

Riverland Mallee Coorong

Regional Service Area · Murray Bridge, the Riverland and Mallee

7,868

Carers, one in eight people aged 15 and over

460

Young Carers aged 15 to 24

3,815

First Nations people, 5.2% of residents

4,930

people born in a non-English-speaking country

Who lives here

Population (2024)	74,432
Children under 15 SA average 16.6%	15.6%
Aged 65 and over SA average 20.3%	25.7%
Single parent families SA average 22.6%	27.2%

Older river and Mallee communities: one in four residents is aged 65 and over, well above the state average, and more than one in four families with children is a single parent family.

First Nations and multicultural community

Aboriginal and Torres Strait Islander people	3,815
Share of population SA average 2.9%	5.2%
Born in a non-English-speaking country SA average 16.1%	6.9%
Speak English not well or not at all	795

Aboriginal and Torres Strait Islander people make up 5.2% of residents, well above the state average, and 4,930 residents were born in a non-English-speaking country, with 795 people speaking little or no English.

Carers in Riverland Mallee Coorong

Carers aged 15 and over	7,868	SHARE PROVIDING UNPAID CARE, BY AGE
Share of everyone aged 15+ SA average 13.1%	13.2%	15-19 5.7%
Carers who are women	59.4%	20-24 7.0%
Young Carers 15-24	460	25-34 9.6%
Provide unpaid child care	22.7%	35-44 13.4%
		45-54 16.6%
		55-64 18.7%
		65-74 14.1%
		75-84 11.4%
		85+ 6.5%

Caring peaks between 55 and 64, when almost one in five people here is a Carer, and it starts young: nearly one in seventeen 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	5,509
As a share of all residents SA average 6.9%	8.3%
NDIS participants	2,350
NDIS rate per 1,000 SA average 31	32
Long-term mental health condition SA average 10.2%	11.0%

The second highest share of residents with a profound or severe disability in the state.

Community context

Live in the lowest 20% of areas for socio-economic advantage ABS SEIFA 2021, lowest quintile	73%
Low income renters in rental stress	27.2%
Living in social housing SA average 4.3%	4.2%
Volunteers SA average 17.0%	20.2%

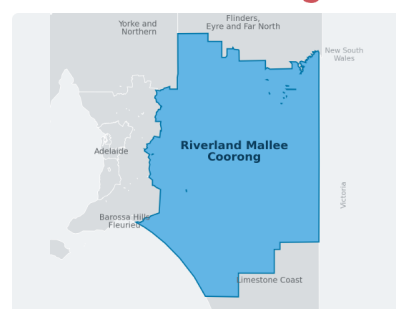
Nearly three in four residents live in areas in the most disadvantaged fifth nationally, with Berri the most disadvantaged area in the region.

Local health services

- Riverland General Hospital (Berri)
- Murray Bridge Soldiers' Memorial Hospital
- Loxton Hospital Complex
- Renmark Paringa District Hospital
- Barmera Health Service
- Waikerie Health Service
- Mannum District Hospital
- Meningie and Districts Memorial Hospital and Health Services
- Tailem Bend District Hospital
- Karoonda and District Soldiers' Memorial Hospital
- Lamerook District Health Service
- Pinnaroo Soldiers' Memorial Hospital
- Country Health Connect

Riverland Mallee Coorong Local Health Network services.

Where is Riverland Mallee Coorong?



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

What this tells us

Riverland Mallee Coorong has older river and Mallee communities, above-average rates of disability and long-term health conditions, and nearly three in four residents living in areas of high disadvantage. Support for Carers here needs to be connected to aged care and disability services, and delivered through local networks and partners.

664 Carers received a Carers SA service in 2025-26

96% of Carers surveyed in 2025-26 were satisfied with Carers SA services

How we listen

- Carers SA runs the Adelaide Hills and Murraylands collaborative provider workshop, now in its fourth iteration, which brings together around 28 providers online, including Aminya at Mannum, The Common Unknowns at Murray Bridge, the Aged Care Navigator service, Resthaven and Catalyst Foundation. We also attend the monthly Murraylands Community Services Networking Meeting, held online.
- Carers SA's Riverland office is at Berri, where KWT Aboriginal Corporation also runs its Stronger Safer Family Hub and referral services. Carers SA runs Carer peer groups across the Riverland and Murraylands, and Skylight Mental Health, a Carer Gateway partner, works from Murray Bridge with its Country Wellness Connections program covering the Murraylands.

In Carers' own words

Carers SA have amazing, non judgemental staff that really do listen, offer quality advice and care for the wellbeing of carers. I'm so thankful for their help.

RIVERLAND MALLEE COORONG CARER · SATISFACTION SURVEY, JANUARY 2026

I am always impressed with the advice and support I receive from Carers SA and this was no exception, very helpful and enabled me to fill out my Emergency Plan.

RIVERLAND MALLEE COORONG CARER · SATISFACTION SURVEY

What we hear

Carers do not see themselves as Carers

- At Aminya in Mannum, spouses of residents do not see themselves as Carers, and husbands lean on the lifestyle team for emotional support
- Barriers include cultural expectations, difficulty putting the caring role into words, and confusion between paid and unpaid caring
- Guilt, a sense of betrayal and feeling like a fraud stop Carers asking for help

The number behind it

8.3% of residents here have a profound or severe disability, against 6.9% for South Australia, and **19,118 people are aged 65 and over**, one in four residents.

Aged care and the paperwork of caring

- My Aged Care CHSP providers are thin across the region
- Aged care financial hardship is real, and providers point Carers to the SA462 claim form
- Carers delay residential care until their own health fails, and Carers of more than one person are not eating or sleeping
- Carers need help with the paperwork of caring, including wills, advance care directives, Medicare and MyGov, and free form help is available at Murray Bridge
- Aged care navigators sit with Carers and make the calls together, because the aged care system is hard to start on your own
- Navigating the Way offers NDIS and My Aged Care advocacy alongside its developmental educator service

What we are doing

Support for Carers here needs to be connected to aged care and disability services, and delivered through local networks and partners. This is how we do that.

Connected to aged care, disability and local partners

- 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
- Collaborative provider workshops with aged care, disability and community services
- Skylight Mental Health at Murray Bridge, with Country Wellness Connections across the Murraylands
- KWT Aboriginal Corporation's Stronger Safer Family Hub and referral services at Berri, alongside our Aboriginal Community Team

Our services, delivered locally

- Carer peer groups at Berri, Loxton, Renmark, Mannum, Murray Bridge and Tailem Bend, including parent Carer groups and a male Carer group, with a second Murray Bridge group planned
- All age Young Carer peer groups run from our Riverland offices
- Coaching that helps Carers plan ahead and work through aged care and disability paperwork
- Counselling through a panel of counselling providers across the region
- Practical help at home, a break from caring and everyday costs met through a package built around each Carer's assessed need
- Emergency respite coordinated 24 hours a day through the 1800 number, with replacement care arranged through local providers
- Staff based at our Riverland office in Berri travel to towns across the region, with peer group and coaching visits to the same town scheduled together so one trip does both
- Phone and video for every Carer, so distance does not change the support a Carer receives, and interpreting through TIS National in over 150 languages