



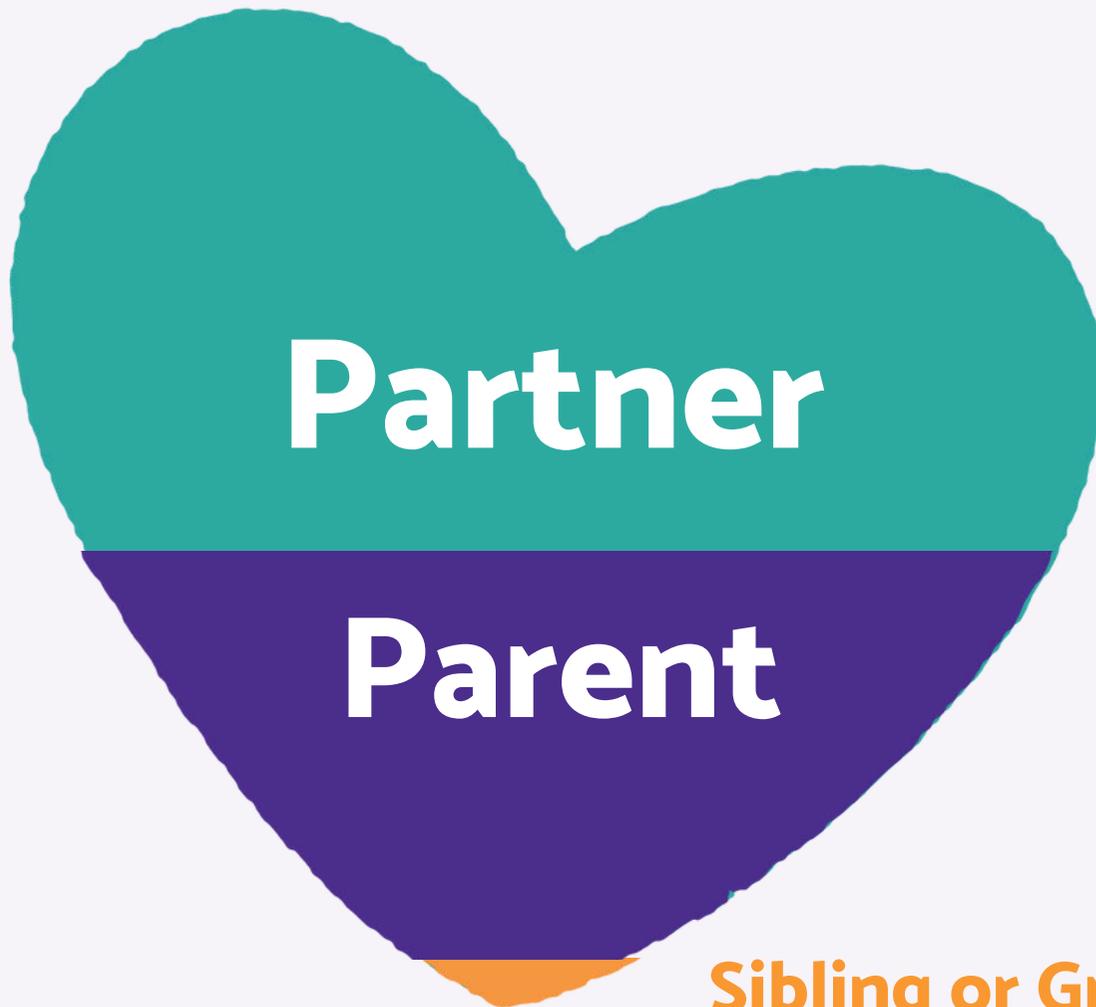
**DEMENTIA
CARERS COUNT**

Dementia Carers Count Survey Findings

2025



DEMENTIA
CARERS COUNT



47%

**of dementia
carers care
for their
partner**

Sibling or Grandparent

45% care for a parent, 2% for a grandparent and 1% for a sibling



**DEMENTIA
CARERS COUNT**



54%

**are caring
24/7**

18% are caring 15 hours a week, 13% up to 30 hours a week,
8% up to 45 hours a week



**DEMENTIA
CARERS COUNT**



50%

**share a home
with the person
they care for**

30% of people being cared for live in their own home, 5% have moved into the home of the person caring for them, 3% live in a family member's home, 9% live in a care home



DEMENTIA
CARERS COUNT

Nearly

1 in 3

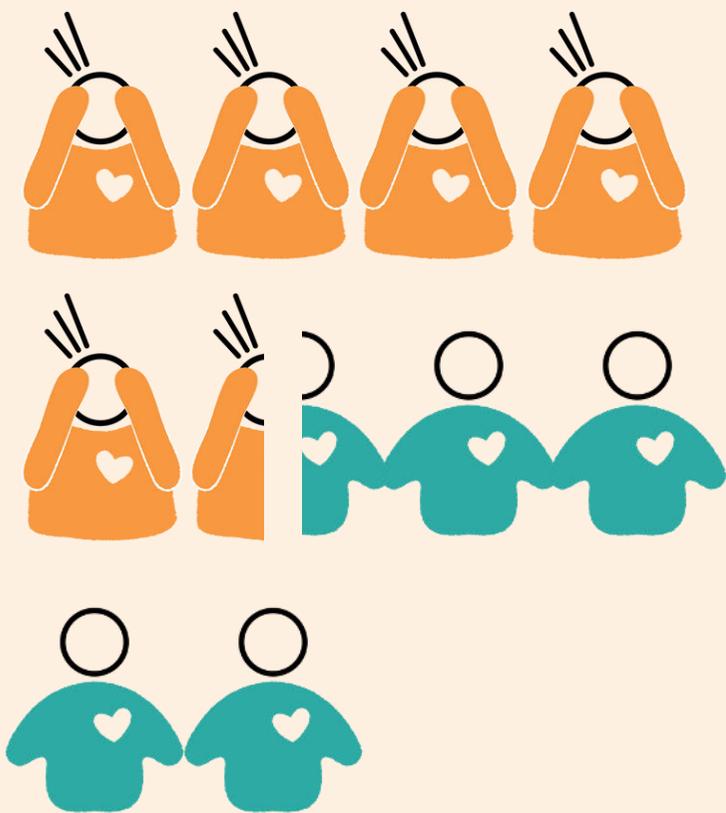
**have
provided
care for over
5 years**



35% have been caring 1-3 years, 30% for 3-5 years, 22% for 5-10 years, 9% have been caring for over 10 years



**DEMENTIA
CARERS COUNT**



55%

**think that
things in the UK
are getting
worse for carers**



**DEMENTIA
CARERS COUNT**



72%

**of carers feel
often or very
often like they
cannot continue
to provide care**



**DEMENTIA
CARERS COUNT**

**Behaviours and needs
dementia carers
can find**

challenging

These are reasons why carers can feel frustrated, upset and unable to keep caring as a consequence of caring for someone with dementia



**DEMENTIA
CARERS COUNT**



28%

**say that the
person they
care for
rejects help
and support
from outside,
including
breaks**



**DEMENTIA
CARERS COUNT**

26%

**say the person
they care for has
health and care
needs that are
too much for
them to cope
with**





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CARERS COUNT



13%
**say the
behaviour of
the person
they care for
makes their
home
environment
unsafe**

For example, the hob may be left on or an outside door left open



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CARERS COUNT**



12%

**say the person
they care for
'engages in
abusive,
aggressive or
frightening
behaviours'**

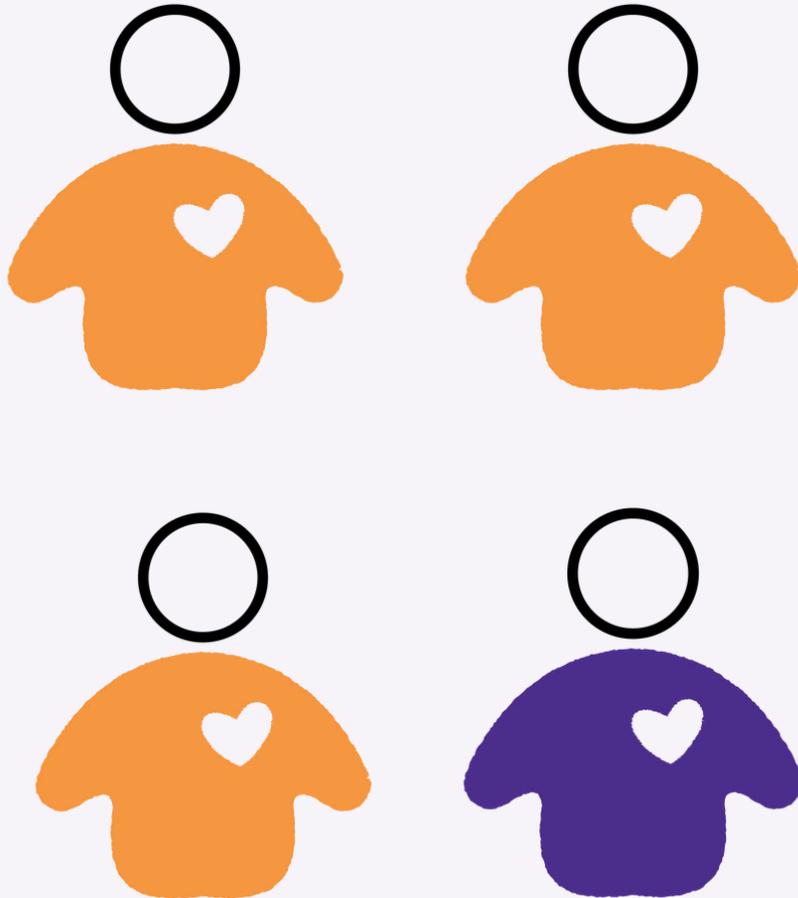


**DEMENTIA
CARERS COUNT**

**What support do
dementia carers get?**



**DEMENTIA
CARERS COUNT**



3 in 4

**had no
choice but
to care**



**DEMENTIA
CARERS COUNT**



1 in 2

**do not
receive
any
support**



DEMENTIA
CARERS COUNT



63%

**of dementia
carers who
do get
support
receive this
from paid
carers**

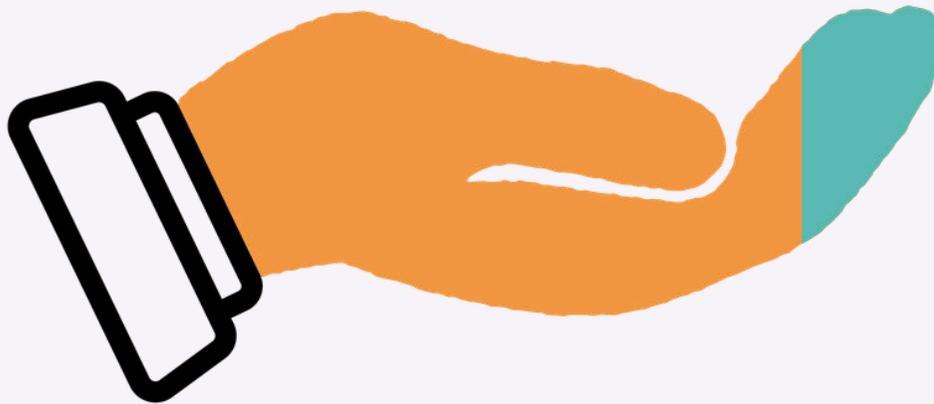
49% get support from family and friends



**DEMENTIA
CARERS COUNT**

78%

**do not get
the
support
they need**



45%

**have not had
a Carer's
Assessment**



39% have had a Carer's Assessment, 15% do not know what a Carer's Assessment is



**DEMENTIA
CARERS COUNT**

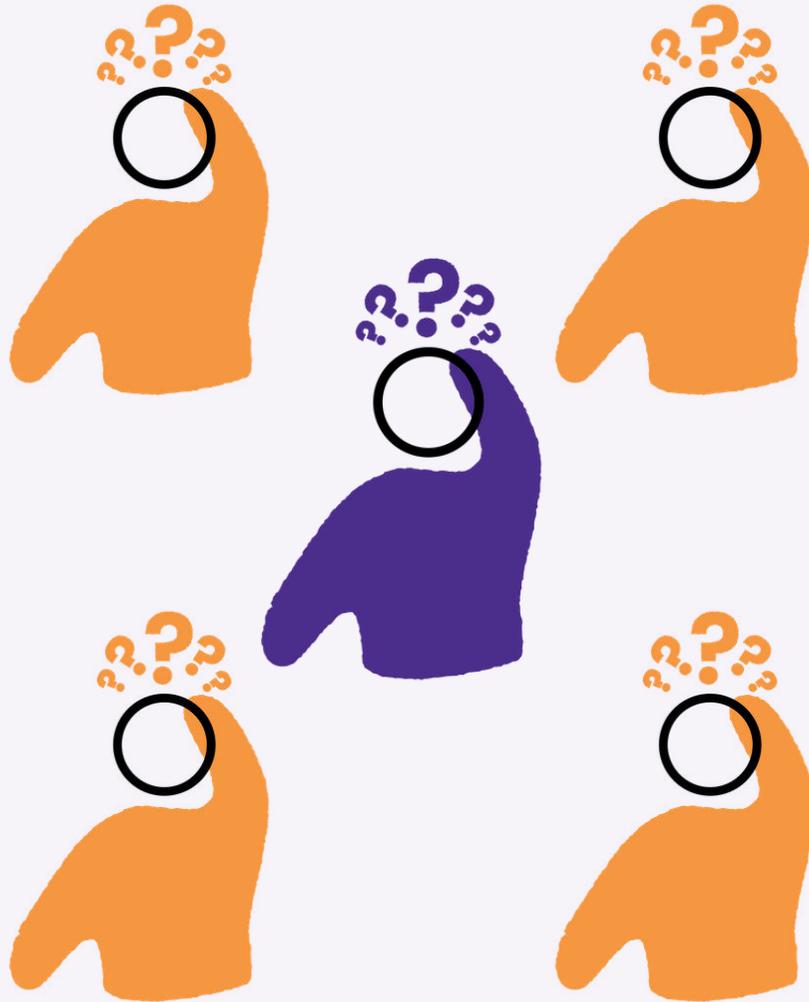


45%

**did not
receive any
follow up after
their Carer's
Assessment**



**DEMENTIA
CARERS COUNT**



4 in 5

**have no
plans in
place if they
aren't able to
care**



**DEMENTIA
CARERS COUNT**

Working and caring



DEMENTIA
CARERS COUNT



1 in 5
have left work
due to their
caring
responsibilities

32% are working in full or part-time roles, 37% were not working or were retired when they took on caring responsibilities



**DEMENTIA
CARERS COUNT**

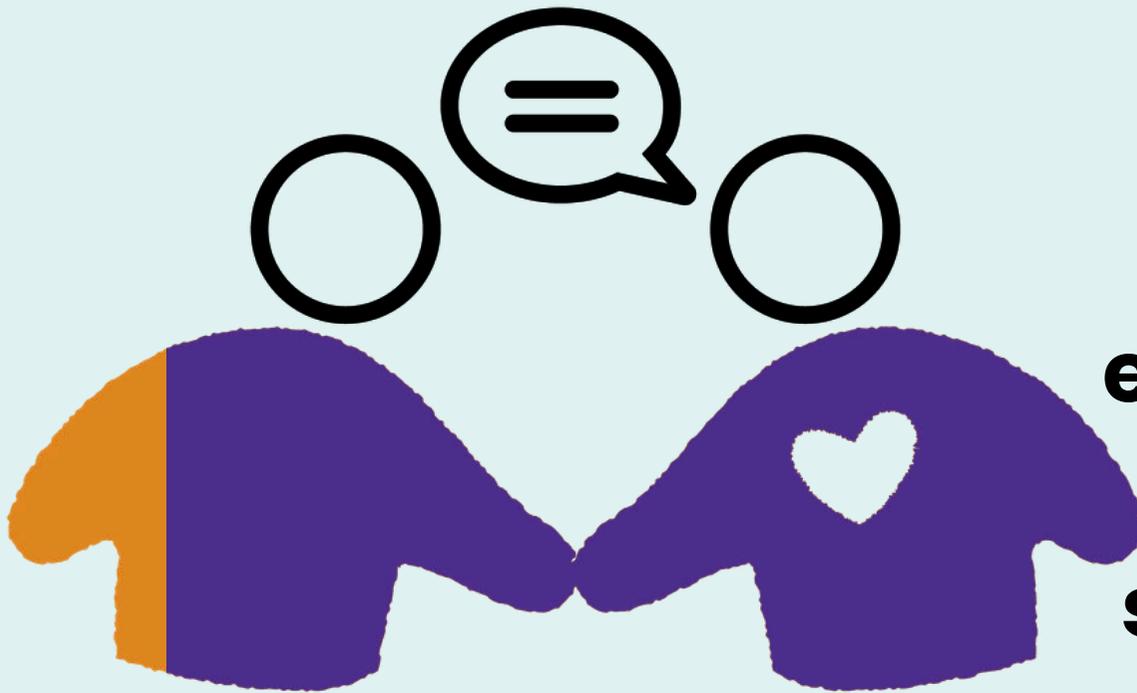


15%

**who are working
say their
employer
doesn't know
about their
caring
responsibilities**



**DEMENTIA
CARERS COUNT**



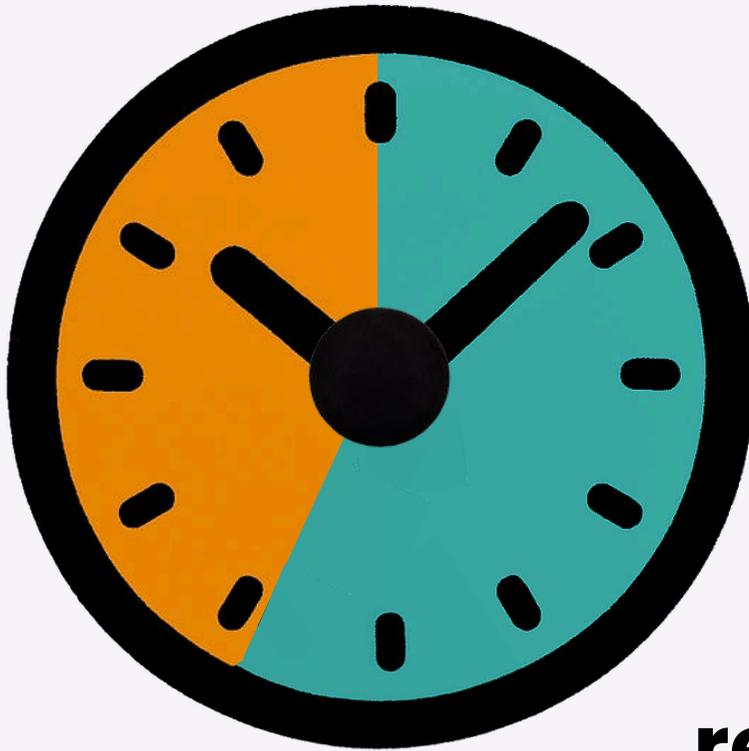
1 in 10

**say their
employer is
not
supportive**



**DEMENTIA
CARERS COUNT**

43%



**have changed
their work
pattern to fit
with their
caring
responsibilities***

*31% have reduced their hours



**DEMENTIA
CARERS COUNT**

What support from an employer would carers find helpful?

Understanding

Flexibility

**Paid Carer's
Leave**



DEMENTIA
CARERS COUNT



55%

**have found
that caring has
negatively
impacted their
finances**



**DEMENTIA
CARERS COUNT**

Dementia carers' health



**DEMENTIA
CARERS COUNT**



25%

**say their
physical
health is
poor or very
poor**

33% of carers feel their physical health is getting worse in a way that may impact their ability to provide care



**DEMENTIA
CARERS COUNT**



39%
**say their
mental
health is poor
or very poor**

38% of carers feel their mental health is getting worse in a way that may impact their ability to provide care



**DEMENTIA
CARERS COUNT**

77%

**feel lonely due
to their caring
responsibilities**





**DEMENTIA
CARERS COUNT**

Reaching crisis



**DEMENTIA
CARERS COUNT**



4 in 5

**have reached
crisis point due
to their caring
responsibilities**

19% have reached crisis point often, 51% reach crisis from time to time and 8% have reached crisis at least once



DEMENTIA
CARERS COUNT

isolation day to day living

overwhelm

lack of support

Stress

Exhaustion

multiple caring responsibilities
feeling at risk
juggling
financial issues
health deterioration of person being cared for
medical issues
Depression
living grief
coping with aggressive behaviour
lack of contingency care
coping with difficult behaviour
personal hygiene
Guilt

frustration
family or relationship issues
person wandering
Carer's emotional well-being



**DEMENTIA
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82%

**did not
expect or
could not
have
planned for
the crisis**



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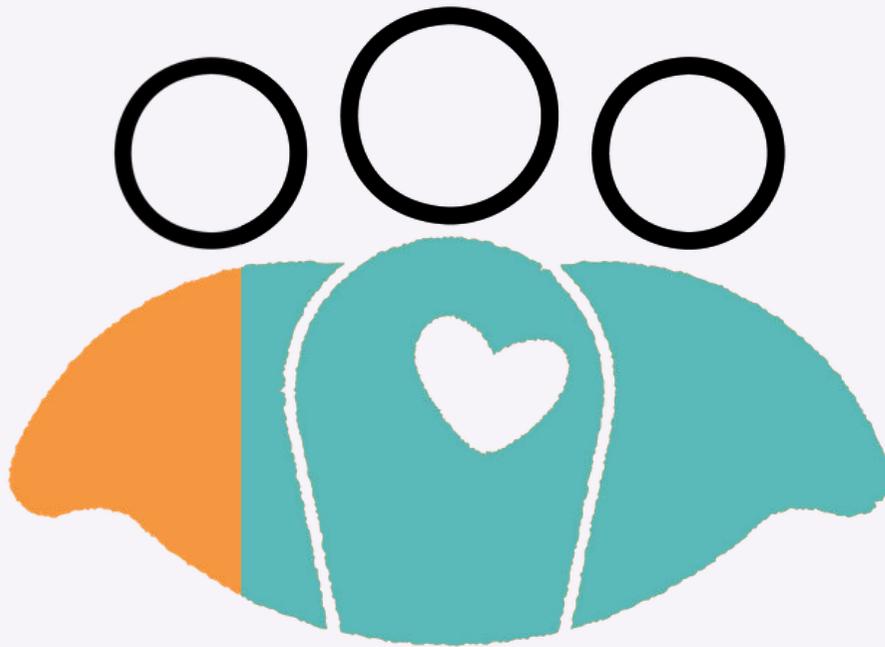
63%

**did not get
enough
support to get
them out of
the crisis**





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CARERS COUNT



24%

**sought more
help from
family and
friends**

15% paid for additional help, 12% said the person's condition changed, 11% sought help from local authorities, 11% said the person they were caring for moved into residential care, 8% said services were put in place, 8% said the person was admitted to hospital



DEMENTIA
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37%

**said the crisis
passed with
time without
any specific
action**

83% said the crisis ended but wasn't resolved



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CARERS COUNT**

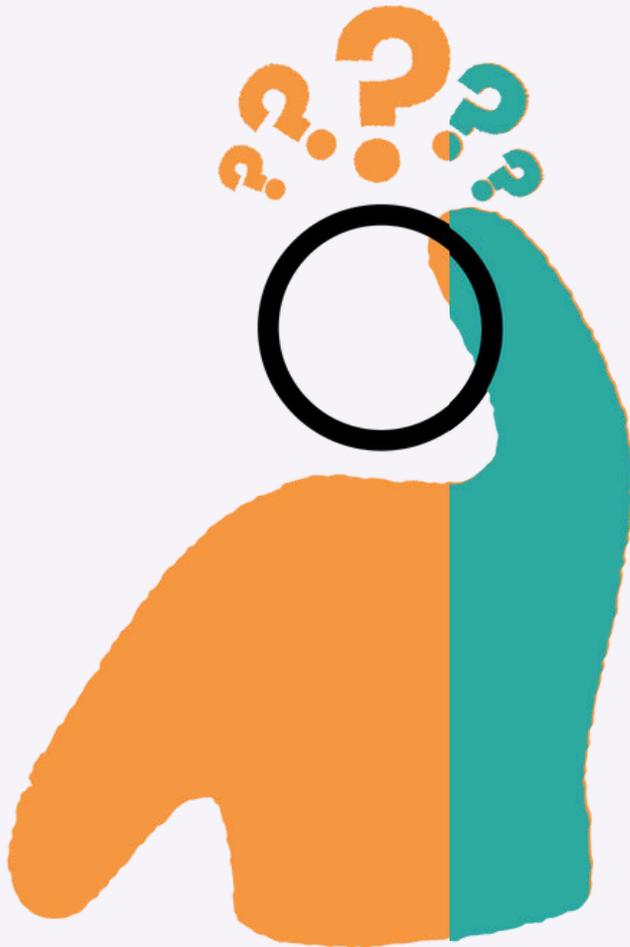


70%

**are worried the
crisis will
happen again**



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CARERS COUNT



69%

**do not feel
more prepared
should the
situation
happen again**

69% also said they do not feel prepared for another crisis



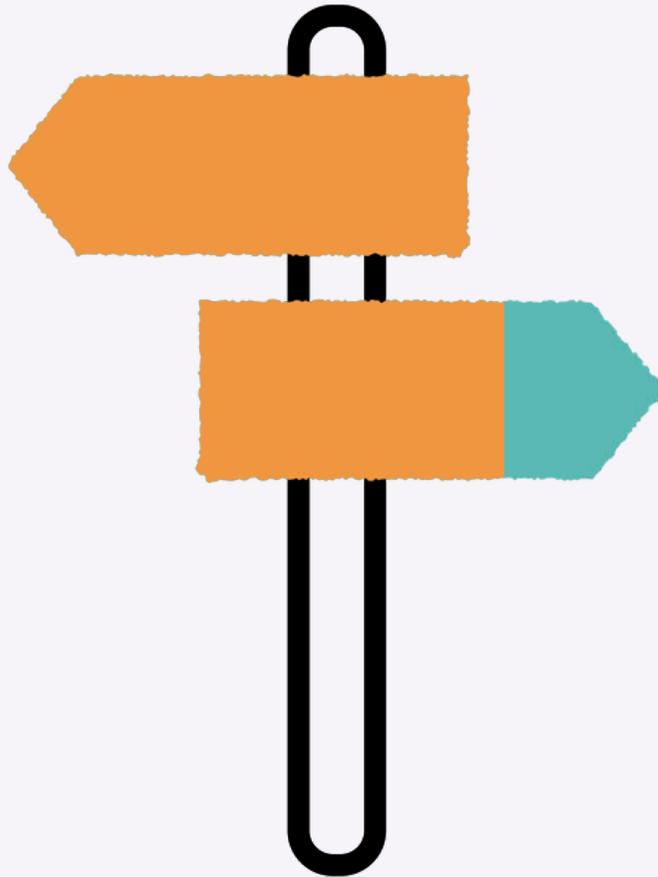
**DEMENTIA
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**What would dementia
carers find helpful**

in a crisis



DEMENTIA
CARERS COUNT



80%
**want a
single point
of contact
to help them
access
support**

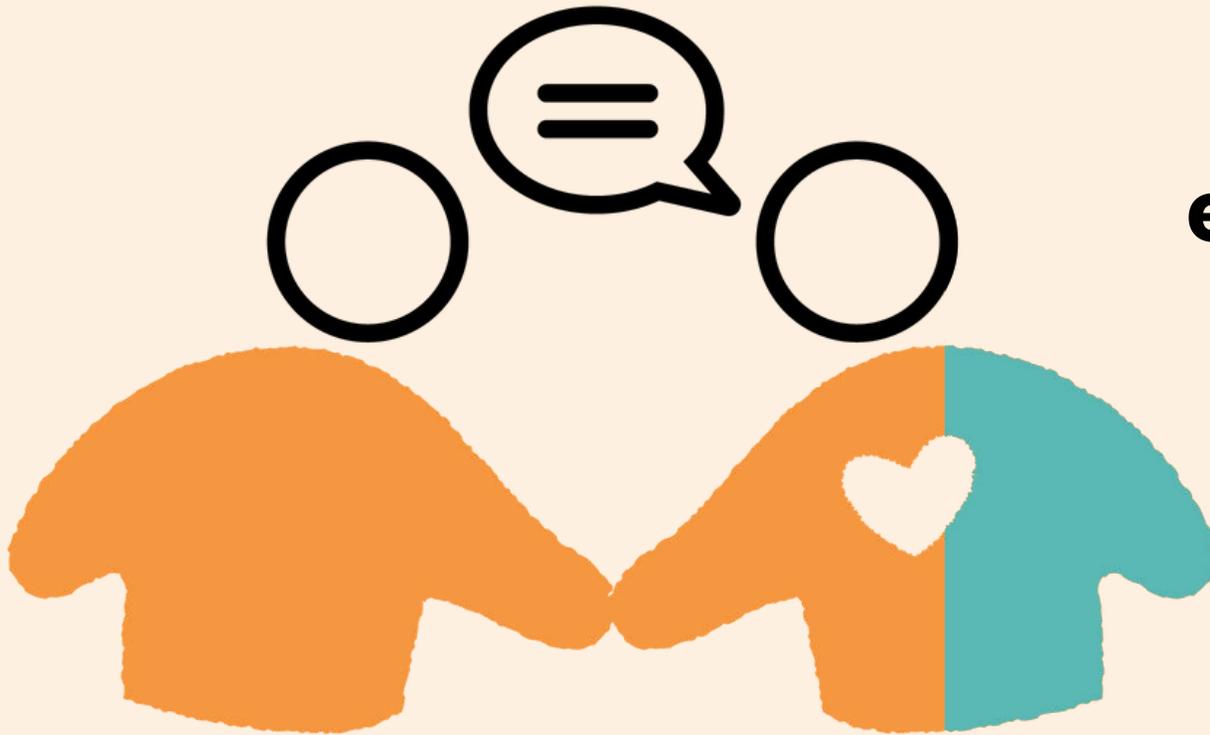
59% would like signposting to services to access support and 55% would like to receive a carer support plan after a Carer's Assessment



DEMENTIA
CARERS COUNT

77%

**want
emotional
support**



42% would like community or local carer support groups and 32% would like online support groups



**DEMENTIA
CARERS COUNT**



61%
**want
practical
advice**

41% want financial information, 39% want professional incontinence support, 38% want legal information, 30% want support with transition to a care home



**DEMENTIA
CARERS COUNT**



48%

**want
financial
support**



**DEMENTIA
CARERS COUNT**



64%

**want
support
from their
GP**

63% would like support from a professional carer, 59% want day time respite care, 43% want community activities for the person with dementia, 42% want night time respite care, 40% want community activities with the person they are caring for



**DEMENTIA
CARERS COUNT**

Methodology

We surveyed people caring for a family member or friend with dementia, now or in the recent past, between 22nd September and 14th December 2025. We had 1,095 respondents from across the UK.

The survey was shared on the Dementia Carers Count website, on Dementia Carers Count social media channels and was shared with carers by other national and local organisations who support carers.

As not everyone completed every question in the survey, some figures are based on responses from less than 1,095 people.



**DEMENTIA
CARERS COUNT**

About Dementia Carers Count

Dementia Carers Count is a registered charity which provides information, advice and support to thousands of dementia carers every year.

We believe that no dementia carer should feel overwhelmed or alone.

We campaign with dementia carers for changes to health and social care systems and services that will make the most difference to their lives and their ability to cope.

www.dementiacarers.org.uk

Canopi, 82 Tanner Street London SE1 3GN. Charity reg no 216613