



Mid and South Essex
Integrated Care
System

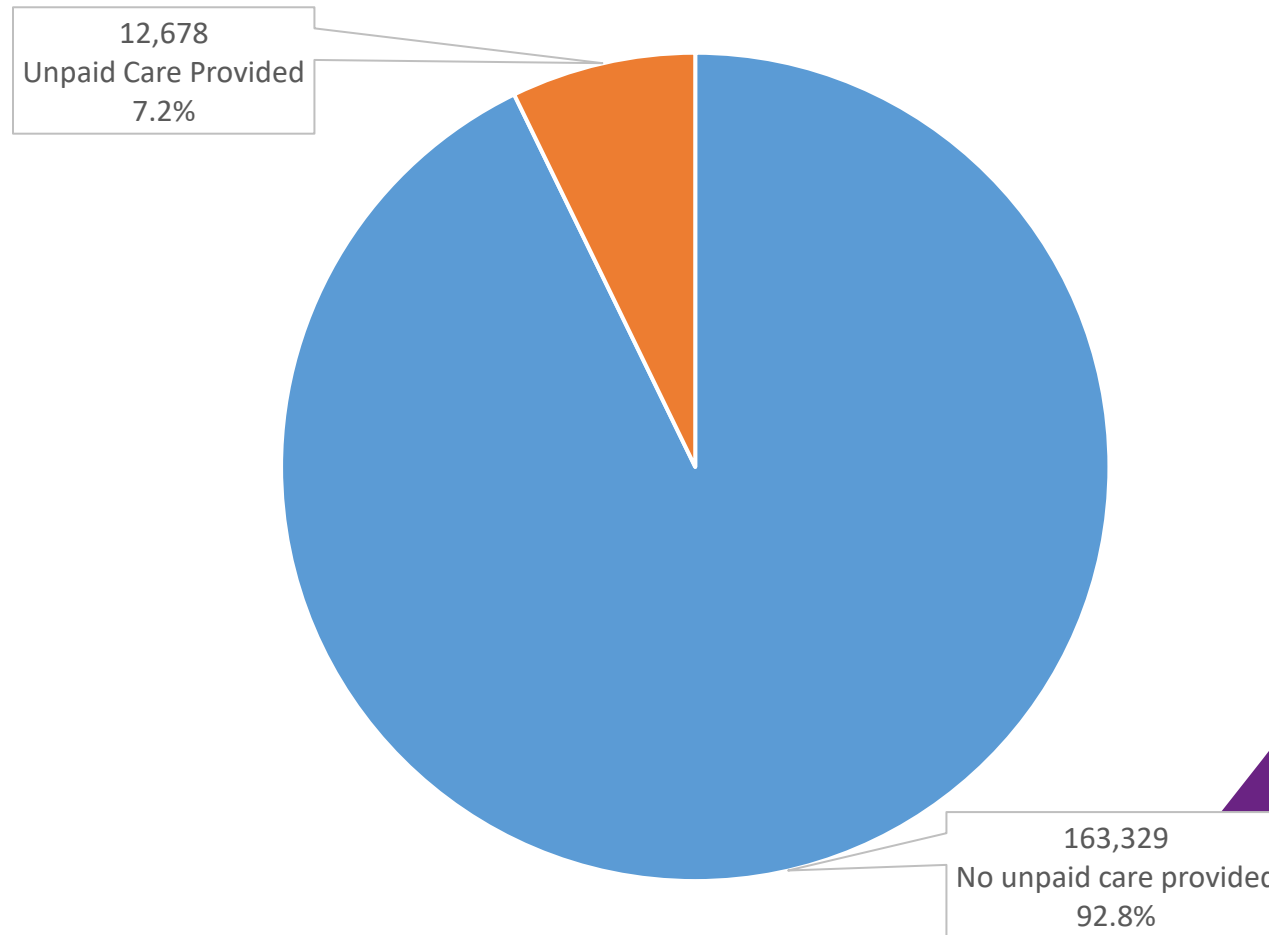


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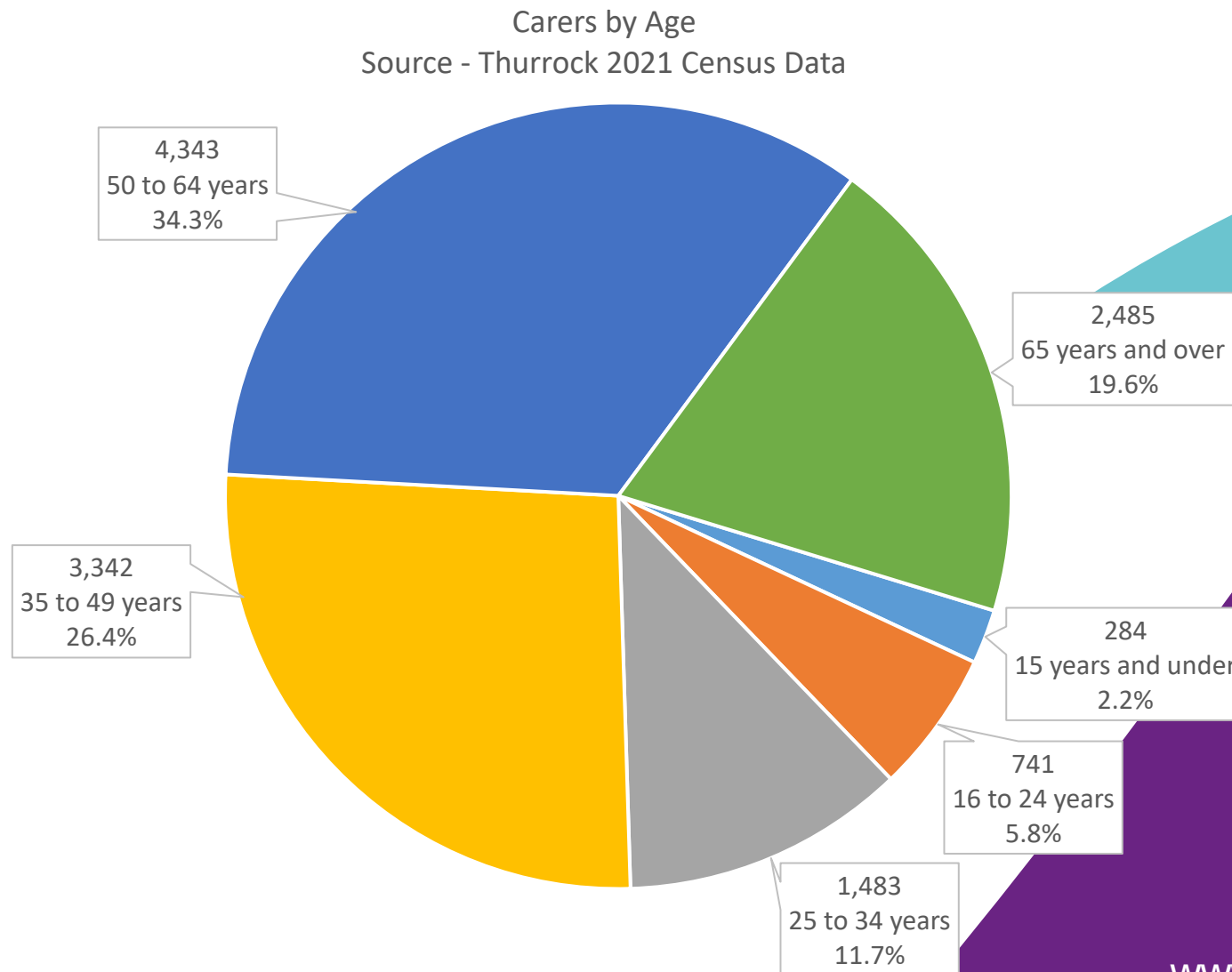
Unpaid Carer Demographics & GP Registration

Key Carer Demographics

Thurrock Population Providing Unpaid Care
Source - Thurrock 2021 Census Data

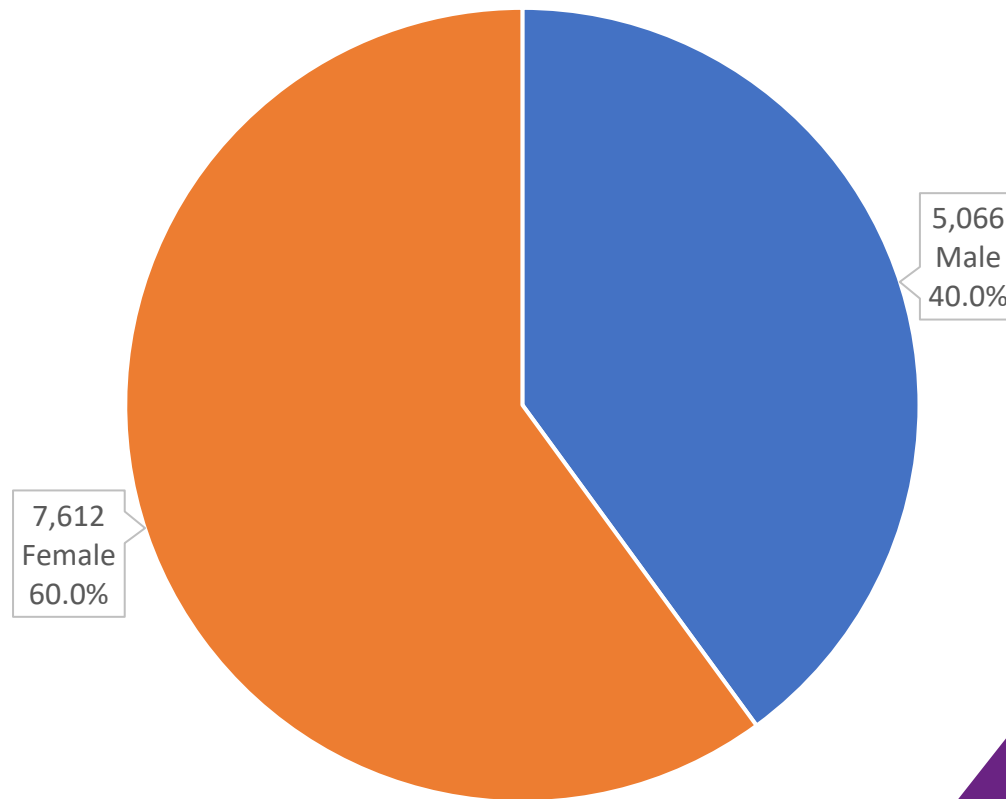


Key Carer Demographics



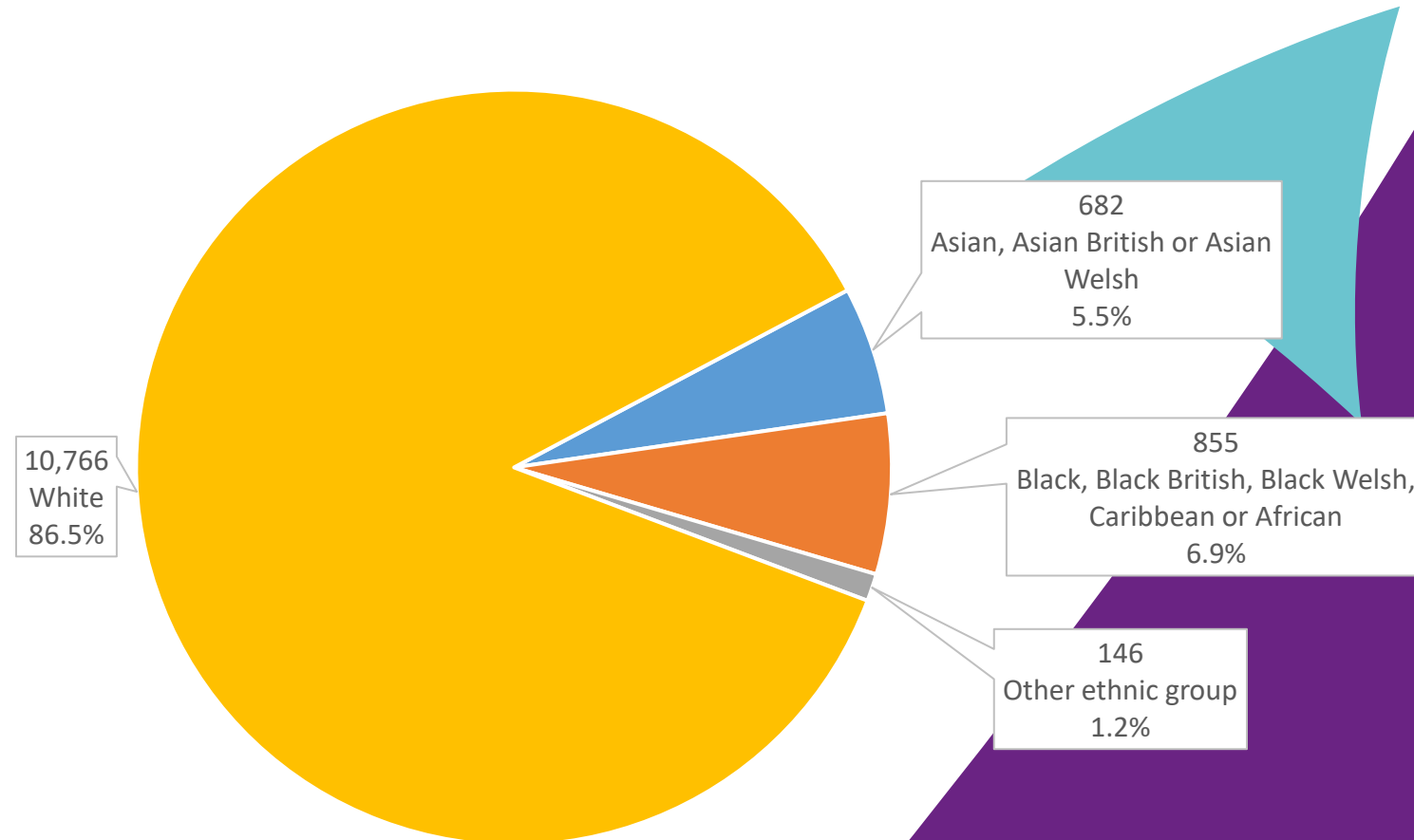
Key Carer Demographics

Carers by Gender
Source – Thurrock 2021 Census Data



Key Carer Demographics

Carers by Ethnicity
Source - Thurrock 2021 Census Data



Why do we need to do this work

- Nationally trends show that some individuals don't identify themselves as carers, even though they are providing unpaid care.
- Under-reporting is not specific to GP's, it is seen across the Health & Care Sector
- Carers UK estimates that across the UK 9% of people (5.7m) are providing unpaid care, although some estimates suggest the actual figure could be as high as 16.7% (10.6m)



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GP Registration Data

Carers Registered by PCN

PCN	Patient Count of Carers using any code	% List Registered as Carers	Estimated number of carers (9% of PCN list size) Carers UK estimate
ASOP	981	2.39%	3,693
Grays	1,640	2.22%	6,658
Stanford-le-Hope	1,150	3.51%	2,948
Tilbury & Chadwell	1,150	2.99%	3,462

Total	4,921	2.64%	16,761
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Estimated number of carers in Thurrock based on Carers UK estimates	16,761
Number not registered	11,840
% Not registered	70.64%

Why register carers?

Registering & supporting carers can:

- Lead to better care planning.
- Improve the care of people with long term conditions, people receiving palliative care, and elderly and vulnerable people.
- Reduce unnecessary hospital admissions.
- Improve carer health and wellbeing, which may reduce demand on services and prescribing costs

[[RCGP, 2013](#); [NHS England and NHS Improvement, 2019](#)].

Ways to encourage registration:

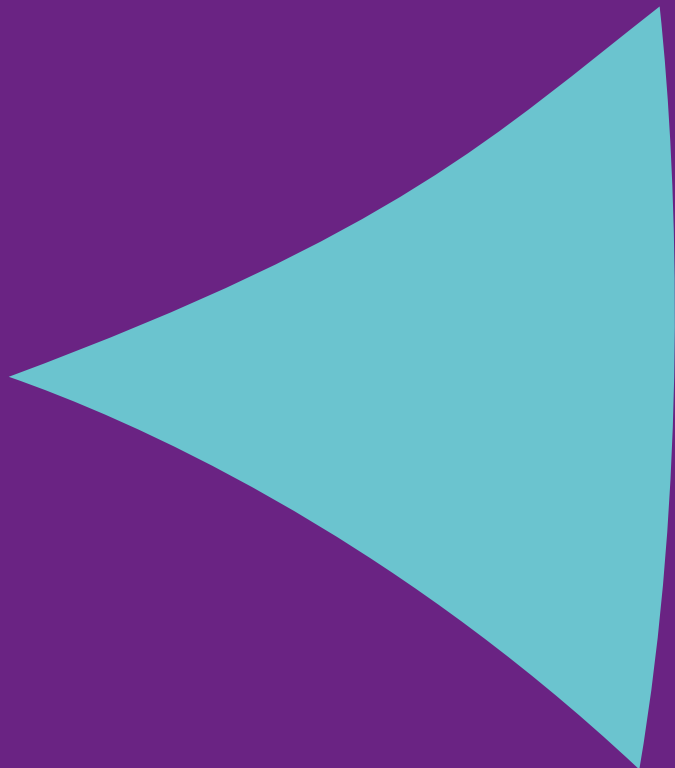
- Promote Carer registration on Practice / PCN websites
(Link to national Primary Care Improving Access work, 3 clicks & in)
- Print out Carer registration forms for carers to complete (to provide access to those with limited digital access / ability)
- Display Carers Service posters/leaflets/videos in waiting areas
(Link to national Primary Care Improving Access work)
- Utilise PCN Social Prescribers to complete referrals to Carers Service and other sources of support
- Run campaigns on key dates – Carers Week, Carers Rights Day



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