

2020 National Carer Survey Summary: South Australian Carers¹

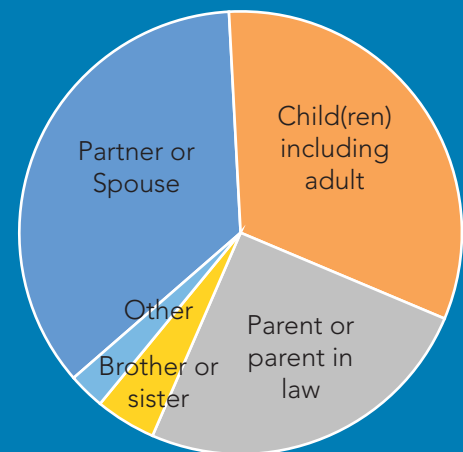
This year 2,255 unpaid carers from South Australian took part in the first National Carer Survey 2020. The following information has been extracted from the national research data set to provide specific insight into the life of South Australian carers. Of the 2,255 South Australian carers who responded to the survey, 51% identified as male and 48% identified as female.

Carer Demographics

- About half cared for a person aged 65+
- 40% care for a partner/spouse
- 36% care for a child
- 34% care for a person with a physical disability
- 31% care for a person with chronic health condition
- 30% care for a frail person due to ageing
- 28% care for a parent/in law
- 25% care for a person with a mental illness
- 24% care for two or more persons
- 19% care for a person with autism
- 18% care for a person with dementia
- 13% are from a non-English speaking background
- 3% are Aboriginal or Torres Strait Islander



Who carers are caring for



Carer Education and Employment

- 41% are employed
- 37% sacrificed a career or job opportunity
- 32% have a certificate or diploma
- 22% have a bachelor degree or higher



¹The data and graphs have been prepared by the Carers SA and Carers NSW Research team based on data from South Australian respondents to the 2020 National Carer Survey.

Carer Income and Security

- 53% are less than satisfied with life achievements
- 52% of household income is below \$60,000 pa
- 50% are satisfied with future security
- 36% of household income is below \$40,000 pa
- 33% are less than satisfied with their standard of living



Carer Well-being

- The majority of carers identified they have on average less than three hours a day without chores
- 57% are satisfied with life overall
- 50% feel part of the community
- 50% are less than satisfied with their own health
- 43% experience high/very high distress
- 15% do not feel safe
- 9% feel mostly/always without hope



Carers and Relationships

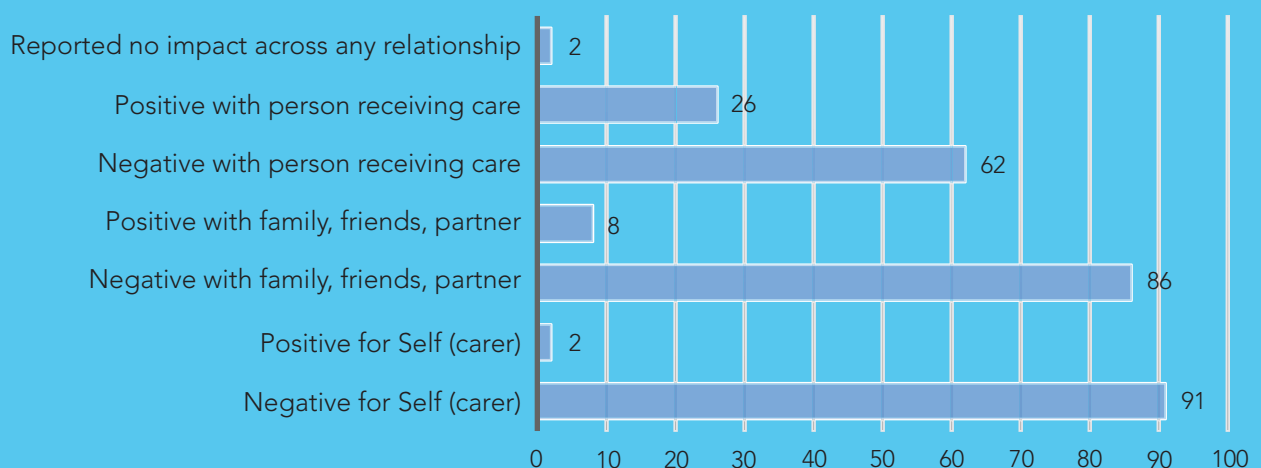
Carers commented on the positive and negative impact of caring on their relationships. For many carers, some relationships improve due to their caring role.

However, most carers comments indicate that some relationships are more likely to be negatively affected due to their caring role, and for 37% there just is no time.



Overall impact of caring roles on carers and their relationships

(% of answers per category: Self / others /care recipient)

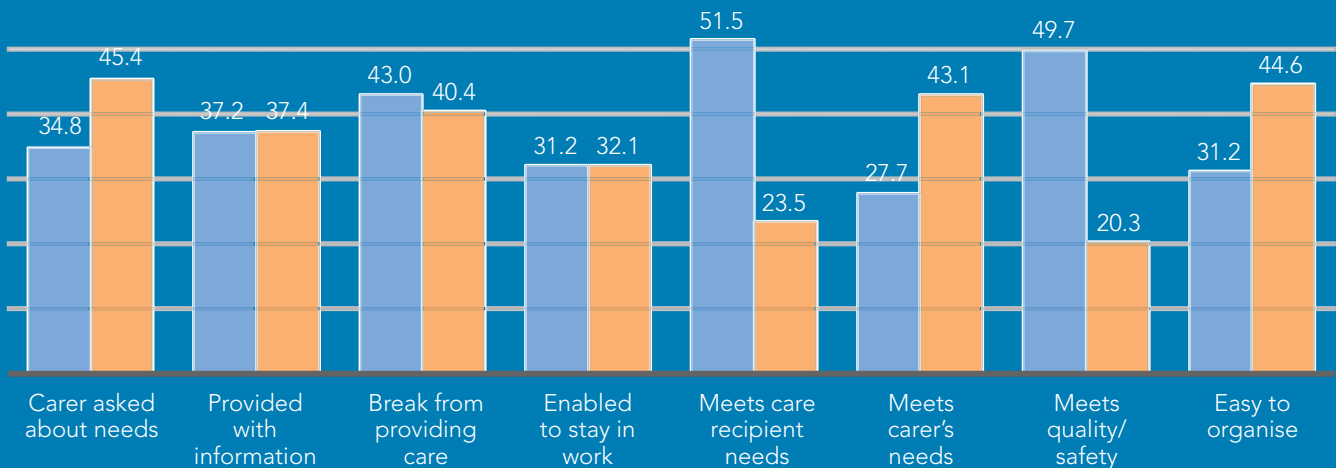


National Disability Insurance Scheme

Carers told us that the National Disability Insurance Scheme (NDIS) processes are not easy to organise, that carers needs are not sufficiently addressed, and carers are often not even asked what their needs are.

ndis

Agree Disagree



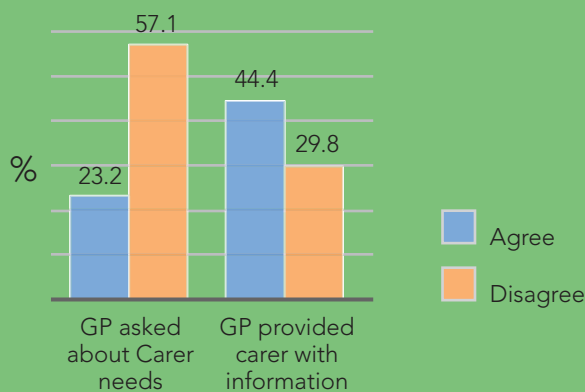
Health Systems

There is a lack of inclusion of and consideration for carers in the health system.

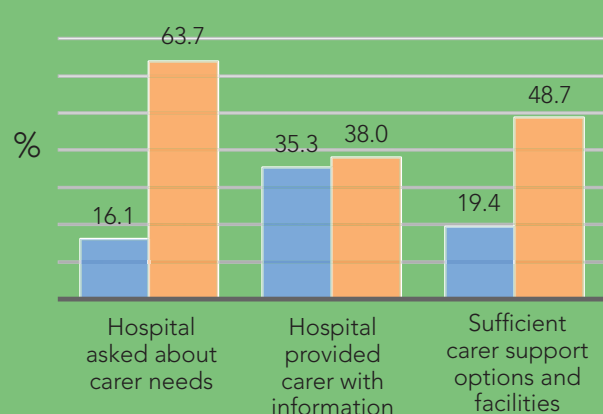
63.7% of carers reported that hospitals and 57% of carers reported that General Practitioners (GP) did not ask them about their needs as a carer.



Carer inclusion by GPs



Carer inclusion by hospitals



Further details and additional information will be available in the 2020 National Carers Survey Report.