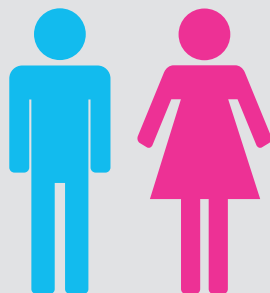


Demographics



18% **82%**



34 years or under **19%**

35 - 64 years **49%**

65 years and over **32%**

1,688 carers responded to this survey

Caring



44%

of carers have been in their caring role for over 10 years

17%

have become carers within the last 2 years

44%

have less than 3 hours / week of help

57%

had no help or only occasional help during the last 12 months

54%

feel acknowledged and respected by health professionals

37%

have accessed education and training for carers

32%

feel appreciated

Carer Health and Wellbeing



31%

of carers have poor or very poor health

26%

have less than one hour of exercise per week

87%

put the needs of the person they care for before their own - either often or all the time

54%

see services for carers and respite as a concern

33%

have never accessed a service supporting carers

71%

have less than 5 hours of "me time" per week



Carers and Finance

30%

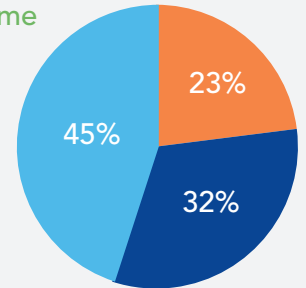
of carers are financially worse off this year than they were last year

66%

of carers listed cost of living in SA as their major concern

Annual Household Income

- Less than \$40,000
- \$40,000 - \$79,000
- Above \$80,000



Work and Care

48%

of carers are in paid employment

59%

of employers are supportive of employees who are carers

36%

believe that community recognition of carers is improving



National Disability Insurance Scheme

NDIS

only **21%** of carers are confident around NDIS pre-planning

21% are confident managing a NDIS plan

17% of respondents have an NDIS plan for a person they care for

42% want more NDIS related support for carers

Digital Carers

The majority of carers use at least a mobile phone or have additional other digital services

However **39%** either never, or only sometimes find what they need online

70% have never used any website specifically designed for carers

26% of carers are concerned about reliable and affordable internet access

