

3

SA Carer Card

Our Ask: Establishment of a dedicated South Australian Carer Card.

The Problem



Carers health and wellbeing can be impacted by their caring role, often paralleling the trajectory of the person they support.



Many Carers reduce work hours, step away from study or career progression, or absorb additional expenses (transport, equipment, daily living costs), resulting in long-term economic disadvantage and increased financial pressure.



Caring responsibilities create substantial time constraints and logistical demands, limiting Carers' access to community life, leisure, and everyday participation.



Current concession and benefits programs often focus on age, disability or income-tested criteria.



Carers feeling under-valued and unseen, can contribute to lower wellbeing, isolation, and reduced social or economic participation.

The Implication:

South Australia currently has no formal mechanism for recognition or identification of unpaid Carers. A Carer-specific card would provide tangible benefits while formally acknowledging Carers' contributions, strengthening their visibility, recognition and social inclusion.



Time to Care

1

Make Every Carer Count this Election

All Carers should:



Be recognised, respected and validated for the vital role they play in the community.



Be able to easily identify themselves as a Carer, ensuring they are acknowledged and involved in processes that have an impact on their caring role and the person they care for.

Approximately **245,000** SA Carers perform invaluable and unpaid caring roles in our communities.

As per 2024 National Carer Survey

42%

of SA Carers do not feel recognised.

50%

of SA Carers report low or very low wellbeing.

60%

of SA Carers are socially isolated.





The Solution

Carers SA calls for the establishment of a SA Carers Card that:

- Draws on the successful Victorian Carer Card model and the advocacy undertaken in Western Australia.
- Offers Carers cost-of-living concessions across transport, health-related parking, household utilities, leisure activities, and local government services.
- Provides access to a wide network of participating businesses across retail, hospitality, entertainment, leisure, and transport
- Is available to all Carers who meet the Carer Recognition Act definition of a “care relationship,” without age or income-based eligibility barriers.
- Builds partnerships with retail, food, transport, entertainment and Local Government sectors, leveraging private sector discounts rather than relying solely on government subsidy.

The Benefits will:

- Aid in reducing the “cost of caring” by providing everyday relief and promoting Carers’ participation in community life.
- Strengthen Carer wellbeing, reduce burnout, and help sustain caring arrangements.
- Provide visible public recognition of the role and value of Carers, helping normalise caring as a recognised and vital social contribution.

- Serve as a form of identification across health, disability, and aged-care systems, prompting services to consider Carers’ needs.
- Reinforce and elevate the roles of Carers as partners in care and decision-making about the person they care for (eg health treatment, funding needs, medical reviews, discharge planning).
- Offer structured access to concessions that help Carers stay connected, maintain wellbeing and participate fully in community life.
- Improve equity by ensuring Carers are not overlooked within the state’s concessions framework and by acknowledging the diversity of caring role.

Alignment with Legislative and Policy Frameworks

- The SA Carers Charter – *A Carer should be recognised and valued for their significant personal sacrifices, forgoing careers, social lives, education and financial security to care for others, which can impact their mental and physical wellbeing.*
- The SA Carers Charter – *A Carer should be provided with support that is timely, responsive, appropriate, respectful, culturally safe and accessible.*
- National Carer Strategy – 2024 - 2034 Priority Outcome Area 3 Objective – *Carers are empowered to have fulfilling lives while engaging in their caring role.*



**Make Every Carer
Count this Election**

