

Carers

are people who provide ongoing, unpaid support to relatives or friends who need help with **everyday aspects** of life because of their disability, chronic illness, mental illness, dementia or ageing.

NSW CARERS FACTS

904,400 carers

approximately 12% of NSW population.

WHO IS A CARER?



FEMALES MAKE UP THE MAJORITY OF CARERS REPRESENTING

70%

 OF

PRIMARY CARERS

AND 56% OF CARERS OVERALL

1 in 8

ABORIGINAL PEOPLE IN NSW ARE CARERS



The rate of caring within the Aboriginal community of NSW is significantly higher than in the non-Aboriginal community

95,600

YOUNG CARERS IN NSW



1 in 5 carers

identify as being from culturally diverse backgrounds



CARERS MAKE A DIFFERENCE



Carers contribute an estimated **\$19 BILLION** a year in unpaid labour in NSW

This amounts to **600 MILLION HOURS** of care a year

THE RAPID GROWTH

in the number of older persons will cause the overall rate of disability to rise much faster than the overall rate of carers

with only **35 CARERS** projected to be available

for every **100 PERSONS** needing informal care by 2031



YOUNG CARERS

are less likely than their peers to complete their education and participate in employment

On average, young carers have

LOWER

NAPLAN RESULTS

CHALLENGES OF CARING

GREATER FINANCIAL HARDSHIP



than non-carers, lower savings and less superannuation

6.5% have a profound or severe disability

Nearly **271,000** CARERS IN NSW LIVE WITH DISABILITY



Carers have the **LOWEST LEVEL OF WELLBEING** of any demographic group in Australia



Participation in the **LABOUR FORCE**

55%

Carers

69%

Non-carers

CARERS DO WHAT THEY DO BECAUSE

MAKING A DIFFERENCE



in a person's life when they need you most

ACT OF GIVING



Sense of **PURPOSE**



DESIRE TO HELP

maintain a person's independence, home and quality of life



WHAT CARERS NEED



TO BE **PARTNERS** IN CARE

To be recognised and have their experiences understood



ADVICE+ INFORMATION



To have choices and opportunities in work and education

TAKE A BREAK



EXTRA HELP AT HOME

SOMEONE TO TALK TO



SUPPORT FOR LIFE AFTER CARING