

# Young Adult Carers: Impacts on health and education

YOUNG ADULT CARERS SURVEY

YAC SURVEY.COM

Researching to improve the lives of Young Carers and Young Adult Carers

If you are a Young Adult Carer aged 14-25 and you provide care, assistance or support to another family member on an unpaid basis we are interested in your views and experiences of school, college or university and work.

[Please click here to go to our survey.](#)

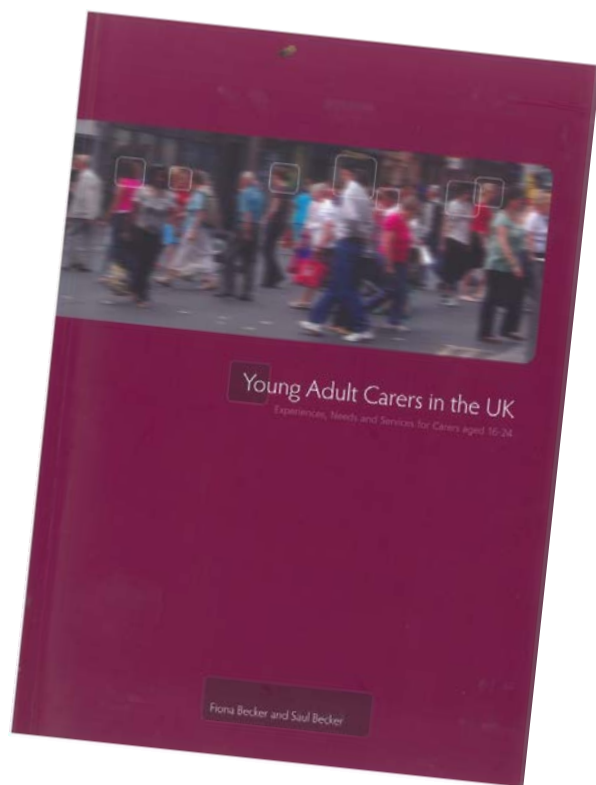
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**2nd International Young  
Carers Conference  
Malmo, Sweden  
May 2017**

**Dr Joe Sempik  
Prof Saul Becker  
University of Birmingham**

# Identifying Young Adult Carers



- Much research on young carers (YCs) but little on Young Adult Carers (YACs) aged up to 25 yrs
- Identification of YAC as a distinct category – Becker and Becker (2008)...
- Information from UK Census (2011)
- Our Survey 2013

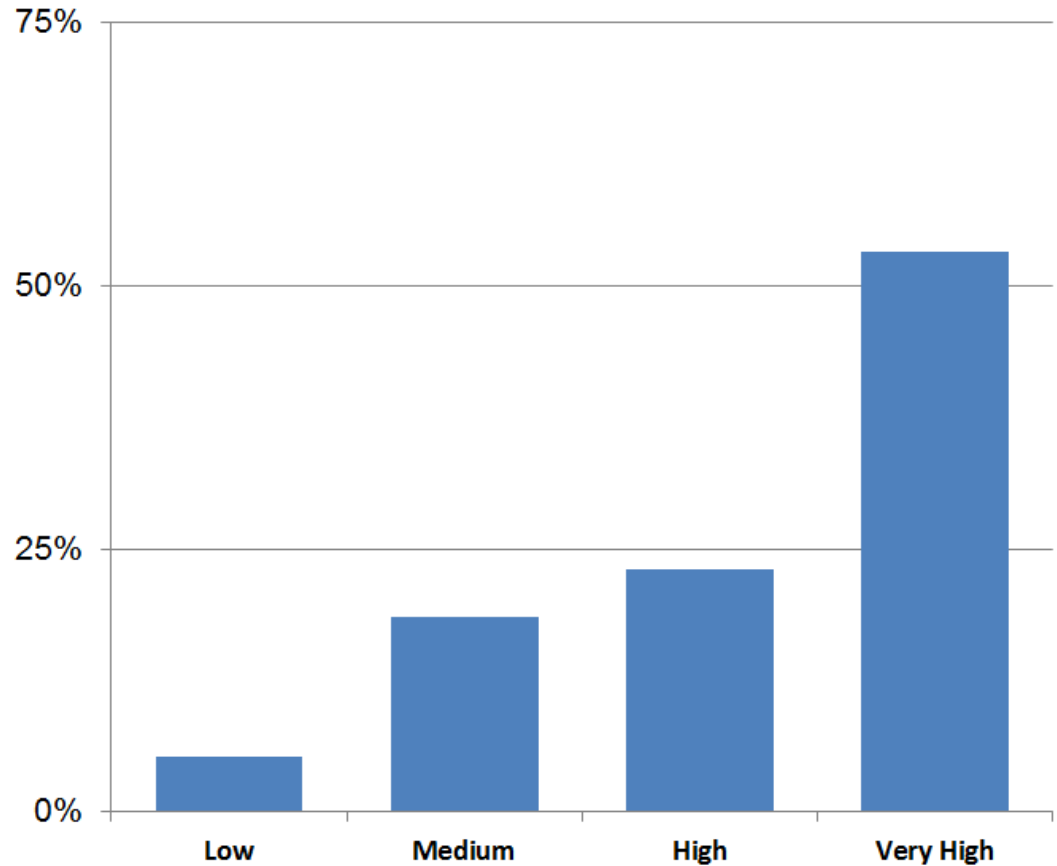
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# The survey & sample demographics

- Online - April to August 2013
  - 295 responses
  - Aged 14 to 25; mean age = 18.7; SD 3.2
    - Gender: 78% Female
    - At School: 25%
    - At College or University: 41%
    - In Work: 16%
    - NEET: 16%
-

# How much caring...

Young Adult Carers: Level of Care Provided



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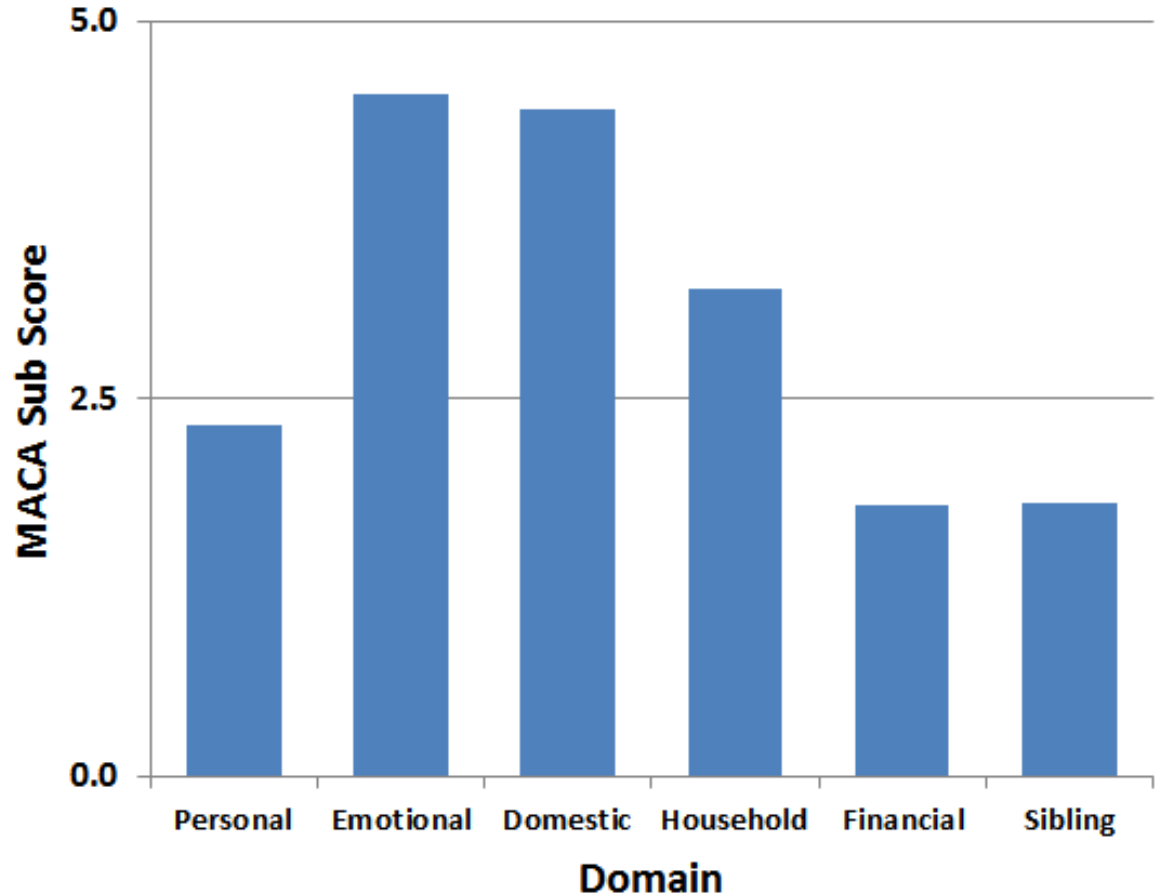
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# What sort of caring...

## MACA Domain Sub scores



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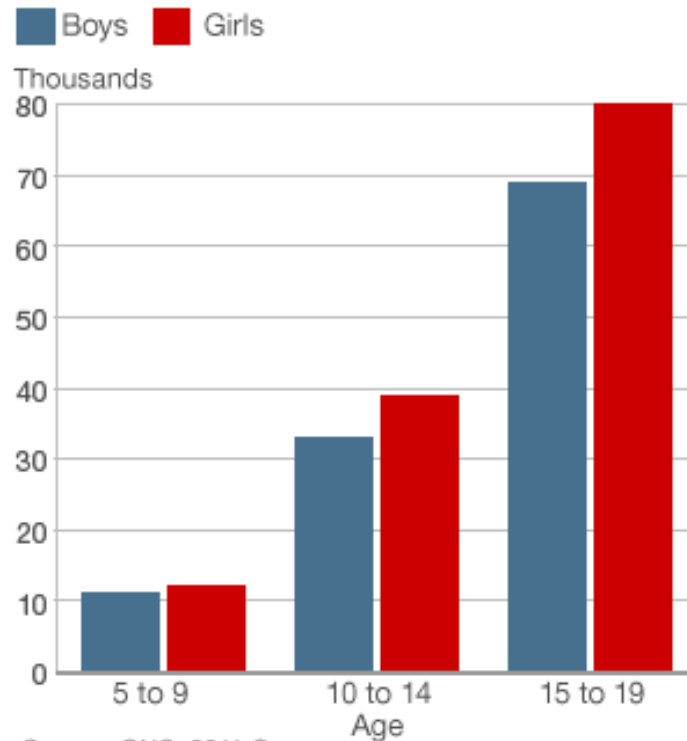
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# But who does the caring?

## Young carers in England and Wales



Source: ONS, 2011 Census

Source: BBC Online

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# But who does the caring?

## Male

Age	Population	Hours of care provision, number caring					
		1 to 19	Percent	20 to 49	Percent	50+	Percent
0 to 4	1,788,307	0	0.000	0	0.000	0	0.000
5 to 7	984,846	3,324	0.338	589	0.060	817	0.083
8 to 9	618,600	4,426	0.715	584	0.094	771	0.125
10 to 14	1,652,753	27,457	1.661	3,136	0.190	2,860	0.173
15	348,319	9,110	2.615	1,167	0.335	797	0.229
16 to 17	696,036	22,336	3.209	3,237	0.465	2,057	0.296
18 to 19	652,967	22,842	3.498	4,893	0.749	2,637	0.404
20 to 24	1,807,205	60,696	3.359	15,026	0.831	8,794	0.487

## Female

Age	Population	Hours of care provision, number caring					
		1 to 19	Percent	20 to 49	Percent	50+	Percent
0 to 4	1,705,731	0	0.000	0	0.000	0	0.000
5 to 7	941,257	3,853	0.409	577	0.061	825	0.088
8 to 9	588,490	4,998	0.849	620	0.105	749	0.127
10 to 14	1,580,308	31,805	2.013	3,907	0.247	3,101	0.196
15	329,352	10,486	3.184	1,322	0.401	966	0.293
16 to 17	662,596	24,973	3.769	4,283	0.646	2,785	0.420
18 to 19	628,362	25,334	4.032	5,893	0.938	4,016	0.639
20 to 24	1,806,814	70,250	3.888	17,493	0.968	16,458	0.911

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0.5%

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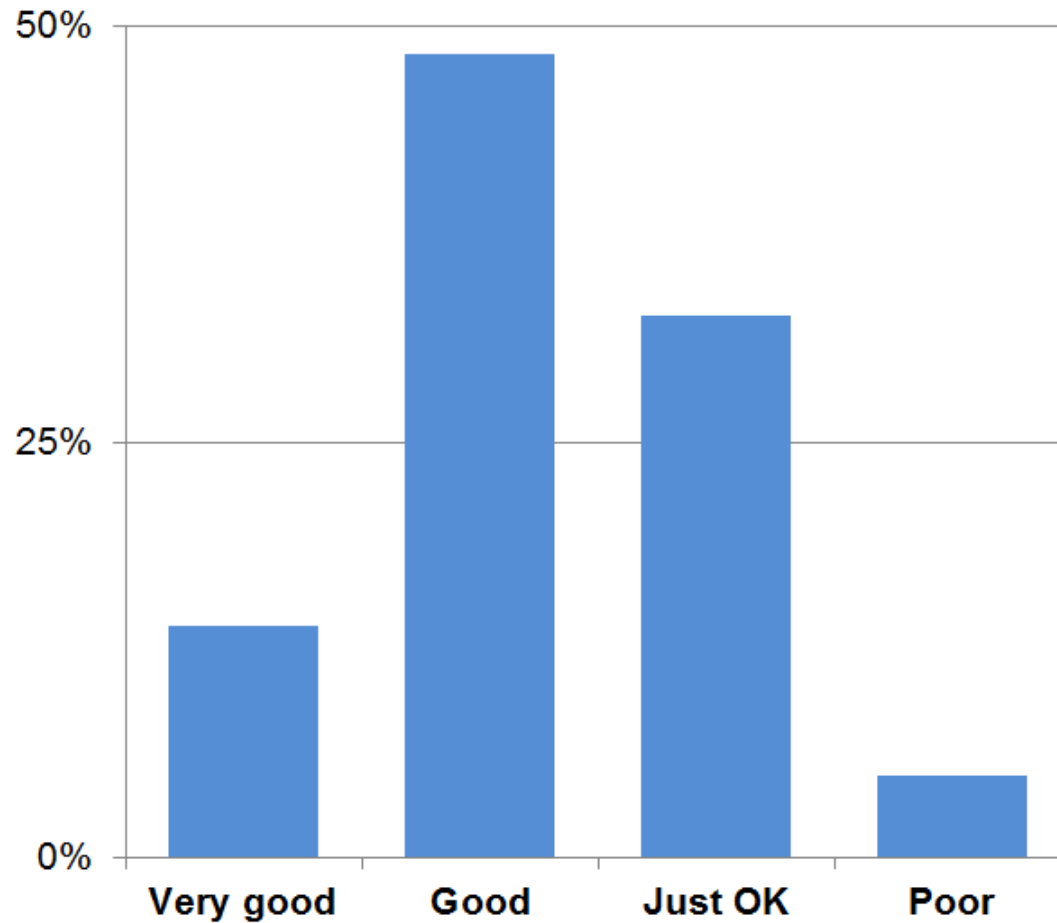
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- In our survey 78% of respondents were female
- The mean MACA scores were  
Males:  $16.2 \pm 5.3$  (n=58)  
Females:  $18.7 \pm 5.7$  (n=210)  
( $p = 0.004$ )
- Why is there an over-representation of females as young carers?

# Impact on health?

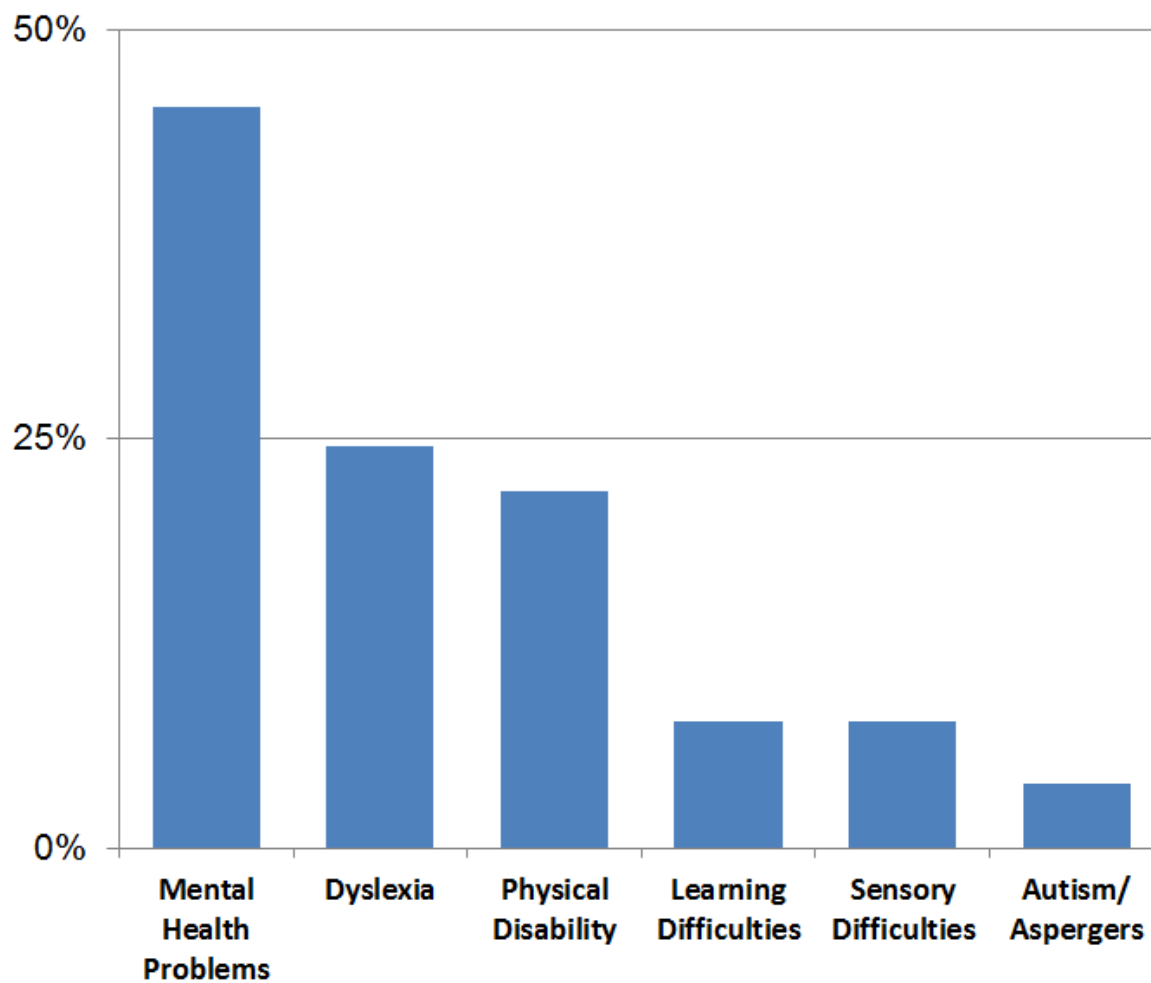
## Perceived Physical Health of Young Adult Carers



n = 285

# Impact on health?

Young Adult Carers: reported disabilities and difficulties



# What causes the difficulties?

**Mental Health Problems:** a logistic regression model was statistically significant ( $p < 0.01$ ) but explained only around 18% of the variance

Variable	$p$	Exp (B)
Age	0.779	0.986
Gender	0.046*	2.057
Total MACA Score	0.017*	0.939
Self-reported physical health	$<0.001^{***}$	3.577
Care for person with mental health problems	0.085	1.599

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# Impact on education...

- There was a significant association between total MACA score and:
  - Days of absence
  - Times they had to leave early
  - Times called home
  - Times late

[Spearman's rho 0.3 (0.30 – 0.34),  $p < 0.001$ ]

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# Impact on education...

Number of days absent in past month	<i>n</i>
School	1.0
Sixth form/ FE/ Training	2.0
University/ HE	4.9
Work	1.4

Those at University missed the greatest number of days ( $p=0.001$ )

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# Conclusions

- Our results show that YAC exhibit a range of difficulties in health and education
  - But many questions remain unanswered...
    - ❑ How do social and economic circumstances affect outcomes and impacts of caring?
    - ❑ Why are young women over-represented as carers?
    - ❑ Which factors protect, and which exacerbate mental health problems?
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