

## Updated briefing on ethnic minority carers

### Introduction

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As part of the Making Carers Count project, Carers UK published a [research report](#) looking at the experiences of ethnic minority carers, based on surveys conducted during 2020 and 2021. This briefing provides an update by highlighting the findings from State of Caring 2023, and sharing the data on caring and ethnicity from the Census 2021<sup>1</sup>.

### State of Caring 2023 findings

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#### Finances

- **Ethnic minority carers were more likely to be struggling financially.** 34% of ethnic minority carers said they were struggling to make ends meet, compared with 29% of White carers. 69% of ethnic minority carers said they were worried about living costs and whether they can manage in the future, compared with 60% of White carers.

*“I’m struggling to afford food. I’ve had to use a local food bank in order to get food.”* Indian carer

- **Ethnic minority carers were more likely to be cutting back on things.** 52% of ethnic minority carers had cut back on seeing friends/family compared to 46% of White carers. 37% of ethnic minority carers had cut back on essentials like food or heating compared with 33% of White carers.

*“I’m burning through my life savings to live.”* Bangladeshi carer

- **Ethnic minority carers were more likely to say the cost-of-living crisis was affecting their health.** 74% of ethnic minority carers said the increase in the cost-of-living was having a negative impact on their physical or mental health, compared with 63% of White carers.
- **Ethnic minority carers were more likely to feel the cost-of-living crisis would be a challenge.** 73% of ethnic minority carers said the rising cost of living would be a challenge over the coming year, compared with 67% of White carers.
- **Ethnic minority carers were more likely to say they needed more financial support.** 55% of ethnic minority carers said they needed more financial support compared with 49% of White carers.

*“Had to give up my job to care for my mother. Now I am concerned that my pension will have a shortfall.”* Sikh carer

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<sup>1</sup> White carers refers to carers who self-reported their ethnicity as White: English/Scottish/Welsh/Northern Irish/British. Ethnic minority carers refers to carers who self-reported their ethnicity within one of the following groups: Asian/Asian British: Indian, Pakistani, Bangladeshi, Chinese or Other; Black/Black British: African, Black Caribbean or Other; Arab; Mixed/Multiple ethnic groups: White and Black Caribbean, White and Black African, White and Asian, Other; White: Irish; White: Gypsy or Irish Traveller; White: Other; or any other ethnic group.

- **Ethnic minority carers were more likely to say they needed more affordable care services.** 39% of ethnic minority carers said they needed more affordable care services for the person they care for compared with 31% of White carers.

## Health

- **Ethnic minority carers were more likely to feel lonely.** 55% of ethnic minority carers said they feel lonely compared with 51% of White carers. 40% of ethnic minority carers said they needed support to prevent/reduce their loneliness/social isolation compared with 35% of White carers.
- **Ethnic minority carers were more likely to say they needed a break.** 57% of ethnic minority carers said they needed more breaks or time off from their caring role compared with 48% of White carers.

*"...[caring] has forced me to cut down on social time with friends and family, as well as cutting down on my hobbies and interests. Ultimately it makes me feel trapped and I cannot go anywhere unless a family member agrees to cover my caring responsibilities for a week or two."* Chinese carer

*"I have dedicated most of my life caring for both of my parents that I forgotten about myself."* Arab carer

## NHS

- **Ethnic minority carers were more likely to say they needed more support from the NHS.** 47% of ethnic minority carers said they needed more support from the NHS or healthcare professionals compared with 42% of White carers. 46% of ethnic minority carers said they needed better recognition from the NHS of their needs as a carer compared with 42% of White carers.

## Support with caring

- **Ethnic minority carers were more likely to have concerns around services not meeting their needs.** 52% of ethnic minority carers said that services not meeting their needs would be a challenge compared with 48% of White carers.
- **Ethnic minority carers were more likely to say that services not being available would be a challenge.** 45% of ethnic minority carers said that support services not operating at full capacity or not reopening would be a challenge, compared with 40% of White carers.
- **Ethnic minority carers were more likely to feel unsatisfied with social care services.** 32% of ethnic minority carers receiving support from social care services disagreed they were satisfied with the quality of care, compared with 24% of White carers. 35% of ethnic minority carers receiving support from social care services disagreed that the support is consistent, compared with 28% of White carers.

*"Adult social care services have been understaffed, unsympathetic and lacking in communication."* Black Caribbean carer

- **Ethnic minority carers were more likely to say they needed more support with planning for the future.** 39% of ethnic minority carers said they weren't sure how to plan for an emergency and would like more support with this, compared with 32% of White carers.

*"I would not trust social services."* White Irish carer

## Census 2021

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- The Census 2021 in England and Wales found that the ethnicity of unpaid carers largely follows that of the whole population. Most unpaid carers (79%) were in the White: English, Welsh, Scottish, Northern Irish or British group.
- Over half a million carers are from an Asian, Black, Mixed or Arab background (626,985). 4 million (4,088,340) are White English/Scottish/Welsh/Northern Irish British. Over 200,000 (211,785) are from another White background (Irish, Gypsy or Irish Traveller, Other White). Over 60,000 (61,875) are from another ethnic group.

Ethnic group	Number of carers	% of carer population
Asian, Asian British or Asian Welsh: Bangladeshi	44,550	1.1%
Asian, Asian British or Asian Welsh: Chinese	18,380	0.4%
Asian, Asian British or Asian Welsh: Indian	130,870	2.7%
Asian, Asian British or Asian Welsh: Pakistani	114,405	2.8%
Asian, Asian British or Asian Welsh: Other Asian	53,635	1.2%
Black, Black British, Black Welsh, Caribbean or African: African	78,515	1.9%
Black, Black British, Black Welsh, Caribbean or African: Caribbean	57,115	1.2%
Black, Black British, Black Welsh, Caribbean or African: Other Black	17,735	0.5%
Mixed or Multiple ethnic groups: White and Asian	22,710	0.7%
Mixed or Multiple ethnic groups: White and Black African	11,030	0.4%
Mixed or Multiple ethnic groups: White and Black Caribbean	29,930	1%
Mixed or Multiple ethnic groups: Other Mixed or Multiple ethnic groups	27,815	0.8%
White: English, Welsh, Scottish, Northern Irish or British	4,088,340	79.2%
White: Irish	46,750	0.8%
White: Gypsy or Irish Traveller	7,235	0.2%
White: Roma	3,785	0.1%

White: Other White	154,015	3.2%
Other ethnic group: Arab	20,295	0.5%
Other ethnic group: Any other ethnic group	61,875	1.4%

## About the Project

Carers UK, in partnership with Carers Trust, has received funding from the Covid 19 Support Fund to support the “Making Carers Count” project. This part of the three-year project seeks to understand the experiences of four traditionally under-represented groups of carers both during and beyond the COVID-19 pandemic. These are LGBTQ+ carers, ethnic minority carers, older carers without access to the internet and carers of faith. This project is pulling together existing knowledge and engaging in new research to more fully understand the experiences of these carers and the unique challenges they may experience in their caring role as well as collating examples of best practice. This knowledge gained will be applied to Carers UK services and shared with other service delivery organisations and commissioners to improve access to and outcomes from support, information and advice for marginalised carers.



## Further resources

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As part of the Making Carers Count project, Carers UK has previously published:

- A [research report](#) on the experiences of ethnic minority carers during the COVID-19 pandemic<sup>2</sup>
- A [best practice guide](#) on supporting ethnic minority carers
- A [research report](#) on the experiences of carers of faith

## Contact

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We would like to thank our ethnic minority carers advisory group for its support.

For further information about this policy briefing, please contact the policy team at [policy@carersuk.org](mailto:policy@carersuk.org)

<sup>2</sup> Since these publications, Carers UK has revised its terminology on ethnicity. Carers UK now uses the term ‘ethnic minority carers’ when referring to carers from all ethnic groups except the White British group, rather than ‘Black, Asian and minority ethnic carers’, which we feel emphasises certain groups over others, such as white minority groups. Where possible, Carers UK refer to ethnic minority groups individually, rather than as a single group. However, the sample sizes are often too small in our surveys to report on the experiences of people from individual ethnic groups, meaning we use ‘ethnic minority carers’ as an umbrella term.

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