



### **Sandwich generation carers losing over £6,000 a year to support elderly relatives as they cut back on working hours**

- Nearly four in 10 adults aged 45-75 taking care of an elderly relative have either stopped working (9%) or reduced hours (28%) to provide support
- These carers are, on average, losing out on £522 of monthly income – £6,268 a year
- Carers also funding regular out-of-pocket expenses to the tune of £100 a month

New research<sup>1</sup> from the **retirement specialist Just Group** on the lives of people aged 45-75 providing care for an elderly relative uncovers the significant loss of income that carers face in order to carry out these duties.

The data shows that among carers of elderly relatives, nearly four in 10 have either stopped working altogether (9%) or reduced their working hours (28%) in order to provide support. Among those who are the sole carer for an elderly dependant the figures are even higher, with 14% leaving the workforce and a third (33%) cutting back on their hours.

Many carers are suffering significant cuts to their regular monthly income as a result of reducing their working hours. The average monthly loss of income comes in at £522, which equates to £6,268 per year. Around one in seven (14%) of respondents said that their monthly income had reduced by more than £1,000 a month due to providing care.

Out-of-pocket expenses from caring responsibilities – which range from travel costs to picking up the bill on everyday shopping – are another pressure on carers' finances. Our insight uncovers that these hidden costs add up to an average of £100 per month, with more than one in 10 (11%) spending more than £200 every month.

**Emma Walker, director at the retirement specialist Just Group, commented:** “We’re familiar with the physical and mental toll the ‘sandwich generation’ face as they are squeezed between work, supporting children and caring for ageing parents. What isn’t thought about so often is the financial and professional price this generation pay for caring.

“Many scale back their working hours and some leave the workforce altogether in order to meet their caring commitments – with the knock-on effect that, on average, their income is reduced by hundreds of pounds every month. This often coincides with the period in their careers when people reach their peak-earning potential, a point at which many may have planned to use spare income to build up pension pots and pay off the mortgage.

“Of course, many carers are glad to be able to take care of their family and don’t count the cost. But it’s important that people don’t overlook the impact stepping away from work can have on their financial future.”

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## Enquiries

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### Notes to Editors

**1 – Just Group**, a survey of 1,000 UK adults aged 45-75 taking care of an elderly relative, conducted 2-16 September 2025 by Opinium

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- De-risking solutions for pension scheme trustees who want to remove the financial uncertainty of operating defined benefit pension schemes;
- Individually underwritten retirement income products delivering a guaranteed income for life;
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- Lifetime mortgages for people who want to safely release some of the value from their home.

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