Results from State of Caring Survey 2018
Copyright Carers in Hertfordshire

Safeguarding analysis

Q29 Within your Caring role, have you ever felt unsafe or afraid:

<table>
<thead>
<tr>
<th>Answer Choices</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>No never</td>
<td>55.73%</td>
</tr>
<tr>
<td>Maybe once or twice</td>
<td>20.89%</td>
</tr>
<tr>
<td>Yes sometimes</td>
<td>20.03%</td>
</tr>
<tr>
<td>Yes often</td>
<td>4.05%</td>
</tr>
</tbody>
</table>

Total Respondents: 1,283

Q 30
If you have answered yes at all, is this because ….

<table>
<thead>
<tr>
<th>You are concerned about the future</th>
<th>57.92%</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are worried about your physical health</td>
<td>18.57%</td>
</tr>
<tr>
<td>You are being harmed by someone else</td>
<td>1.36%</td>
</tr>
<tr>
<td>You feel bullied by someone else</td>
<td>2.04%</td>
</tr>
<tr>
<td>Something else (please specify)</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL 587

So although 577 answered yes in some way in the first question, 587 then answered the next one. Which is not unusual.

149 people indicated that they would be available to talk further about their experiences although only about 50 left their contact details to do so. Many of the comments show that the fear is about things that may happen in the future
or something that has happened in the past which has been dealt with, rather
than there being a safeguarding or violent situation currently happening. For
example:

- That he will commit suicide
- I have been worried about my daughter self harming, but this time has passed.
- Sometimes I do wonder what would happen if I was really ill and unable to do
  the things I do or if I were unable to support those who need me
- I do not feel I need to talk to anyone as the problem was dealt with by a doctor
  who changed the medication which dealt with the violence

Q30 shows that most of the fears and worries are about the future or about
the carer’s own ability to carry on into the future. However, 20 respondents
indicated that they are currently suffering harm (physical or verbal) and 118
made some comment on this question. Some examples of comments are:

- When my son was becoming mentally ill, he was sometimes violent
- We are at a point in our life when our son, the main reason I answered
  yes, needs to be taken on by other agencies. We no longer have the
  resources, energy and resistance to be able to deal with him. But no
  service agencies seem willing to undertake his support.
- Because my partner became violent sometimes when he first lost his
  sight, but hit things not people. A very difficult situation to deal with.
- Explosive tantrums very occasionally, involving walking stick aimed at
  me
- My son can hit and kick me at times. I’m scared he’ll be abusive and
  really hurt me when he gets older
- Psychological really - the feeling that my wife will kill me when
  psychotic is just there and will not go away. I just live with it now.

Most of the fears seems to be where someone is caring for someone with a
mental illness and the not knowing how they will behave when they are
unwell. The group that is most at risk of being harmed by someone are carers
of someone on the Autistic Spectrum.