

Learning disabilities and unpaid care

A report by the Fraser of Allander Institute

Easy read version



September 2021

Who are the Fraser of Allander Institute?



We are a group of researchers who want to know more about life for people with learning disabilities in Scotland.



We wrote this report.

What is this report about?



This report is about unpaid carers of adults with learning disabilities.



It tells us how much they do to help people with learning disabilities every day.



It tells us how much money they save the government.



It tells us about how much money they have and their wellbeing.

Who are unpaid carers?



Unpaid carers help people with learning disabilities to live a good quality of life.



They are often a friend or family member of the person they help.



There are lots of things that unpaid carers can do.



They might help someone with a learning disability to wash dress or eat.



They might help around the house.



They might help with the shopping.



They might help with transport or taking care of money.



How did we make this report?



We asked some unpaid carers what they do on a normal day.



This tells us how much help they give adults with learning disabilities every day.



We worked out how much it would cost the government to give the same help.



We also asked them about their money and wellbeing.

What is a living wage?



A **living wage** is how much money someone needs to earn to afford basic needs.



This means they can afford housing food and other important things.



£9.50

In the UK the **living wage** is £9.50 per hour at the moment.

How much do unpaid carers do?



The unpaid carers we asked give 8 to 16 hours of help every day to the person they care for.



If they were paid a **living wage** for that help they would earn £78,000 per year.



If the government gave the same help it would cost £114,000 per year.



This shows how important unpaid carers are.



But they are often not treated as important by the government or society.

How much money do unpaid carers have?



Unpaid carers spend a lot of time helping the person they care for.



They told us they enjoy spending time with the person they help.



But they cannot work as much as other people.



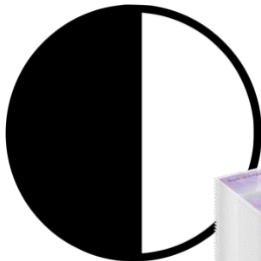
This means they cannot earn as much money.



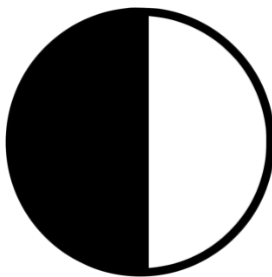
It also means they do not pay as much tax.



We asked unpaid carers about their money.



Just over half of them live in poverty or are close to poverty.



About half of their money was from the government.



Sometimes this money is called benefits.



This shows that unpaid carers need more help from the government and society.



This would be good for unpaid carers and everyone else too.

What about the wellbeing of unpaid carers?



We asked unpaid carers about their wellbeing.



Their wellbeing was worse than most people's.



Many unpaid carers are very tired.



Many unpaid carers are lonely.



Most of them want more help for the person they care for.

What has happened during the Covid-19 pandemic?



Many people with learning disabilities say the pandemic has been hard for them.



A lot of the help they used to get has been stopped or changed.



For example day centres have closed for some people.



This means unpaid carers have spent more time helping adults with learning disabilities.



Many unpaid carers say they need more help.



They are worried they will have less help after the pandemic than before it.



We need a plan for what will happen when things get back to normal.

Our website



You can read more information on our website.

Our website is

www.fraserofallander.org/research/adults-with-learning-disabilities-in-scotland

