HONG KONG PUBLIC OPINION RESEARCH INSTITUTE
香 港 民 意 研 究 所

2024 年 12 月 19 日 新聞公報

香港民研發放「支援照顧者」專題民調 – 照顧者人口推算

推算結果

香港民意研究所（香港民研）於 11 月初進行有關「支援照顧者」的民研意見群組網上調查，為民研第二次專題民調，成功訪問 1,590 位 12 歲或以上群組成員，研究報告已經發佈於香港民研網站。今天發放的照顧者人口推算數字只包括樣本中 18 歲或以上的被訪者（共 1,588 位）。**以非常廣義計**，香港有約 275 萬照顧者，當中，照顧者年齡主要集中在 50 至 64 歲，約有 125 萬人，另有約 23 萬照顧者是「以老護老」的長者。

請注意，此公報中的推算數字僅作參考，數字可能出現抽樣誤差和其他偏差。人口推算數字以 95%置信水平計算的誤差最高為正負十五萬，而其他偏差亦難以估算，需要更多資源作深入研究確定。香港民研對「照顧者」之定義亦可能與各方定義有所差異，應避免詮釋為精確數字或作直接比較。公報中的百分比取整至最接近的整數，而推算的人口數字則取整至最接近的萬位數。

樣本資料及推算方法

調查日期	2024 年 11 月 1 日至 2024 年 11 月 9 日
調查方法	電郵邀請香港民研意見群組成員參與網上調查 （包括「香港市民代表組群」以及「香港市民自結組群」）
訪問對象	12 歲或以上的香港居民
樣本數目	1,590（此公報只分析當中 1,588 位 18 歲或以上人士）
回應比率	2.1%
抽樣誤差	在 95%置信水平，百分比誤差不超過+/-2.5%（假設全部樣本經由隨機抽樣方式獲得）
加權方法	按照性別及年齡、教育程度（最高就讀程度）、經濟活動身分、政治取向和政治狀況評價作出加權調整。全港人口性別及年齡分佈統計數字來自由政府統計處提供的《按性別及年齡劃分的年中人口》（2023 年中），教育程度（最高就讀程度）及經濟活動身分統計數字來自《香港的女性及男性 – 主要統計數字》（2023 年版），而政治取向和政治狀況評價統計數字則來自香港民研於 2024 年 11 月進行的常規隨機抽樣電話調查。
推算方法	結合加權後的調查數字，以及政府統計處發佈的《按性別及年齡劃分的年中人口》（2024 年中臨時數字）計算得出。

照顧者與非照顧者人口推算

數表 1：各類別照顧者與非照顧者分佈

問題字眼：你自己是否有照顧以下類別人士？（不計算因受薪工作而照顧他人；可選多項）

照顧對象類別	比例	推算人數
長者	33%	2,040,000
慢性病患者	10%	630,000
精神病患者／康復者	7%	420,000
智障／自閉症／唐氏綜合症／專注力不足／過度活躍症人士	7%	410,000
有特殊學習需要者	6%	400,000
視障／聽障人士	2%	120,000
行為成癮人士	2%	110,000
肢體殘疾人士	2%	100,000
以上皆否（非照顧者）	**56%**	**3,510,000**
需照顧以上任何對象（照顧者）	*44%*	*2,750,000*

若定義照顧者為需照顧上述列出的對象，推算結果顯示，照顧者佔 18 歲或以上人口的 44%，即約有 275 萬人。需照顧長者的人口最多，佔三分之一，按推算超過 200 萬人。其次為照顧慢性病患者、精神病患者／康復者、智障／自閉症／唐氏綜合症／專注力不足／過度活躍症人士，以及有特殊學習需要者的人口，推算照顧者人口約 40 至 63 萬人。而需照顧視障／聽障人士、行為成癮人士，及肢體殘疾人士則各有約 10 萬人。

照顧者背景分佈推算

數表 2：照顧者經濟活動狀況分佈

照顧者經濟活動狀況	佔照顧者比例	推算人數
行政及專業人員	14%	380,000
文職及服務人員	36%	990,000
勞動工人	1%	20,000
其他職業	4%	110,000
在職照顧者合計	*55%*	*1,500,000*
學生	8%	210,000
料理家務者／家庭主婦	10%	290,000
退休人士	24%	650,000
失業／待業／其他非在職	3%	90,000
非在職照顧者合計	*45%*	*1,240,000*

數表 3：照顧者年齡分佈

照顧者年齡	佔照顧者比例	推算人數
18 至 34 歲	7%	190,000
35 至 49 歲	39%	1,080,000

50 至 64 歲	45%	1,250,000
65 歲或以上	8%	230,000
合計	*100%*	*2,750,000*

至於照顧者背景分佈,按推算有 55%為在職照顧者,即約 150 萬人。照顧者年齡方面,介乎 50 至 64 歲的照顧者最多,約有 125 萬人,其次為 35 至 49 歲,約有 108 萬人,亦有 8%,即大約 23 萬照顧者是「以老護老」的長者。

按照顧對象特徵之照顧者分佈推算

數表 4:照顧對象的數目分佈

照顧對象數目	佔照顧者比例	推算人數
1 位	62%	1,700,000
2 位	33%	900,000
3 位或以上	5%	150,000
合計	*100%*	*2,750,000*

數表 5:照顧對象的年齡分佈(可選多項)

照顧對象年齡	佔照顧者比例	推算人數
17 歲或以下	13%	340,000
18 至 64 歲	32%	890,000
65 歲或以上	72%	1,970,000

此外,根據推算,約 170 萬照顧者有一位照顧對象,約 90 萬有兩位照顧對象,有三位或以上 照顧對象的則有 15 萬。照顧對象年齡方面,有近 200 萬人需照顧 65 歲或以上的對象,其次為 18 至 64 歲,近 90 萬人需照顧相關對象,亦有 34 萬人需照顧 17 歲或以下的對象。

2024 年 12 月新聞發佈活動預告(暫定)

▪ 12 月 27 日(星期五)下午三時新聞發佈會:年終回顧及前瞻、市民最熟悉政治人物、「民情 指數第 6.50 號報告」

Press Release on December 19, 2024

HKPORI releases "Support for Carers" Topical Survey - Estimates of the Carer Population

Results of Estimates

The Hong Kong Public Opinion Research Institute (HKPORI) conducted an online panel survey on "Support for Carers" in early November. This is the second topical survey initiated by HKPORI and has successfully interviewed 1,590 panel members aged 12 or above. The research report has been released on HKPORI's website. The projected population figures released today only include respondents aged 18 or above in the sample (1,588 in total). **In a very broad sense**, it is estimated that there are around 2.75 million carers in Hong Kong, of which about 1.25 million carers are aged between 50 and 64. Besides, there are around 230,000 carers who are "elders caring for the elderly".

Please note that the projected figures in this release are good for reference only, which are subject to sampling errors and other biases. The maximum error of the projected population calculated at 95% confidence level is plus or minus 150,000, while other biases are difficult to estimate and more resources are required for more in-depth research. HKPORI's definition of "carers" may also differ from other definitions used. Thus, interpretations as precise figures and direct comparisons should be avoided. The percentages in this release are rounded to the nearest integer, while the projected population figures are rounded to the nearest ten thousand.

Contact Information and Projection Method

Date of survey	November 1-9, 2024
Survey method	Online survey by email invitations to "POP Panel" members (including "Hong Kong People Representative Panel" and "Hong Kong People Volunteer Panel")
Target population	Hong Kong residents aged 12 or above
Total sample size	1,590 (only 1,588 respondents of age 18 or above are analysed in this release)
Response rate	2.1%
Sampling error [1]	Sampling error of percentages not more than +/-2.5% at 95% confidence level. (assuming all samples were collected using random sampling)
Weighting method	Rim-weighted according to gender and age, educational attainment (highest level attended), economic activity status, political inclination and appraisal of political condition. The gender-age distribution of the Hong Kong population came from "Mid-year population by Sex and Age group" (2023 mid-year), the educational attainment (highest level attended) distribution and economic activity status distribution came from "Women and Men in Hong Kong - Key Statistics" (2023 Edition), while political inclination and appraisal of political condition distributions came from HKPORI's regular telephone survey conducted in November 2024.
Projection method	Calculated based on the weighted survey results and the "Mid-year population by Sex and Age" (2024 mid-year provisional figure) released by the Census and Statistics Department.

Estimated Population of Carers vs. Non-carers

Table 1: Distribution by Categories of Care Recipients

Question wordings: Do you personally take care of any of the following categories of individuals? (Do not include care provided as part of paid work; multiple selections allowed)

Categories of Care Recipient	Percentage	Estimated Population
Elderly	33%	2,040,000
People with chronic illnesses	10%	630,000
People with mental illness / ex-mental illness	7%	420,000
People with intellectual disabilities / autism / Down Syndrome / ADHD	7%	410,000
People with special learning needs	6%	400,000
People with visual/hearing impairments	2%	120,000
People with behavioural addictions	2%	110,000
People with physical disabilities	2%	100,000
None of the above (non-carers)	**56%**	**3,510,000**
Caring for any care recipients above (carers)	*44%*	*2,750,000*

If a "carer" is defined as someone who is required to take care of the above listed, our estimates show that carer population accounted for 44% of people aged 18 or above, i.e. approximately 2.75 million. The carers for elderly accounted for one-third, which is the largest proportion, and is projected to be over 2 million. It is followed by carers taking care of people with chronic illnesses, those with mental illness / ex-mental illness, then people with intellectual disabilities / autism / Down Syndrome / ADHD, and those with special learning needs. The projected carer population for these categories ranges from 400,000 to 630,000. Meanwhile, the projected figure for carers of people with visual/hearing impairments, behavioural addictions, and physical disabilities is estimated to be about 100,000 each.

Estimates of Carers' Demographics

Table 2: Distribution of Carers' Economic Activity Status

Economic Activity Status of Carers	Percentage of Carers	Estimated Population
Administrator and professional	14%	380,000
Clerical and service worker	36%	990,000
Production worker	1%	20,000
Other occupations	4%	110,000
Total working carers	*55%*	*1,500,000*
Student	8%	210,000
Home-maker / housewife	10%	290,000
Retired person	24%	650,000
Unemployed / between jobs / other non-working	3%	90,000
Total non-working carers	*45%*	*1,240,000*

Table 3: Distribution of Carers' Age

Age of Carers	Percentage of Carers	Estimated Population
18 - 34	7%	190,000
35 - 49	39%	1,080,000
50 - 64	45%	1,250,000
65 or above	8%	230,000
Total	*100%*	*2,750,000*

As for the demographic profile of carers, it is estimated that 55% of them are working people, i.e. around 1.5 million. Regarding the age distribution, those aged 50 to 64 accounted for the largest group, with about 1.25 million people, followed by those aged 35 to 49, which has about 1.08 million. Besides, there are around 230,000 carers who are "elders caring for the elderly", i.e. 8% of the carer population.

Estimated Distribution of Carers based on Characteristics of Care Recipients

Table 4: Distribution of the Number of Care Recipients

Number of Care Recipients	Percentage of Carers	Estimated Population
1	62%	1,700,000
2	33%	900,000
3 or more	5%	150,000
Total	*100%*	*2,750,000*

Table 5: Distribution of the Age of Care Recipients (Multiple selections allowed)

Age of Care Recipients	Percentage of Carers	Estimated Population
17 or below	13%	340,000
18 - 64	32%	890,000
65 or above	72%	1,970,000

In addition, it is estimated that about 1.7 million carers have one care recipient and close to 0.9 million have two, while around 150,000 carers have three or more care recipients. Regarding the age of care recipients, nearly 2 million people need to take care of recipients aged 65 or above, followed by around 900,000 people who are taking care of those aged 18 to 64. Meanwhile, 340,000 people need to take care of recipients aged below 18.

Press Event Forecast for December 2024 (Tentative)

▪ December 27 (Friday) at 15:00, press conference: Year-end Review and Forecast, People's Most Familiar Political Figures, "PSI Report No. 6.50"