

52,089

Carers, one in eight people aged 15 and over

3,005

Young Carers aged 15 to 24

7,499

First Nations people, 1.6% of residents

118,639

people born in a non-English-speaking country, the most in SA

Who lives here

Population (2024) **507,218**Children under 15 **14.4%**

SA average 16.6%

Aged 65 and over **19.5%**

SA average 20.3%

Single parent families **18.9%**

SA average 22.6%

The state's most populous region, with fewer children and young families than the state average and the highest share of people aged 85 and over in metropolitan Adelaide.



First Nations and multicultural community

Aboriginal people **7,499**Share of population **1.6%**

SA average 2.9%

Born in a non-English-speaking country **24.9%**

SA average 16.1%

Speak English not well or not at all **15,637**

One in four residents was born in a non-English-speaking country, the highest share of any region in the state, and 15,637 people speak little or no English. Support in language matters here.

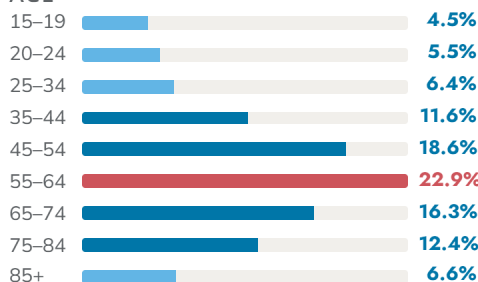
Carers in Central Adelaide

Carers aged 15 and over **52,089**Share of everyone aged 15+ **12.8%**

SA average 13.1%

Carers who are women **59.5%**Young Carers 15–24 **3,005**Provide unpaid child care **24.7%**

SHARE PROVIDING UNPAID CARE, BY AGE



Caring peaks between 55 and 64, when nearly one in four people here is a Carer, and stays high into older age. The Census only counts Carers from age 15, so children in caring roles are additional to these numbers.

Support needs

Profound or severe disability **29,930**As a share of all residents **6.5%**

SA average 6.9%

NDIS participants **12,176**NDIS rate per 1,000 **24**

SA average 31

Long-term mental health condition **9.0%**

SA average 10.2%

The lowest NDIS participation rate in South Australia.

Community context

Live in the lowest 20% of areas for socio-economic advantage **7%**

ABS SEIFA 2021, lowest quintile

Low income renters in rental stress **25.1%**Living in social housing **4.3%**

SA average 4.3%

Volunteers **16.3%**

SA average 17.0%

The least disadvantaged region in the state overall, with pockets of disadvantage in the north west. Almost one in ten households has no car.



Local health services

- Royal Adelaide Hospital
- The Queen Elizabeth Hospital
- Women's and Children's Hospital
- Hampstead Rehabilitation Centre
- Mental Health Services
- Child and Family Health Service (CaFHS)
- Child and Adolescent Mental Health Service (CAMHS)
- Private hospitals including Calvary Adelaide, Calvary North Adelaide, St Andrew's, Ashford, Burnside War Memorial, The Memorial and Western Hospital

Central Adelaide and Women's and Children's Health Network services, and private hospitals in the region.



Where is Central Adelaide?



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

What this tells us

Central Adelaide is the state's most populous and most culturally diverse region, with one in four residents born in a non-English-speaking country and the largest older population in South Australia. Support for Carers here needs to be available in language, connected to hospitals and aged care, and easy to reach for Carers who are also working.

Central Adelaide: how we know this region

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

2,567 Carers received a Carers SA service in 2025-26

95% of Carers surveyed in 2025-26 were satisfied with Carers SA services

How we listen

- Carers SA runs collaborative provider workshops for the western and central suburbs, online and in person, now in their sixth iteration. The most recent brought together around 18 providers, including the Royal Adelaide Hospital mental health unit, Central Older Persons Mental Health, Resthaven, Cara, UCWB and eighty9.
- Our head office is at Seaton, in the west of the region. Carers SA runs Carer peer groups across the city, eastern and western suburbs, Skylight Mental Health runs groups for Carers of people with mental illness, and the Australian Refugee Association, a Carer Gateway partner, works from its western office.

In Carers' own words

As someone who has been a carer for many years I wish I knew about Carers SA a long time ago. I have only discovered them in the last 12 months, the support I have received has been so beneficial, and I finally feel like I have some support for myself.

CENTRAL ADELAIDE CARER · SATISFACTION SURVEY, MAY 2026

Carers SA were a god send. The transport assistance to take my dad to appointments really helped as on these days I have to miss work. The domestic assistance I received was so helpful and very much gave me more quality time to spend with my daughter.

CENTRAL ADELAIDE CARER · SATISFACTION SURVEY, APRIL 2026

What we hear

Referral pathways find Carers that forms do not

- Hospital and mental health services identify Carers at triage and on the wards, where a form would not
- Psychosocial assessment finds Carers who appear nowhere in the medical record
- Aged care providers ask about Carer status when a client starts
- Active referral with consent works in this region where self-referral does not

Carers put off hospital until they cannot

- Providers see Carers avoiding hospital when they themselves need care
- Carers delay their own care until it becomes urgent

When a package changes, the Carer fills the gap

- When an NDIS or aged care package is reviewed or changed, respite and practical support stop and the Carer is left to fill the gap
- Providers refer Carers to Carer Gateway to hold the gap while a package is resolved
- With the state's lowest NDIS participation, much of the care here sits outside any package at all

The number behind it

Central Adelaide has the state's lowest NDIS participation: **12,176 participants, 24 per 1,000 people**, against 31 for South Australia. But it has the most older people with a profound or severe disability, **19,158**. Much of the care here sits outside the NDIS.

What Carers ask for

- Carers who work ask for support outside business hours, in language, and close to home
- Carers ask for help to study and to find work
- Carers ask how to arrange respite, including centre-based and overnight respite across metropolitan Adelaide
- Carers who are also working carry financial pressure alongside caring, and reach burnout when capacity runs out
- Young Carers are rarely identified at school or by health services

What we are doing

Support for Carers here needs to be available in language, connected to hospitals and aged care, and easy to reach for Carers who are also working. This is how we do that.

Available in language

- Vietnamese Carer peer group at Cheltenham, run by Carers SA
- The Australian Refugee Association, a Carer Gateway partner, works with Carers from its western office
- Multicultural Communities Council of SA, Chinese Welfare Services, German Community Services and Jewish Community Services partner with us across metropolitan Adelaide
- Interpreting through TIS National in over 150 languages

Connected to hospitals and aged care

- Carer screening embedded in Local Health Network clinical intake through Partnering with Carers in Health
- Psychosocial and clinical assessment in hospital, rehabilitation and mental health settings identifies Carers who are not recorded anywhere else
- Collaborative provider workshops with hospital, mental health and aged care services, now in their sixth iteration
- Counselling from our own counsellors and a panel of 28 counselling providers across metropolitan Adelaide
- Coaching, respite and Tailored Support Packages, and emergency respite 24 hours a day, seven days a week

Easy to reach

- Carer peer groups across the city, eastern and western suburbs, including evening groups for Carers who work and a male Carers group in the city
- Five online Carer peer groups, including evening and neurodiverse groups
- Skylight Mental Health runs Carer peer groups for Carers of people with mental illness at Semaphore Park, Findon, Mile End, Unley and Fullarton
- Study and employment support for Carers through our Vocational Pathways program
- Young Carer supports delivered across the region, including peer connection and help to stay at school or in study
- Carers can reach us on 1800 422 737 or online at any time