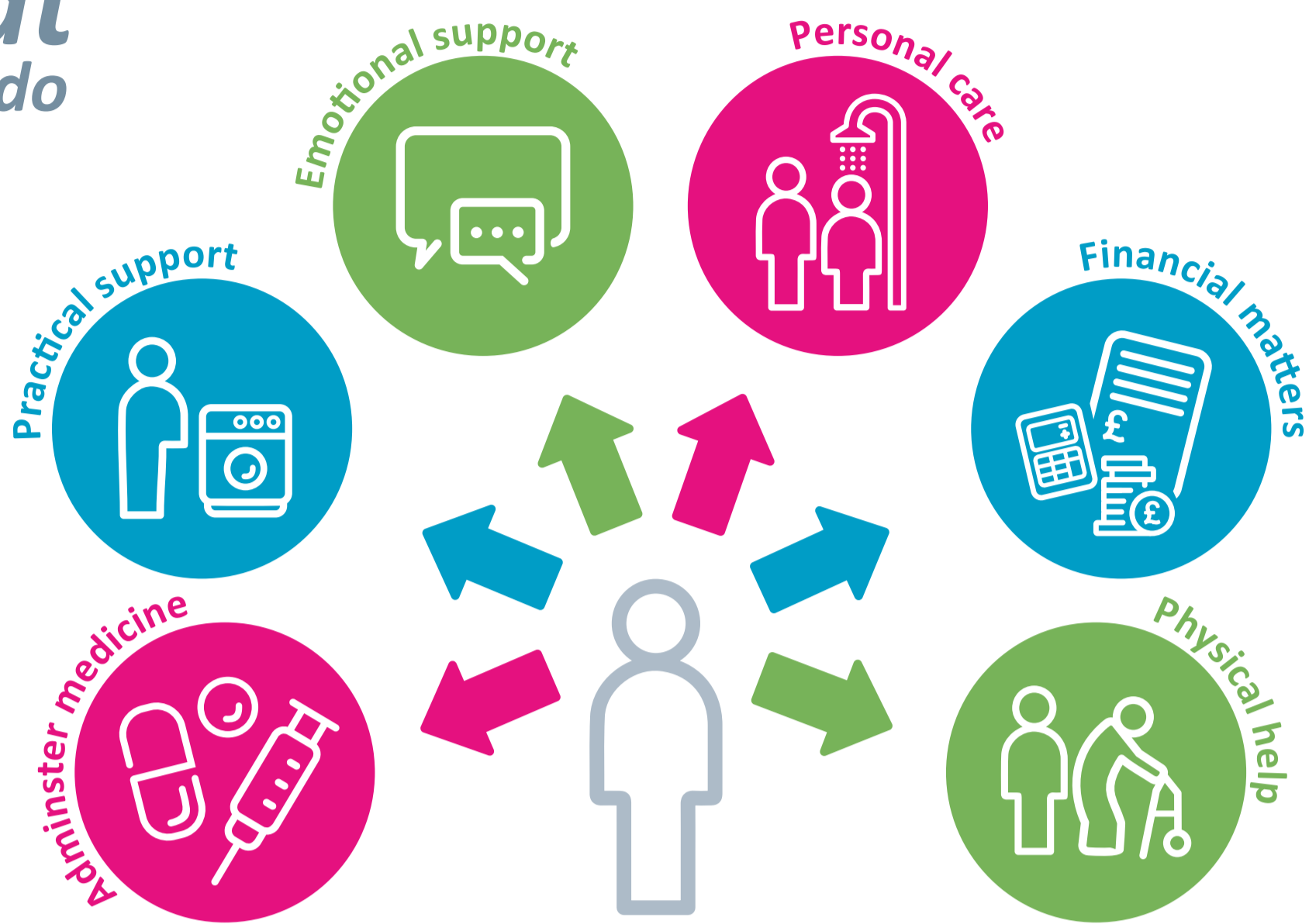


Kent Carers Matter

A Carer is someone who looks after a family member, partner, friend or neighbour who due to physical or mental illness, disability, age related difficulties or an addiction cannot cope without their support.

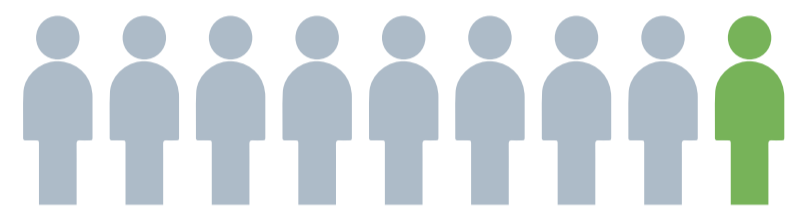
What Carers do



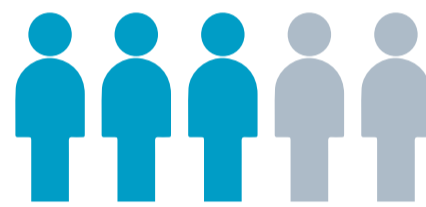
Credit: Carers Week 2017



Over 6.5 million people in the UK are Carers.
(State of Caring 2017, Carers UK)



1 in 9 adults in Kent are Carers.
(Census 2011)



3 in 5 people in Kent will become a Carer at some point in their lives.
(State of Caring 2017, Carers UK)

Carers are all ages, from all backgrounds and are not the same as paid care workers.

21%



Carers say friends and family don't understand or value what they do as a Carer.
(State of Caring 2017, Carers UK)

25%



Carers haven't had a day off from caring for more than five years.
(State of Caring 2017, Carers UK)

46%



Carers have suffered depression due to their caring role.
(State of Caring 2017, Carers UK)

The support provided by Carers in Kent saves the public purse over

£3 billion every year
(Value of Caring 2015, Carers UK)



Kent Carers Matter is a campaign developed by five Carer organisations in Kent

Carers FIRST | Carers' Support - Ashford, Shepway & Swale | Carers' Support - Canterbury, Dover & Thanet | Crossroads Care Kent | Involve Kent



To find support available for Carers in your area:
www.kentcarersmatter.co.uk