

Barossa Hills Fleurieu

Regional Service Area · Barossa, Adelaide Hills, Fleurieu and Kangaroo Island

24,686

Carers, one in seven people aged 15 and over, the highest rate in SA

1,256

Young Carers aged 15 to 24

3,773

First Nations people, 1.8% of residents

10,693

people born in a non-English-speaking country

Who lives here

Population (2024) **227,041**

Children under 15 **16.8%**

SA average 16.6%

Aged 65 and over **24.1%**

SA average 20.3%

Single parent families **20.7%**

SA average 22.6%

One in four residents is aged 65 and over, above the state average, across four distinct communities: the Barossa, the Adelaide Hills, the Fleurieu and Kangaroo Island.

First Nations and multicultural community

Aboriginal and Torres Strait Islander people **3,773**

Share of population **1.8%**

SA average 2.9%

Born in a non-English-speaking country **5.1%**

SA average 16.1%

Speak English not well or not at all **481**

One in twenty residents was born in a non-English-speaking country and 481 people speak little or no English. 3,773 residents are Aboriginal and Torres Strait Islander.

Carers in Barossa Hills Fleurieu

Carers aged 15 and over **24,686**

Share of everyone aged 15+ **14.1%**

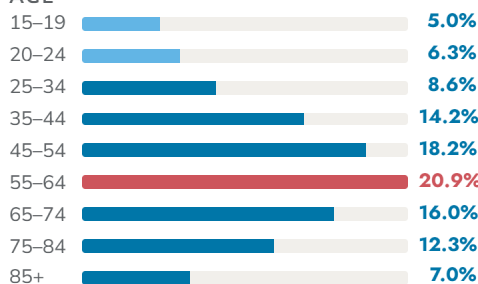
SA average 13.1%

Carers who are women **60.5%**

Young Carers 15–24 **1,256**

Provide unpaid child care **27.6%**

SHARE PROVIDING UNPAID CARE, BY AGE



The highest Carer rate in South Australia. Caring peaks between 55 and 64, when one in five people here is a Carer. The Census only counts Carers from age 15, so children in caring roles are additional to these numbers.

Support needs

Profound or severe disability **12,997**

As a share of all residents **6.5%**

SA average 6.9%

NDIS participants **7,123**

NDIS rate per 1,000 **31**

SA average 31

Long-term mental health condition **11.0%**

SA average 10.2%

NDIS participation sits at the state rate.

Community context

Live in the lowest 20% of areas for socio-economic advantage **2%**

ABS SEIFA 2021, lowest quintile

Low income renters in rental stress **31.5%**

Living in social housing **1.5%**

SA average 4.3%

Volunteers **22.0%**

SA average 17.0%

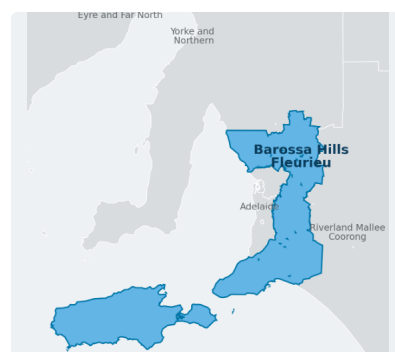
The least disadvantaged region in the state on SEIFA, yet almost one in three low income renters is in rental stress, the highest share in South Australia, and volunteering is well above the state average.

Local health services

- Gawler Health Service
- Mount Barker District Soldiers' Memorial Hospital
- Angaston District Hospital
- Tanunda War Memorial Hospital
- Kapunda Hospital
- Eudunda Hospital
- Mount Pleasant District Hospital
- Gumeracha District Soldiers' Memorial Hospital
- Strathalbyn and District Health Service
- Southern Fleurieu Health Service (Victor Harbor)
- Kangaroo Island Health Service
- Country Health Connect (Mount Barker, Gawler, Barossa, Victor Harbor, Kangaroo Island)

Barossa Hills Fleurieu Local Health Network services.

Where is Barossa Hills Fleurieu?



The Barossa Hills Fleurieu Local Health Network, shown in blue. Boundaries from ABS SA2 2021 areas and the SA Health locality file.

What this tells us

Barossa Hills Fleurieu has the highest Carer rate in South Australia and one in four residents aged 65 and over, spread across four distinct communities from the Barossa to Kangaroo Island. Support for Carers here needs to be local and face-to-face, connected to aged care, and reachable for Carers who live far from a town.

Barossa Hills Fleurieu: how we know this region

Our engagement footprint, what we hear and what we are doing

1,869 Carers received a Carers SA service in 2025-26

97% of Carers surveyed in 2025-26 were satisfied with Carers SA services

How we listen

- Carers SA runs collaborative provider workshops in the Barossa and Light, now in their fourth iteration, most recently in person at the Tanunda CWA Hall with around 14 providers including Headspace Gawler, Feros Care, ARAS, Nurse Next Door, Kapunda High School, the Town of Gawler and the Barossa Council. The Adelaide Hills and Murraylands workshop, also in its fourth iteration, brings together around 28 providers online.
- We take part in the Gawler and Districts Community Services Forum and the Adelaide Hills Community Services Forum at Mount Barker. Carers and Disability Link, a Carer Gateway partner, runs Carer peer groups at Gawler, Kapunda and Eudunda, Mount Pleasant, Nuriootpa, Springwood, Hillier and Tanunda. Carers SA runs groups at Aldgate, Woodside, Mount Barker, Strathalbyn, Goolwa, Port Elliot, Victor Harbor, Normanville, Mount Compass and Kingscote on Kangaroo Island, and Skylight Mental Health runs a mental health Carer group at Mount Barker.

In Carers' own words

The time given has been valuable. It has meant I can travel to see my family in the Northern Suburbs and go out with my friends for a catch up.

BAROSSA HILLS FLEURIEU CARER • SATISFACTION SURVEY, JUNE 2026

I have been very blessed by the help offered to me on behalf of my husband. I don't always know what we are eligible to ask for help with but when I have asked I have been very lovingly told all that I need to know.

BAROSSA HILLS FLEURIEU CARER • SATISFACTION SURVEY, AUGUST 2025

What we hear

Carers wait until crisis before seeking help

- A stoic community norm: Carers put off asking for help, and feel guilt, betrayal or that they are being a fraud when they do
- Waits for aged care package approval lead to fatigue, burnout and crisis
- Carers delay residential care until their own health fails, and Carers looking after more than one person are not eating or sleeping
- Older Carers ask what happens to the person they care for when they can no longer provide care

Carers are found by organisations, not by finding us themselves

- Headspace Gawler's daily multidisciplinary meetings identify Young Carers, and Feros Care Local Area Coordinators refer directly
- Kapunda High School sees Young Carers struggling with attendance and fatigue, and fearful of sharing because of child protection concerns
- Aged care navigators sit with Carers and make the calls together, because the aged care system is hard to start on your own
- Adelaide Hills Dementia runs a dementia Carers social support group and refers Carers to us

Respite and aged care are stretched

- Local My Aged Care providers are at capacity: services are funded but cannot be delivered
- Flexible respite waits at Mount Barker run to eight or nine months
- Short-term and emergency respite is needed across the region, and Carers ask how to arrange it

Telling the story once

- Carers are tired of repeating their story; organisational referral with document upload was identified as the fix

The number behind it

Barossa Hills Fleurieu has **24,686 Carers, 14.1% of everyone aged 15 and over**, the highest Carer rate in South Australia, and **54,772 people aged 65 and over**.

Myths, transport and male Carers

- The payment myth persists: 'Carer' is taken to mean only someone on Carer Payment
- Distance is a barrier in itself: Carers travel long distances to appointments and to groups, and Carers who do not drive have fewer options again
- Male Carers are under-connected, and Carers SA has created groups for them

What we are doing

Support for Carers here needs to be local and face-to-face, connected to aged care, and reachable for Carers who live far from a town. This is how we do that.

Local and face-to-face

- Carers and Disability Link delivers coaching and Carer peer groups locally, with several groups in Gawler and groups across the Barossa
- Carers SA runs groups across the Adelaide Hills, the Fleurieu and on Kangaroo Island
- Skylight Mental Health Carer group at Mount Barker
- Study and employment support for Carers through our Vocational Pathways program, with our vocational coach attending Barossa Regional University Campus
- Counselling provided from a panel of counselling providers across the region

Connected to aged care and health

- Carer screening in Adelaide's three metropolitan hospital networks identifies Carers from this region when the person they care for is treated in the city
- Practical help for Carers navigating My Aged Care, including help to start and follow up an assessment
- Summit Health's Care Finder program, the free aged care navigation service for older people without a support person, brings referrals across the region
- ARAS has committed to refer Carers earlier, and Kapunda High School to refer Young Carers at identification rather than crisis
- Nurse Next Door is including Carers SA in its client packs and embedding referral practice

Reachable from anywhere

- Support in person, by phone or video, so distance does not change the support a Carer receives
- Emergency respite available 24 hours a day, seven days a week
- Interpreting through TIS National in over 150 languages
- Carers SA staff are based locally and travel across the region, and Carers can reach us on 1800 422 737 or online at any time