



## From the CEO

National Carers Week is nearly here, and I would like to take this opportunity to thank you and all of the Carers across South Australia for everything that you and they do, day in and day out. There are millions of reasons to care and the amazing, but also challenging fact,

is that each and every caring relationship is different. But there is one thing that is true and that is by caring for someone, you reduce the pressure on systems that are already struggling, in particular the areas of health, disability, aged care and mental health. Carers are the safety net for our community and this is a message I continuously push when speaking to decision makers. Our aim is always to ensure decision makers understand the depth and breadth of impact that Carers have on the communities that they live in.

During National Carers Week (15th – 21st October), Carers SA is holding its second Carers Expo and like the event in 2022, which attracted over 400 Carers, there will be a huge amount of information available to those that attend. We are extremely proud of being able to stage this event again and are hoping for it to be more successful than last year. During National Carers Week there will also be events being held across the state that recognise Carers.

Our research tells us that being recognised as a Carer by family, friends, services providers and decision makers actually makes a difference to your wellbeing. This is one of the many reasons why National Carers Week exists, but it is also why Carers SA keeps educating the community about what you do every day.

Once again thank you and please remember you can connect with our team via Carer Gateway on 1800 422 737 to seek support.

**David Militz, CEO**

## National Carers Week Expo



We are excited to announce that the Carer Expo is back again this year for National Carers Week!

Join us at the Carer Expo which aims to support Carers by bringing together Government agencies, community organisations and service providers all under one roof to highlight the services available. It will provide information about available support services, respite options, healthcare resources, counselling services and more, all tailored to meet the needs of Carers.

### What's on ...?

- Mini massage sessions
- Special engraved bean planting area
- Book one-on-one chat with our team to access supports available for you
- Engaging workshops and presentations
- And more

This event provides an opportunity for Carers across South Australia to come together, gain information about important services and support, as well as offering the opportunity to network and connect with Carers SA staff, a variety of service providers, and other Carers in attendance.



**Tuesday 17 October 10am - 3pm**  
**The Lights Community and Sports Centre**

For more information and to register for the Expo visit our website:

[www.carerssa.com.au/events/carers-expo-2023/](http://www.carerssa.com.au/events/carers-expo-2023/)

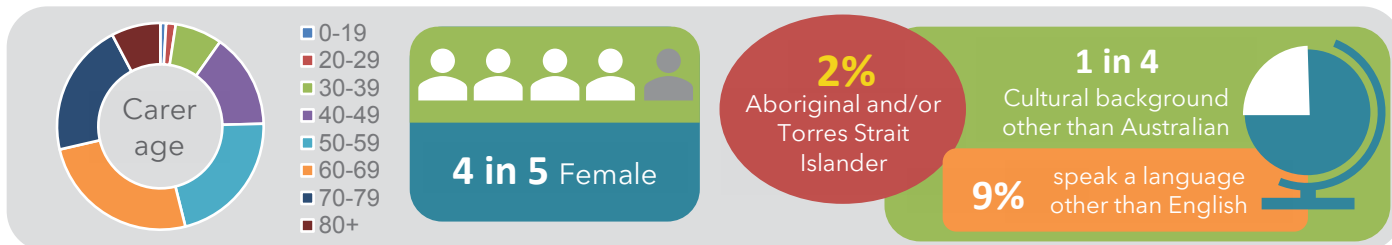


# National Carer Survey 2022 SA Highlights

The 2022 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.

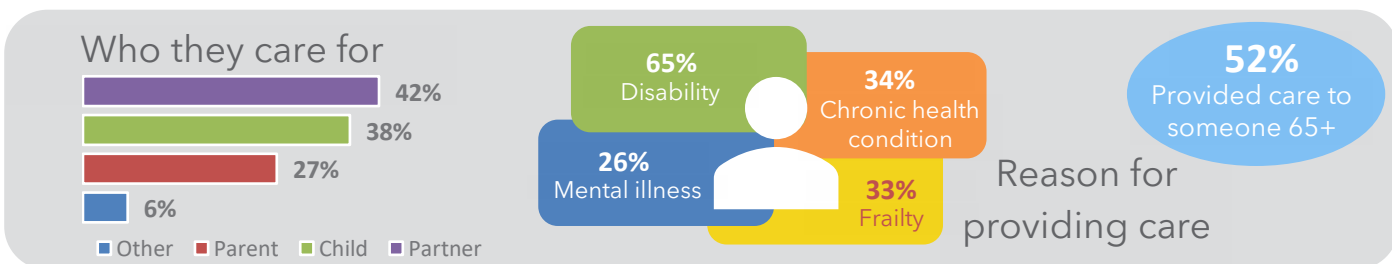
## About the Carers who responded

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.



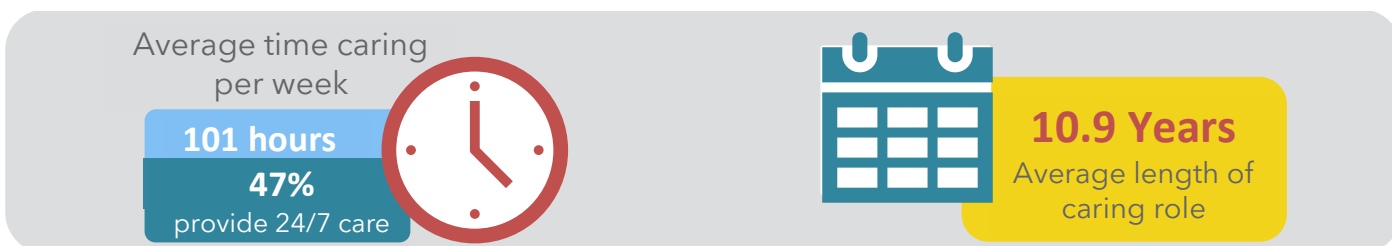
## About the people they care for

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.



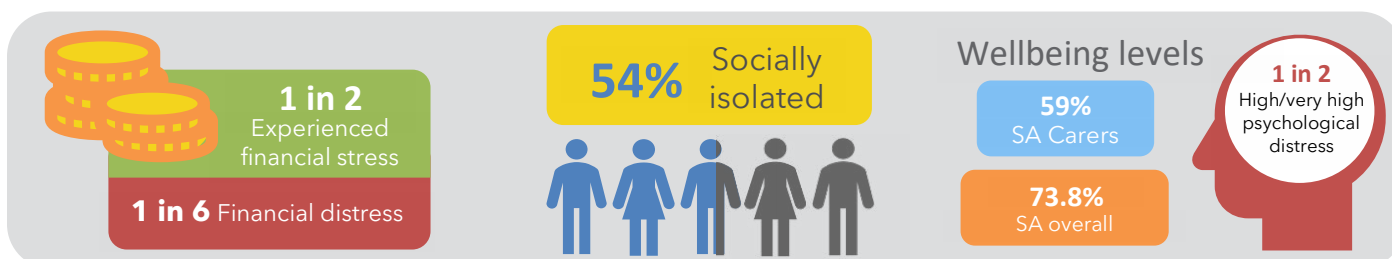
## About the caring experience

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.



## 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.





Mr David Miltz (Carers SA CEO), with Carer Lyn Woodforde and Christine King (CALHN Executive Director of Allied Health).

## CAHLN & Carers SA Partnership

Carers SA and Central Adelaide Local Health Network (CALHN) are excited to announce a joint collaboration with a focus on reaching unpaid Carers who visit and attend hospitals or other health services overseen by

CALHN either in their Carer capacity or as a consumer/patient themselves.

This partnership also extends to CALHN's 13k plus workforce, which not only helps staff and volunteers share information with Carers who they come into contact with about services available to them, but also serves as an awareness campaign to reach more Carers.

The collaboration between Carers SA and CALHN will see a range of information and brochures about services available to Carers in the health sector, visible through all CALHN sites such as on bedside monitors in all major hospitals and on tv displays as examples. This

ensures that information is readily available for Carers as well as CALHN staff who will be able to support Carers in referring to services available via Carers SA. Carers and consumers engaged with CALHN were pivotal in helping to create some of the new information now available in hospitals about Carers SA.

Nationally, there are almost 2.65 million Carers who provide 1.9 billion hours of care every year, saving the Australian Government up to \$77.9 billion annually. In South Australia this figure is close to 245,000 unpaid Carers, this includes 30,000 Young Carers aged between 7-25. A Carer is anyone supporting a family member or friend who is frail due to age, has a long term health condition, lives with disability, a drug or alcohol related issue, is experiencing mental illness or has an illness that is terminal.

Carers SA is a statewide organisation and the lead Carer Gateway provider on behalf of the Australian Government in this state. Carers SA also provides a range of other services for Carers including Carer Breaks and the Community Connections Program funded by the State Government – Department of Human Services, and continues to play a critical advocacy role, ensuring the voices of Carers are heard and represented.

## 3 Ways to Wellbeing



Life can get busy and overwhelming and sometimes it can be useful to take time to tune in to the here and now. Mindfulness can help to reduce stress and anxiety, improve concentration, and help to relax and regulate emotions. Here are some quick strategies to increase mindfulness and focus on the present.

### Focus on the 5 senses:

Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

### Focus on the breath:

Sit straight in a chair with your feet on the ground. Place your hands in a relaxed position and close your eyes. Focus on your breathing. Just pay attention to your breath. Try this for one minute (or longer if you wish) then open your eyes.

### Incidental Mindfulness:

You can choose any activity throughout the day to practice mindfulness. For example, mindfully brushing your teeth. Pay attention to the smell of the toothpaste, the feel of the brush in your hand and on your teeth, the sounds you can hear. You can try a mindful approach to many activities throughout the day such as walking, washing dishes, or eating.

Source: *Positive Psychology*, 2017

## Time for a Review?



Has it been more than 12 months since you've spoken to Carers SA? Has your caring role changed? Have your contact details changed?

It may be time for a Carer Star Review. The Carer Star is an assessment tool that allows us to work in collaboration with you, to create a plan that will most benefit your caring role.

**Call Carers SA today via the Carer Gateway on 1800 422 737 for a review and we can assess your current situation for new or different services.**



## Regional Events for National Carers Week

In addition to the annual Carer Expo, Carers SA is also hosting a range of events across South Australia. There will be a range of activities held to recognise and celebrate Carers.

**To find more about National Carers Week visit [carerssa.com.au](http://carerssa.com.au) or call 8291 5600**

## What's your Carer Story?



We invite you to submit a story about your caring role and your Carer journey.

Contributions can be anonymous if you wish and Carers can submit a photo if they are comfortable. If you are willing, we would love to hear from you!

**Please email your Carer experience (approx. 300 words) to [marketing@carerssa.com.au](mailto:marketing@carerssa.com.au)**

## Find a Service Near You



Carers SA is currently meeting with service providers across the State to identify what support exists locally that may be able to assist Carers in addition to what Carers SA offers.

Information about service providers who can assist Carers, will be added on 'AskIzzy', a web-based platform that allows for searches to be made on a range of topics which can be filtered by postcode or location.

**If you are interested in knowing more, 'AskIzzy' can be found at [www.carerssa.com.au/resources-advice/info-exchange/](http://www.carerssa.com.au/resources-advice/info-exchange/)**

## Carers Change of Circumstance



**If your caring role or circumstances change, please notify Carers SA via Carer Gateway on 1800 422 737 or email [info@carerssa.com.au](mailto:info@carerssa.com.au)**

This includes when the person you care for may move into aged care, other alternate accommodation, or if the person you are caring for has passed away. There are still supports available to Carers in these situations depending on the needs of the Carer. Additionally, if your contact details change, please be sure to let us know so that you can continue to receive important information.

## Sign up for Carers SA E-News



Sign up for Carers E-News so you can keep up with the latest news, events and more from Carers SA.

Send us your name and details to:

[marketing@carerssa.com.au](mailto:marketing@carerssa.com.au)