



Carers Face Health Challenges



Nearly half of UK carers have worse health from caring. Many skip doctor visits to care for others. This affects about 10.7 million people.



More women carers have health problems than men. Many carers lack help, making it tough to care for themselves and find care for their loved ones.



Caring is hard and can feel lonely. Carers have less money and struggle with jobs or school. Carers UK wants more help from the government.