’, fifth in Bellshill and Coatbridge, and sixth in Airdrie. **isolation and feeling alone** was the sixth highest ranked health problem in North Lanarkshire in the 2013/14 survey. *Comment: similar ranking to last year.*

**back pain** was the sixth highest ranked health problem in North Lanarkshire – **26%** of all carers who took part in the 2014/15 survey. This health problem was ranked fourth in Airdrie and Coatbridge, fifth in Cumbernauld, sixth in Bellshill and Wishaw & Shotts, and seventh in Motherwell and ‘Other Areas’. **back pain** was the third highest ranked health problem in North Lanarkshire in the 2013/14 survey. *Comment: significant drop in overall ranking from last year. Suggest we need to understand if any ‘back pain’ initiatives impacted on this finding during 2014/15.*

**For and on behalf of North Lanarkshire Carers Together**  
**June 2015**