

Why The Unpaid Care Dashboard Is Important





Unpaid carers support people with challenges related to disability, long-term physical or mental health, or older age.



Care touches all our lives. Many of us are more likely to become unpaid carers than own a home.

Half of women
have been carers
By age 46



Half of men
have been carers
By age 57

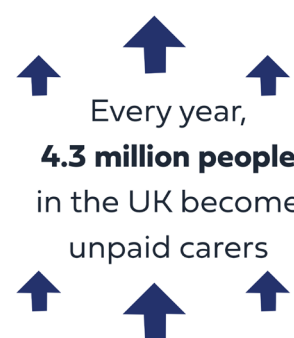


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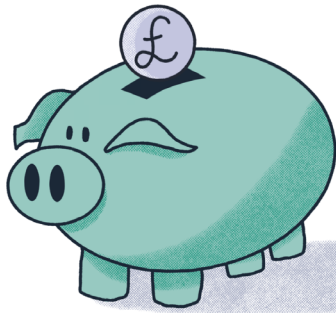
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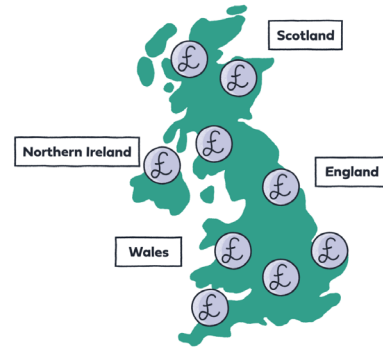
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That's only those we know about. The actual figure is likely to be much higher.



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In the UK, unpaid carers save the public purse a staggering £184 billion per year in the support they provide.



A value equivalent to the combined NHS budget across the four nations.



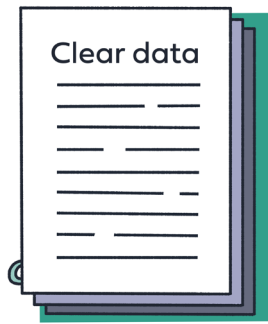
Millions of people now providing over 50 hours of care a week.



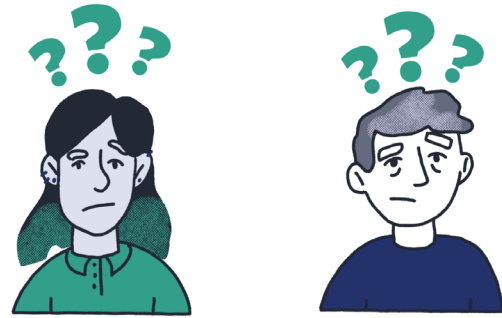
Our health and social care systems would collapse without them.



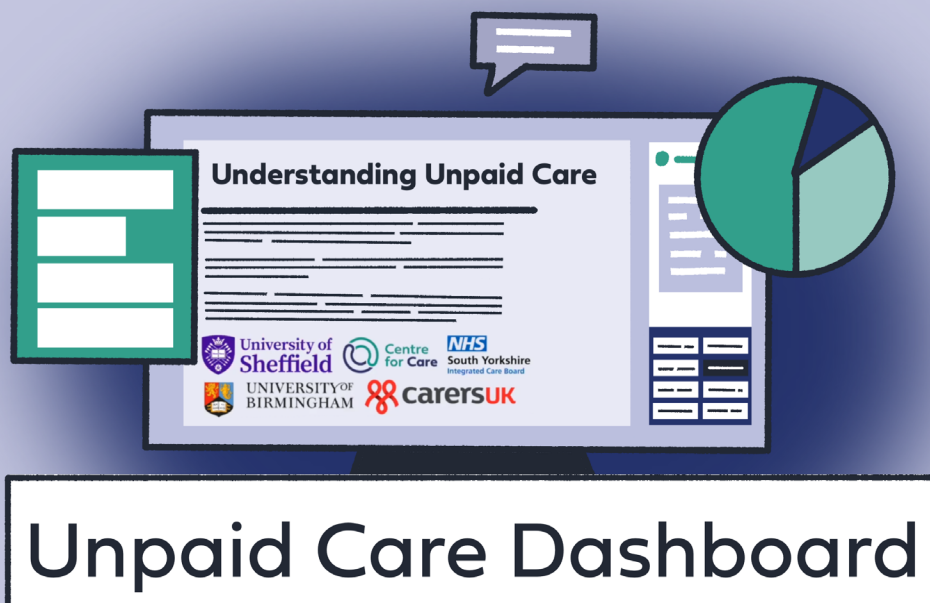
Yet, carers often face financial strain, declining health, and social isolation. It's time for proper recognition and support.



Understanding unpaid care starts with clear, accessible data that everyone can use.



At the Centre for Care, we found that stakeholders and people with lived experience of social care, struggled to access usable information.



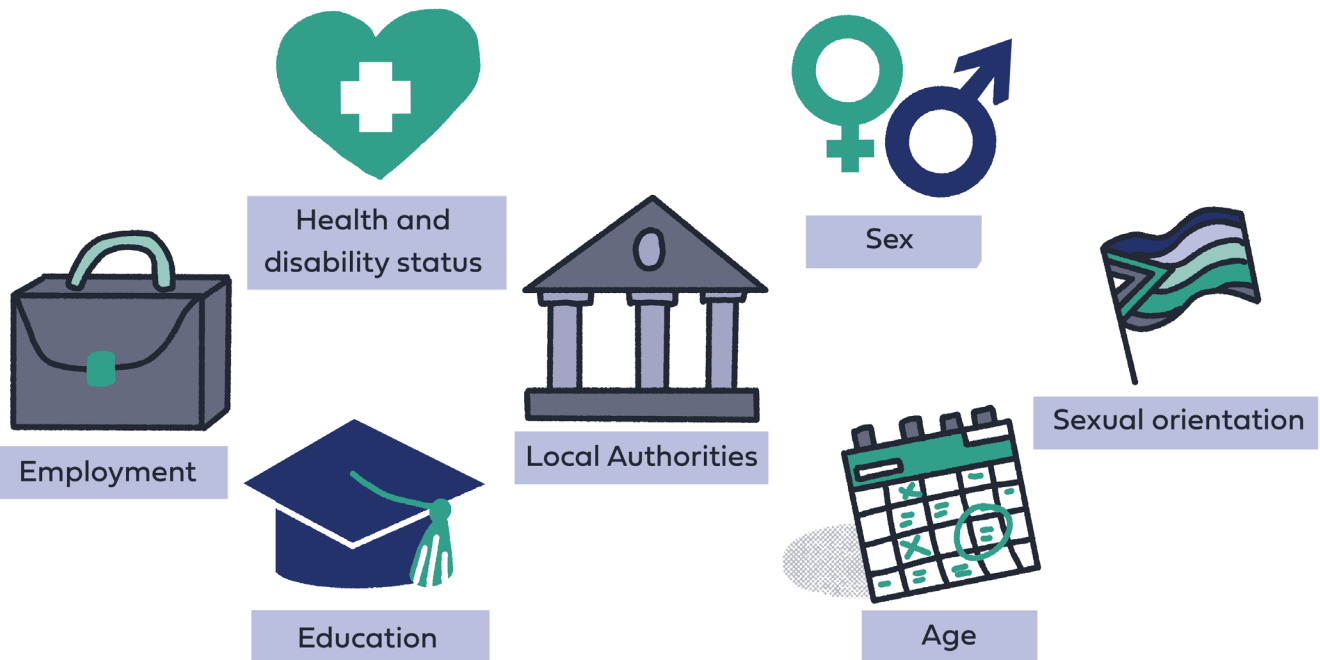
So we created the Unpaid Care Dashboard.



The dashboard was co-produced with unpaid carers, decision makers and people with lived experience at its heart.



This interactive tool uses Census data to provide a visual, easy-to-use snapshot of unpaid care.



Data are provided across Local Authorities, sex, age, sexual orientation, health and disability status, education, Employment.



These data are open to all, offering the public charities advocates and policymakers with vital evidence " and continue with " to drive change, secure funding and shape better policies.



Most importantly, it shows that unpaid carers and the people they support are not alone.

Explore the dashboard:
centreforcare.ac.uk/uuc-dashboard

