



Carers Face Health Challenges



Many carers in the UK have become ill since they started caring. Carers Week talks about these issues with the theme 'Caring About Equality'.



58% of carers have health problems. Many miss doctor visits due to lack of time or support. Women carers have more health issues than men.



Caring can harm health and cause loneliness. More support is needed for unpaid carers. Everyone can help by recognising and supporting them.