

Cost of Living: Carers

Our data found that carers are struggling far more with the Cost of Living, with their access to healthcare and physical and mental health negatively affected.

Finances



Carers were almost **twice** as likely to not have enough money for basic necessities at **19%** compared to the 11% average.



72% of carers have reduced the amount of food they eat and/or bought cheaper types of food compared to the 61% average.

Access to Healthcare



55% of carers said their access to healthcare has been affected by rising costs compared to the 45% average.



Carers were almost **twice** as likely to have spent less on equipment to help with their health or mobility at **14%** compared to 8% average.



41% of carers have avoided visiting the dentist compared to the 32% average.

Impact on Physical and Mental Health



44% of carers said their physical health has been impacted by rising costs – much higher than the 32% average.



70% of carers said their mental health has been affected by rising costs compared to the 55% average.



58% of disabled people said they felt stressed compared to 48% average.



15% of carers could not access support for their mental health compared to the 10% average.

Need Support?

- Visit the Hertfordshire County Council's **Cost of Living Webpage** for help with rising costs.
- Contact HertsHelp **online**, via email at info@hertshelp.net or phone **0300 123 4044** for free, confidential assistance.
- If you are struggling with your mental health, there is **support** available to help you.
- **Carers in Hertfordshire** offers valuable information, support and advice to local carers.
- National charities **Carers UK** and **Carers First** also offer useful information and advice for carers.

