UNPAID CARERS

1 in 3 unpaid carers are now spending ‘significantly’ more than last year looking after loved ones

78% have spent more time this year making their loved one’s home more energy efficient

On average, they have spent over £400 on energy efficiency measures like...
- Replacing lightbulbs with LEDs
- Bleeding radiators
- Servicing the boiler
- Better quality curtains

1 in 3 said getting a smart meter has helped them to manage their loved one’s energy use and bills

AS WINTER APPROACHES...

94% of those who help out at someone’s home consider it essential they prepare for winter

80% have taken on responsibility for more aspects of life which they previously knew little about

65% have had to learn how to manage energy use

34% have had to brush up on their home maintenance expertise

COST OF LIVING CRISIS

8% of unpaid carers believe there has been enough support offered to them during the cost of living crisis

The main aid carers would like is...

- Financial support: 74%
- Help managing energy bills: 57%

71% say that managing the current cost of living crisis has been one of the toughest things they have faced as a carer

82% find it difficult to know where to turn for help and advice about being a carer

Survey conducted by OnePoll for Smart Energy GB, with a sample of 1,000 adults looking after others in a non-professional capacity, in October 2023.