

2022 National Carer Survey

South Australia Results



Highlights from South Australia

This year's National Carer Survey heard from a total of **2,248 Carers from South Australia (SA)**. 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.

Carers from SA represented a total of 32.9% of respondents to the 2022 National Carer Survey. They mainly responded to the Survey online and 55% were connected with Carers SA.

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, chronic condition, terminal illness or who is frail due to age.

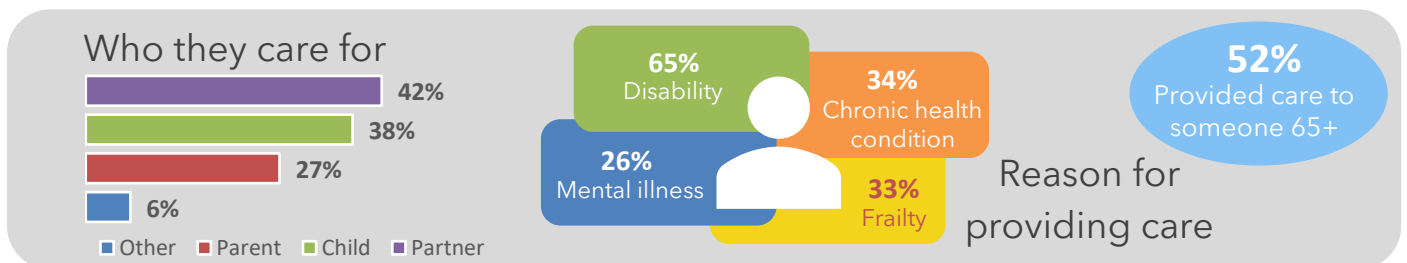
About the Carers who responded

Of the 2,248 Carers who responded to the 2022 National Carer Survey from SA, the majority identified as female and they were on average 60.2 years old. They represented a range of locations and cultural backgrounds, but most identified as Australian and lived in metropolitan locations. 34.8% of respondents were working while providing care.



About the people they care for

South Australian Carers who responded to the Survey were most commonly caring for a partner, and a majority were providing care to someone living with disability, however many people reported the person they cared for experienced two or more conditions. On average, the people being cared for were 56 years of age. Not everyone who responded to the Survey was still in a caring role; 143 respondents (6.4%) identified as former Carers, and a further 583 (27.7%) had previously cared for someone, and were now caring for someone else.



About the caring experience

Most Carers who responded from SA 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. Carers from SA typically spent 100.7 hours per week caring, and had been caring for an average of 10.9 years.



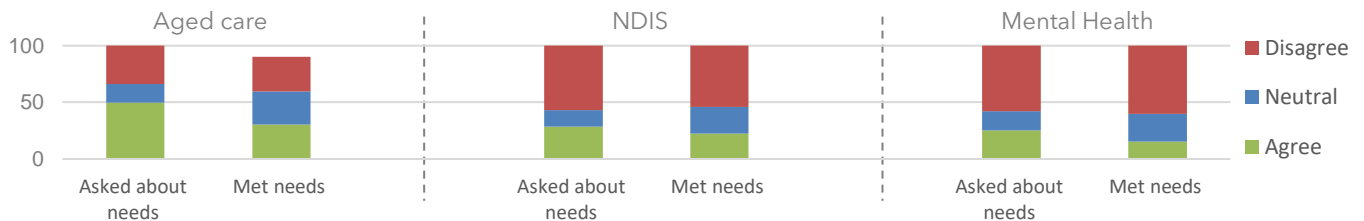
Carers' experiences with services

The 2022 National Carer Survey asked Carers about their use of a range of services, and how included and supported they felt. Carers from SA were most commonly accessing aged care 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 didn't always meet Carers' own needs or enable them to work or take breaks. Many Carers also reported that their services were reduced or interrupted due to COVID-19, that it was difficult to find information about services and supports, it took too much time and energy to organise services, there were long wait times for assessments or services and services were not available at the level required.

The 'typical' respondent from South Australia was a woman in her 60s, caring for a partner living with disability, who was not in employment.

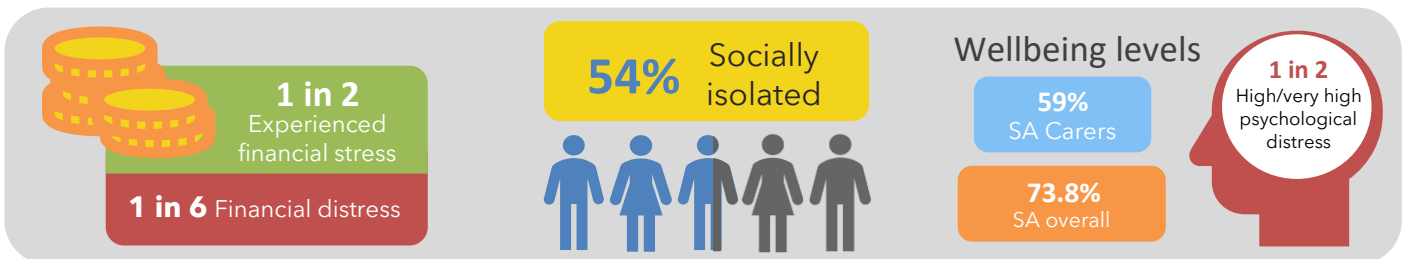


Carers experiences of services



Key challenges experienced by Carers

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



What Carers told us

"As I age, I'm more fearful for my son's future."

"Being a Carer is very difficult & is not recognized properly by government."

"Being a Carer has made me realize how important it is for society to care."

"Some days are great, some are crap and others you just want to walk away."

Carers in South Australia provide invaluable support to the people they care for and in turn their community. However, appropriate recognition and timely support for Carers is still lacking.

This National Carers Week, Carers SA calls on the South Australian and Australian governments, service providers and communities to recognise the contributions and rights of Carers and to better support Carers now and into the future.

The National Carer Survey is an initiative of Carers NSW in partnership with Carers SA and 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 <https://www.carersnsw.org.au/about-us/our-research/carer-survey> or contact research@carersnsw.org.au or (02) 9280 4744.