References:

Carers UK, 2019: Will I care? The likelihood of being a carer in adult life

Working Families, 2018: Off Balance - Parents of disabled children and paid work

Tech Returners, 2019: Where is all the talent?

GMCVO, 2020: Flexible working – the role of job boards in better promoting flexible work

New Policy Institute, 2016: Informal carers & poverty in the UK

Carers UK, 2015: Valuing Carers 2015 – the rising value of carers' support

Further reading:

Centre for Ageing Better, 2020: Supporting carers back into work: Insights from the Working Potential project

Juggling Work and Unpaid Care: A Growing Issue

COVID-19 and flexible working: the perspective from working parents and carers (Working Families)

State of Caring 2019 (Carers UK)

Carers UK, 2019: Facts about carers

Support for employers:

Caring, Working, Living employer toolkits

Flexible Working: The Business Case

Cross-sector Insights on Enabling Flexible Working

How Can I Retain the Skills of My Employees Who Are Carers?

A Greater Manchester Working Carer Toolkit

Returner Programmes: Best Practice Guidance for Employers

Returners: An Introductory Toolkit for Employers

CMI Flexible Working Guidance Document

Introducing Workplace Champions (Carers UK)