

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.



Only half (51%) of carers reported that they could manage their own day-to-day life with a third of carers reporting that they struggled to balance personal and caregiving responsibilities.

93% of carers reported that a lack of access to healthcare professionals affected their ability to provide care while 79% of carers reported that a lack of knowledge or training was significant barrier.



Over half (53%) of carers reported working full time was another barrier with 83% of carers indicating that financial constraints also impacted their caregiving experience.

Only 19% of carers reported feeling supported in their caregiving role with the majority (73%) being unable to access mental health and wellbeing support or respite care (63%).

