

Spread too thinly?

New BHSF research shows employed sandwich carers (those caring for both elderly relatives and children) are at breaking point

Who are our respondents?

1.3 million sandwich carers in the UK¹



2% aged 18-24



35% aged 25-34



35% aged 35-44



18% aged 45-54



10% aged 55+

44% often find their situation *hard to manage*

1 in 6 find demands *always too much* to cope with

47% haven't told their *boss*

30% have *left a job* because their employer wasn't supportive

52% say it's affected their *physical health*

47% say it's affected their *mental health*

32% want *flexible working*

58% say caring *impacts their job* at least *once a week*

Survey of 1,000 employees who work at least 16 hours per week, carried out by OnePoll on behalf of BHSF, July 2019.

¹Office of National Statistics, 2019