

42,072

Carers, the highest Carer rate in metropolitan Adelaide

2,345

Young Carers aged 15 to 24

6,488

First Nations people, 1.7% of residents

46,169

people born in a non-English-speaking country

Who lives here

Population (2024) **392,131**Children under 15 **16.5%**
SA average 16.6%Aged 65 and over **20.8%**
SA average 20.3%Single parent families **22.2%**
SA average 22.6%

Close to the state average on age and family type, with one in five residents aged 65 and over and large ageing communities along the southern coast.

First Nations and multicultural community

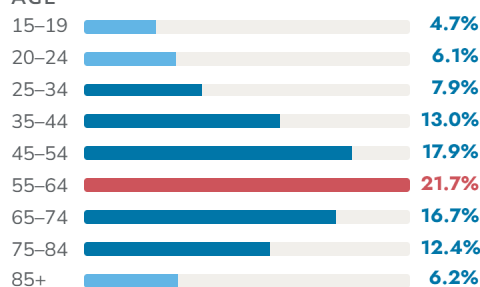
Aboriginal and Torres Strait Islander people **6,488**Share of population **1.7%**
SA average 2.9%Born in a non-English-speaking country **12.3%**
SA average 16.1%Speak English not well or not at all **3,752**

Fewer residents were born in a non-English-speaking country than the state average, though 3,752 people speak little or no English and 6,488 people are Aboriginal and Torres Strait Islander.

Carers in Southern Adelaide

Carers aged 15 and over **42,072**Share of everyone aged 15+ **13.5%**
SA average 13.1%Carers who are women **60.3%**Young Carers 15–24 **2,345**Provide unpaid child care **28.6%**

SHARE PROVIDING UNPAID CARE, BY AGE



The highest Carer rate in metropolitan Adelaide. Caring peaks between 55 and 64, when more than 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 **24,224**As a share of all residents **6.7%**
SA average 6.9%NDIS participants **12,747**NDIS rate per 1,000 **33**
SA average 31Long-term mental health condition **10.8%**
SA average 10.2%

NDIS participation is slightly above the state rate.

Community context

Live in the lowest 20% of areas for socio-economic advantage **10%**
ABS SEIFA 2021, lowest quintileLow income renters in rental stress **28.5%**Living in social housing **3.5%**
SA average 4.3%Volunteers **16.9%**
SA average 17.0%

Close to the state average on most measures, with more low income renters in rental stress than the state as a whole and pockets of disadvantage around Hackham West and Huntfield Heights.

Local health services

- Flinders Medical Centre
- Noarlunga Hospital
- Repat Health Precinct
- Mental Health Services
- Intermediate Care Services
- Aboriginal Family Clinics
- GP Plus Health Care Centres (Aldinga, Marion)
- GP Plus Super Clinic (Noarlunga)

Southern Adelaide Local Health Network services.

Where is Southern Adelaide?



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

What this tells us

Southern Adelaide has the highest Carer rate in metropolitan Adelaide, one in five residents aged 65 and over, and more low income renters under rental stress than the state average. Support for Carers here needs to be connected to hospitals and aged care, and easy to reach across the outer south.

Southern Adelaide: how we know this region

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

2,684 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 for Southern Adelaide, online and in person, now in their fourth iteration. The most recent brought together around 24 providers, including SALHN, Uniting Communities, SA Care, Mission Australia, Cancer Council, Carer and Community SA, the City of Marion and the City of Onkaparinga.
- Carers SA runs Carer peer groups across the south. Multicultural Communities Council of SA, Chinese Welfare Services, German Community Services and Jewish Community Services partner with us across metropolitan Adelaide.

In Carers' own words

I have contacted Carers SA several times and have asked for respite assistance a few times. Each time the staff member who spoke to me was highly professional, empathetic and ensured that I was aware of the services available to me.

SOUTHERN ADELAIDE CARER · SATISFACTION SURVEY, OCTOBER 2025

The service has been truly compassionate and friendly, there always seems to be a kind voice ready to listen. I have to say that the staff I've been in contact with are some of the most wonderful humans I've ever met.

SOUTHERN ADELAIDE CARER · SATISFACTION SURVEY, AUGUST 2025

What we hear

Carers are found by organisations, not by finding us themselves

- Uniting Communities' intake form asks 'are you a Carer?', and joint registration removes barriers
- Mission Australia sees Carers overwhelmed by information, and uses posters as visual prompts

Respite from other services

- SA Care offers in-home and overnight respite and CHSP domestic assistance
- The City of Onkaparinga runs one-to-one, group and centre-based Carer respite and two Men's Social Groups
- Uniting Communities' Community Connections runs for 12 weeks for people not eligible for the NDIS or My Aged Care

Other support alongside ours

- Cancer Council's 13 11 20 line offers three free counselling sessions for the person and their Carer, bereavement support and the Carer Connect peer phone program
- The City of Marion's CALD Southern Network, Multicultural Women's Group and Memory Loss and Carers group
- SA Care includes the Carers SA brochure in its onboarding and has asked for a short quarterly video for its intake team
- Flinders University is exploring social prescribing with us, so GPs can link Carers to community support

The number behind it

Southern Adelaide has **42,072 Carers**, **13.5% of everyone aged 15 and over**, the highest rate in metropolitan Adelaide, and **81,518 people aged 65 and over**.

What we are doing

Support for Carers here needs to be connected to hospitals and aged care, and easy to reach across the outer south. This is how we do that.

Connected to hospitals and aged care

- Carer screening embedded in SALHN inpatient, outpatient and allied health services through Partnering with Carers
- Carer screening at SALHN also identifies Carers who travel in from country South Australia when the person they care for is treated here
- A referral pathway from SALHN to Carers SA, with the Carers Recognition Act and National Carer Strategy embedded in hospital policies
- Training, resources and campaigns for hospital staff
- Counselling from our own counsellors and a panel of 28 counselling providers across metropolitan Adelaide

Easy to reach

- 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
- Carer peer groups across the south, including evening groups for Carers who work and parent Carer groups, with a new group planned for Aberfoyle Park and Happy Valley where Carers currently have none within reach
- Young Carer supports across the south, including Young Carer peer groups, assessment in schools and one-to-one coaching
- Support in person across the south, by phone or video for Carers who cannot get out, with interpreters in over 150 languages
- Emergency respite available 24 hours a day, seven days a week
- We go where Carers already are, from community expos with the Multicultural Communities Council of SA to Harmony Week with the City of Marion, and through partners such as Skylight at Christies Beach and the Australian Refugee Association at Mitchell Park