

2022 National Carer Survey

National Highlights

This year's National Carer Survey heard from a total of 6,826 carers from across Australia. The Survey results tell us a lot about carers' day to day experiences, support needs and perspectives on caring. Below are some of the key findings so far.

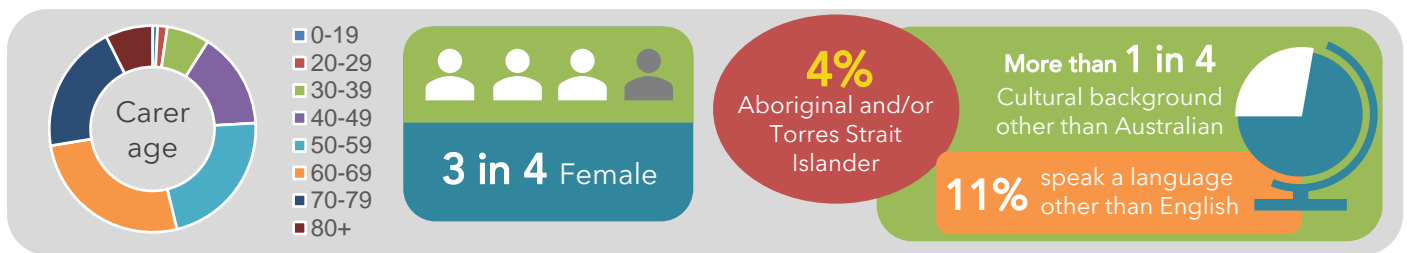
The majority of respondents (76.6%) completed the survey online, 23.3% responded via paper copy. 55.9% were members of, or otherwise connected with the Carer Organisation in their state or territory.

The 2022 National Carer Survey was conducted from June to July 2022 and received a total of 6,826 valid responses from carers across Australia.

A carer is any individual who provides care and support to a family member or friend who lives with a disability, mental illness, alcohol or drug dependency, chronic condition, terminal illness or who is frail due to age.

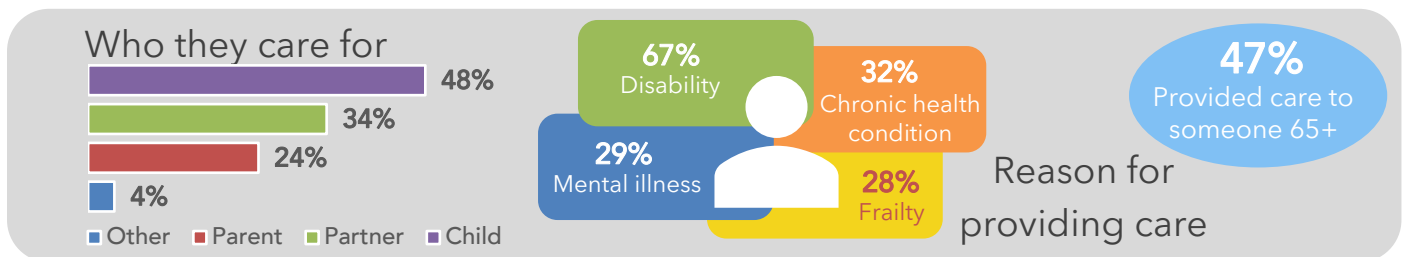
About the carers who responded

Of the 6,826 carers who responded to the 2022 National Carer Survey, the majority identified as female, and they were on average 59.8 years old. They represented a range of locations and cultural backgrounds, but most identified as Australian and lived in metropolitan areas. 41.1% of respondents were working or looking for work while providing care.



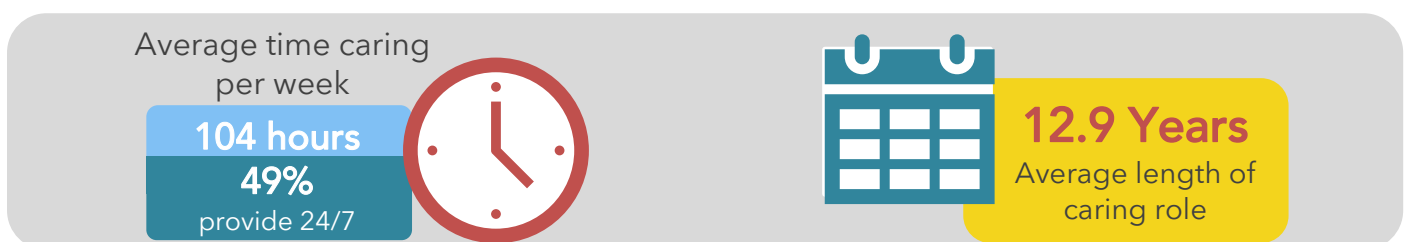
About the people they care for

Most commonly, respondents were caring for their child (including adult children). A majority were providing care to someone living with disability, however 66.3% reported the person they cared for experienced two or more conditions. The people cared for by respondents were on average 52.3 years of age. Not everyone who responded to the Survey was still in a caring role; 450 respondents (6.6%) identified as former carers, and a further 1,859 (29.2%) had previously cared for someone, and were now caring for someone else.



About the caring experience

Most carers who responded cared for one person, and they were most commonly the sole carer. They were also most likely to live with the person they care for. Respondents typically spent 104 hours per week caring, and had been caring for an average of 12.6 years.



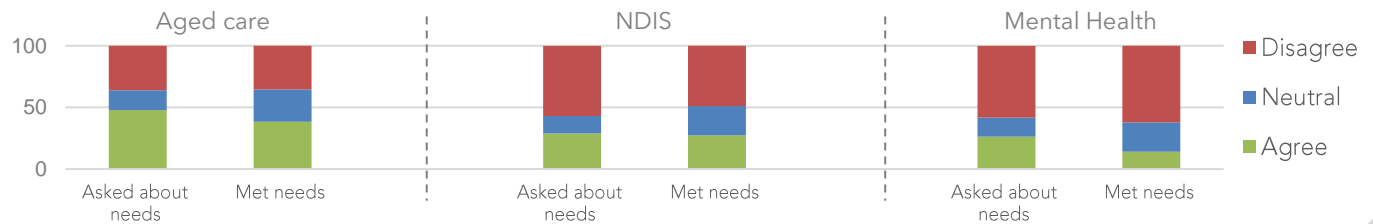
Carers' experiences with services

The 2022 National Carer Survey asked carers about their use of a range of services, and how included and supported they felt. Carers most commonly accessing mental health services with or on behalf of the person they care for. Aged care services were more likely to ask carers about their own needs than disability or mental health services, however, services often didn't meet carers' own needs or enable them to engage in paid work, or to take breaks from the caring role. Many carers reported that their services were reduced or interrupted due to COVID-19, and that it was difficult to find information about services and supports. They also reported long wait times for services, and a lack of availability of services at the level required.

The 'typical' respondent was a woman in her late 50s, caring for her child (including adult children) living with disability.

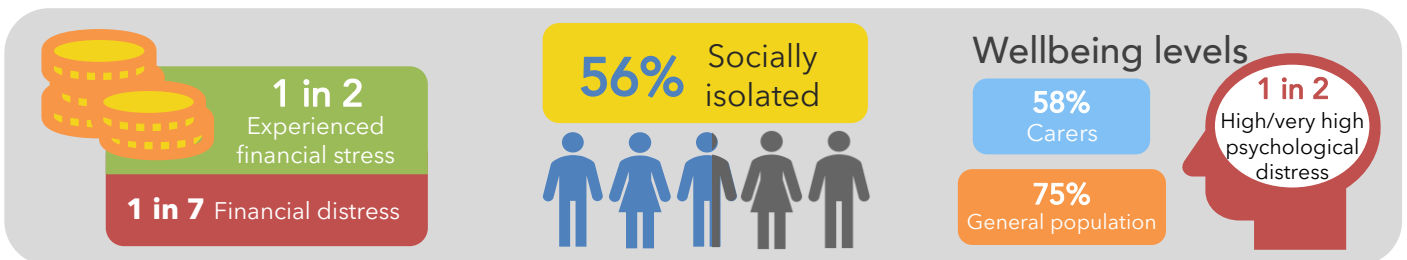


Carer experiences with service systems



Key challenges experienced by carers

In addition to the many challenges carers experienced when accessing formal services, respondents told us they were financially stressed and socially isolated. Compared to other Australians, the carers who responded to the Survey were much more likely to be at risk of mental illness and had much lower wellbeing.



What carers told us

"It's both rewarding and extremely challenging to care for someone... I think the extraordinary people that do this full time or part time deserve much more recognition for the important role they play."

"Caring is extremely isolating and financially difficult."

"At first I found it hard to get information about help, until people told me what I was able to access."

Carers provide invaluable support to the people they care for and the broader community. And yet, recognition and timely support is lacking.

This National Carers Week, the State and Territory Carer Organisations call on governments, service providers, and communities to better support Australia's carers.

The National Carer Survey is an initiative of Carers NSW in partnership with the other State and Territory Carer Organisations. The Survey is proudly funded by the NSW Department of Communities and Justice. More detailed results will be released in the coming months. For more information, visit www.carersnsw.org.au/research/survey, email research@carersnsw.org.au or phone 02 9280 4744.