

6,790

Carers, one in eight people aged 15 and over

400

Young Carers aged 15 to 24

1,976

First Nations people, 2.9% of residents

4,319

people born in a non-English-speaking country

Who lives here

Population (2024) **69,336**Children under 15 **16.8%**
SA average 16.6%Aged 65 and over **22.8%**
SA average 20.3%Single parent families **23.2%**
SA average 22.6%

Regional centres and farming communities, with more than one in five residents aged 65 and over.

First Nations and multicultural community

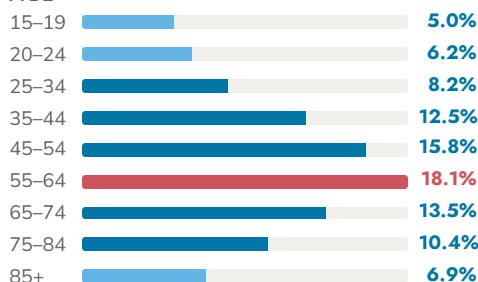
Aboriginal and Torres Strait Islander people **1,976**Share of population **2.9%**
SA average 2.9%Born in a non-English-speaking country **6.5%**
SA average 16.1%Speak English not well or not at all **715**

Aboriginal and Torres Strait Islander people make up 2.9% of residents, the state average, and 4,319 residents were born in a non-English-speaking country, with 715 people speaking little or no English.

Carers in Limestone Coast

Carers aged 15 and over **6,790**Share of everyone aged 15+ **12.3%**
SA average 13.1%Carers who are women **59.9%**Young Carers 15–24 **400**Provide unpaid child care **25.6%**

SHARE PROVIDING UNPAID CARE, BY AGE



Caring peaks between 55 and 64, when almost one in five people here is a Carer, and one in twenty teenagers already cares for someone. The Census only counts Carers from age 15, so children in caring roles are additional to these numbers.

Support needs

Profound or severe disability **4,020**As a share of all residents **6.4%**
SA average 6.9%NDIS participants **1,774**NDIS rate per 1,000 **26**
SA average 31Long-term mental health condition **9.7%**
SA average 10.2%

NDIS participation and long-term mental health conditions are below the state rate; one in five residents is aged 65 and over.

Community context

Live in the lowest 20% of areas for socio-economic advantage **52%**
ABS SEIFA 2021, lowest quintileLow income renters in rental stress **23.6%**Living in social housing **3.9%**
SA average 4.3%Volunteers **21.8%**
SA average 17.0%

More than half of residents live in areas in the most disadvantaged fifth nationally, with Millicent the most disadvantaged area, but volunteering is well above the state average.

Local health services

- Mount Gambier and District Health Service
- Millicent and Districts Hospital and Health Service
- Naracoorte Health Service
- Bordertown Memorial Hospital
- Kingston Multi-Purpose Service
- Penola Multi-Purpose Service
- Keith and District Healthcare
- Country Health Connect

Limestone Coast Local Health Network services.

Where is Limestone Coast?



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

What this tells us

The Limestone Coast is a region of regional centres and farming communities, where more than half of residents live in areas of high disadvantage and one in five is aged 65 and over. Support for Carers here needs to be delivered through local partners, reachable by phone and online, and connected to the region's health services.

563 Carers received a Carers SA service in 2025-26

94% of Carers surveyed in 2025-26 were satisfied with Carers SA services

How we listen

- Carers SA's Limestone Coast office is at Mount Gambier, shared with Skylight Mental Health, a Carer Gateway partner whose Country Wellness Connections program covers the region. KWY Aboriginal Corporation also works from Mount Gambier, alongside our Aboriginal Community Team.
- Carers SA staff are based in Mount Gambier and travel across the region. We run Carer peer groups at Mount Gambier, Millicent, Naracoorte and Bordertown, including a male Carer group at Mount Gambier, and we have held Carer forums in the region.

In Carers' own words

The assistance from Carers SA has enabled me to attend medical appointments in the city with confidence in the homely and caring respite provided for my frail, elderly relative.

LIMESTONE COAST CARER · SATISFACTION SURVEY, MARCH 2026

I was very glad that I called as I have now received help with Carers Respite. The staff that I spoke with were very supportive and helpful. I felt much better after my call. Thank you.

LIMESTONE COAST CARER · SATISFACTION SURVEY, MAY 2026

What we hear

Carers are identified late, and distance shapes everything

- Country Carers travel to Adelaide for treatment, so Carers here are often found late
- Support has to travel to Carers, not the other way round
- Carers did not know what was available, which is why we built Carers SA Pathfinder, a directory connecting Carers to the right supports

Isolation, respite and male Carers

- Isolated Carers are reached through peer support, and male Carers were a named gap in the 2024 Impact Evaluation
- Respite is hard to find, and advocacy to My Aged Care has brought dementia-specific respite retreats into planning supports
- One in five residents is aged 65 and over, and Carers ask how to arrange respite close to home

The number behind it

52% of Limestone Coast residents live in areas in the most disadvantaged fifth nationally, against 25% for South Australia, and 15,805 people are aged 65 and over.

Drawn from six years of Carer Gateway delivery across country South Australia, the 2024 Impact Evaluation, and our Carer forums in this region.

What we are doing

Support for Carers here needs to be delivered through local partners, reachable by phone and online, and connected to the region's health services. This is how we do that.

Delivered through local partners

- Carers SA runs Carer peer groups at Mount Gambier, Millicent, Naracoorte and Bordertown, including a male Carer group at Mount Gambier
- Locally based staff and partners deliver coaching and peer groups in person, with group and coaching visits to the same town scheduled together
- KWY Aboriginal Corporation and our Aboriginal Community Team provide culturally safe support, and can take Carers through intake and assessment where preferred
- A regional provider network delivers respite, help at home and other practical supports close to where Carers live

Reachable by phone and online

- No wrong door: Carers reach us by the 1800 number, online, in person or through a referral, and are supported through the channel they choose
- Support in person, by phone or video, so distance does not change the support a Carer receives
- Emergency respite coordinated 24 hours a day through the 1800 number, with replacement care arranged through local providers
- Interpreting through TIS National in over 150 languages

Connected to health services

- 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
- Counselling through a panel of counselling providers across the region
- Information, advice and referral at any contact, whether or not a Carer registers, using Carers SA Pathfinder
- After an emergency, we follow up with the Carer to review needs and put preventative supports in place