

## Findings from the My Neuro Survey Project: Carers

Carers are crucial to the lives of those with neurological conditions. Caring is a substantial and ongoing commitment which affects many aspects of carers' lives. With most carers being a family member – a parent/guardian (41%) or spouse/partner (40%) – caring can bring with it its own set of challenges and experiences.



Over half of carers reported spending 50 or more hours per week providing care. Almost a third (31%) of carers provided assistance for most or all daily activities of those who they support while 37% reported that the person they care for is somewhat independent.

Over half of carers reported being in their caregiving role for between 1 and 5 years with a quarter reporting they had been caring for over 10 years.



91% of carers reported emotional care as the most common form of support they provided followed by financial care (71%) and physical care (66%).

75% of carers reported feeling confident in their ability to meet the needs of those they support while 67% of carers reported being able to meet the health and wellbeing needs of those they support.

