Supplementary Table S1. Different combinations of risk\* of caring across the waves (%, N)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | Men | | | | Women | | | |
| # of times at risk | w7 | w8 | w9 | Status | Sample | Column  % | Caring at least once | Caring at least once (row %) | Sample | Column  % | Caring at least once | Caring at least once (row %) |
| 3 | R | R | R | At risk in the 3 waves | 2,950 | 82.0 | 2,565 | 86.9 | 2,864 | 74.0 | 2,537 | 88.6 |
| 2 | R | R | . | at risk in intermittent waves | 280 | 7.8 | 181 | 64.6 | 460 | 11.9 | 300 | 65.2 |
| 1 | R | . | . | 143 | 4.0 | 32 | 22.4 | 228 | 5.9 | 57 | 25.0 |
| 2 | R | . | R | 18 | 0.5 | 9 | 50.0 | 12 | 0.3 | 4 | 33.3 |
| 2 | . | R | R | 13 | 0.4 | 6 | 46.2 | 15 | 0.4 | 4 | 26.7 |
| 1 | . | R | . | 7 | 0.2 | 3 | 42.9 | 5 | 0.1 | - | - |
| 1 | . | . | R | 11 | 0.3 | 6 | 54.5 | 7 | 0.2 | 1 | 14.3 |
| 0 | . | . | . | Not at risk in any wave | 177 | 4.9 |  |  | 279 | 7.2 |  |  |
| Total sample | | | | | 3,599 | 100.0 | 2,802 | 81.9 | 3,870 | 100.0 | 2,903 | 80.8 |
| \*Risk (R): if individual has at least one parent or a parent-in-law alive | | | | | | | | |  |  |  |  |

Source: Authors’ analysis of the NCDS.

Supplementary Table S2. Among men at risk of caring in any wave, caring trajectories by education (%, N)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Trajectories | # caring episodes | w7 | w8 | w9 | None | Low O-level | High O-level | A-level & Sub-degree | Degree & higher | Row % | Total | Col % |
| Repeat carers | 3 | C | C | C | 18.2% | 15.5% | 32.4% | 12.8% | 20.9% | 100.0% | 148 | 4.3% |
| New carers | 1 | N-N-C / N-C-C | | | 14.4% | 16.1% | 34.6% | 12.4% | 22.5% | 100.0% | 1,770 | 51.7% |
| Sporadic/ intermittent carers | 1 / 2 | N-C-N / C-N-C | | | 15.5% | 17.6% | 30.6% | 12.9% | 23.3% | 100.0% | 510 | 14.9% |
| Stopped caring | 1 / 2 | C-N-N / C-C-N | | | 21.2% | 18.2% | 29.9% | 10.9% | 19.7% | 100.0% | 137 | 4.0% |
| Non carers | 0 | N | N | N | 16.3% | 13.1% | 30.9% | 14.2% | 25.4% | 100.0% | 857 | 25.0% |
| Total |  |  |  |  | 15.5% | 15.6% | 32.8% | 12.9% | 23.2% | 100.0% | 3,422 | 100.0% |

Note: C= Caring; N= Not caring

Source: Authors’ analysis of the NCDS.

Supplementary Table S3. Among women at risk of caring in any wave, caring trajectories by education (%, N).

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Trajectories | # caring episodes | w7 | w8 | w9 | None | Low O-level | High O-level | A-level & Sub-degree | Degree & higher | Row % | Total | Col % |
| Repeat carers | 3 | C | C | C | 8.3% | 11.8% | 44.1% | 11.8% | 24.0% | 100.0% | 254 | 7.1% |
| New carers | 1 | N-N-C / N-C-C | | | 12.4% | 13.5% | 37.2% | 14.9% | 22.1% | 100.0% | 1457 | 40.6% |
| Sporadic/ intermittent carers | 1 / 2 | N-C-N / C-N-C | | | 12.1% | 13.2% | 38.9% | 15.0% | 20.7% | 100.0% | 552 | 15.4% |
| Stopped caring | 1 / 2 | C-N-N / C-C-N | | | 14.6% | 12.0% | 37.2% | 13.9% | 22.3% | 100.0% | 274 | 7.6% |
| Non carers | 0 | N | N | N | 12.9% | 12.2% | 36.1% | 15.8% | 22.9% | 100.0% | 1054 | 29.4% |
| Total |  |  |  |  | 12.4% | 12.8% | 37.6% | 14.9% | 22.3% | 100.0% | 3591 | 100.0% |

Note: C= Caring; N= Not caring

Source: Authors’ analysis of the NCDS.

Supplementary Table S4: Logistic regression showing the predictors of (a) depression and (b) self-reported poor health at age 55, Men.

|  |  |  |
| --- | --- | --- |
|  | (a)    Depression  at age 55 | (b)    Self-reported poor health  at age 55 |
| **Repeat carers (ref)** | 1 | 1 |
| New carers | 0.733 (0.21) | 0.725 (0.29) |
| Sporadic/ intermittent carers | 0.940 (0.29) | 0.922 (0.41) |
| Stopped caring | 1.213 (0.45) | 0.862 (0.47) |
| Non-carers | 0.782 (0.24) | 1.004 (0.42) |
| **No depression at age 46 (ref)** | 1 | - |
| Depression at age 46 | 18.30\*\*\* (6.83) | - |
| **Excellent/ very good/ good/ fair health at age 46 (ref)** | - | 1 |
| Poor health at age 46 | - | 38.15\*\*\* (12.88) |
| **Married/ civil partnership (ref)** | 1 | 1 |
| Single never married | 2.281\*\*\* (0.52) | 2.949\*\*\* (0.86) |
| Divorced/ separated/ widowed | 1.596\* (0.39) | 2.272\*\*\* (0.69) |
| **Did not become widowed between age 46 and 55 (ref)** | 1 | 1 |
| Became widowed between age 46 and 55 | 3.491\*\*\* (0.70) | 1.849\* (0.59) |
| **Living alone (ref)** | 1 | 1 |
| Living with partner only | 1.358\* (0.23) | 1.084 (0.27) |
| Living with partner and others | 1 (.) | 1 (.) |
| Living with others only | 0.790 (0.23) | 0.700 (0.26) |
| **No qualifications (ref)** | 1 | 1 |
| Low O-level | 0.687\* (0.14) | 0.664 (0.19) |
| High O-level | 0.590\*\*\* (0.10) | 0.637\* (0.15) |
| A-level and sub-Degree | 0.744 (0.16) | 0.656 (0.19) |
| Degree and higher | 0.641\*\* (0.12) | 0.362\*\*\* (0.11) |
| N | 3,417 | 3,419 |
| Note: Exponentiated coefficients; Standard errors in parentheses; (ref) Reference category | | |
| \* p<.1; \*\* p<.05; \*\*\* p<.01 | |  |

Supplementary Table S5: Logistic regression showing the predictors of (a) depression and (b) self-reported poor health at age 55, Women.

|  |  |  |
| --- | --- | --- |
|  | (a)    Depression at age 55 | (b)    Self-reported poor health at age 55 |
| **Repeat carers (ref)** | 1 | 1 |
| New carers | 0.731 (0.14) | 0.777 (0.24) |
| Sporadic/ intermittent carers | 0.800 (0.17) | 1.085 (0.36) |
| Stopped caring | 0.834 (0.20) | 1.030 (0.40) |
| Non-carers | 0.898 (0.17) | 0.918 (0.29) |
| **No depression at age 46 (ref)** | 1 | - |
| Depression at age 46 | 17.13\*\*\* (5.08) | - |
| **Excellent/ very good/ good/ fair health at age 46 (ref)** | **-** | 1 |
| Poor health at age 46 | - | 12.70\*\*\* (3.65) |
| **Married/ civil partnership (ref)** | 1 | 1 |
| Single never married | 1.987\*\*\* (0.47) | 2.407\*\* (0.84) |
| Divorced/ separated/ widowed | 2.027\*\*\* (0.44) | 2.315\*\*\* (0.73) |
| **Did not become widowed between age 46 and 55 (ref)** | 1 | 1 |
| Became widowed between age 46 and 55 | 2.450\*\*\* (0.38) | 2.510\*\*\* (0.56) |
| **Living alone (ref)** | 1 | 1 |
| Living with partner only | 1.364\*\* (0.17) | 1.867\*\*\* (0.35) |
| Living with partner and others | 1 (.) | 1 (.) |
| Living with others only | 0.758 (0.17) | 0.793 (0.26) |
| **No qualifications (ref)** | 1 | 1 |
| Low O-level | 0.501\*\*\* (0.09) | 0.733 (0.17) |
| High O-level | 0.618\*\*\* (0.09) | 0.396\*\*\* (0.08) |
| A-level and sub-Degree | 0.581\*\*\* (0.10) | 0.355\*\*\* (0.10) |
| Degree and higher | 0.411\*\*\* (0.07) | 0.273\*\*\* (0.07) |
| N | 3,587 | 3,588 |
| Note: Exponentiated coefficients; Standard errors in parentheses; (ref) Reference category | | |
| \* p<.1; \*\* p<.05; \*\*\* p<.01 | |  |