COMMUNITY PROFILE · 2026

Northern Adelaide

Metropolitan Service Area · Playford, Salisbury, Tea Tree Gully, Gawler and surrounds

Carers SA

42,933 Carers, one in eight people aged 15 and over

2,989 Young Carers aged 15 to 24

12,947 First Nations people, the largest of any region in SA

94,201 people born in a non-English-speaking country

Who lives here

Population (2024)	**442,493**
Children under 15 SA average 16.6%	**19.1%**
Aged 65 and over SA average 20.3%	**15.8%**
Single parent families SA average 22.6%	**25.3%**

The youngest region in metropolitan Adelaide, with more children and young families than anywhere else in the state.

First Nations and multicultural community

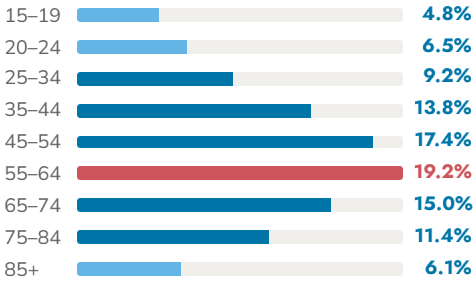
Aboriginal and Torres Strait Islander people	**12,947**
Share of population SA average 2.9%	**3.1%**
Born in a non-English-speaking country SA average 16.1%	**22.5%**
Speak English not well or not at all	**15,969**

More First Nations people than any other region in South Australia, nearly one in four of the state's Aboriginal and Torres Strait Islander population, and the largest number of people with limited English. Support in language matters here.

Carers in Northern Adelaide

Carers aged 15 and over	**42,933**
Share of everyone aged 15+ SA average 13.1%	**12.8%**
Carers who are women	**59.8%**
Young Carers 15–24	**2,989**
Provide unpaid child care	**28.0%**

SHARE PROVIDING UNPAID CARE, BY AGE



Caring peaks between 55 and 64, but it starts young: nearly one in twenty teenagers here 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	**29,770**
As a share of all residents SA average 6.9%	**7.4%**
NDIS participants	**17,781**
NDIS rate per 1,000 SA average 31	**40**
Long-term mental health condition SA average 10.2%	**10.7%**

The highest NDIS participation rate in South Australia.

Community context

Live in the lowest 20% of areas for socio-economic advantage ABS SEIFA 2021, lowest quintile	**43%**
Low income renters in rental stress	**28.3%**
Living in social housing SA average 4.3%	**5.1%**
Volunteers SA average 17.0%	**11.8%**

Many Carers here support someone on a low income, in rental housing, with fewer informal community supports around them than elsewhere in the state.

Local health services

- Lyell McEwin Hospital
- Modbury Hospital
- Northern Mental Health Services
- GP Plus Health Care Centres at Elizabeth, Modbury and Gilles Plains
- Watto Purrunna Aboriginal Primary Health Care Service
- Calvary Central Districts Hospital, Elizabeth Vale

Northern Adelaide Local Health Network services.

Where is Northern Adelaide?



The Northern Adelaide Local Health Network, shown in blue. Boundaries from SA Health, 2019.

What this tells us

Northern Adelaide combines the state's largest First Nations community, its greatest need for in-language support and its highest NDIS participation, alongside significant socio-economic disadvantage. Support for Carers here needs to be free or low cost, easy to reach, available in language, and well connected to disability and family services.

Sources: ABS Census of Population and Housing 2021 (unpaid care, disability, birthplace, language, families, housing); PHIDU Social Health Atlas of Australia, June 2026 release (NDIS December 2024, income support June 2025, population ERP 2024); ABS SEIFA 2021; SA Health, Northern Adelaide Local Health Network services. Region is the Northern Adelaide Local Health Network boundary. SA average figures are for South Australia as a whole.

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Northern Adelaide: how we know this region

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

2,949 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 provider workshops in Northern Adelaide, in person at Salisbury Community Hub and online, now in their third iteration. Participants have included Feros Care, Anglicare SA, Baptist Care, Ability Action, Healthcare Australia, SA Housing, Australian Refugee Association, Centacare, Leukaemia Foundation, Open Arms, Northern Volunteering, DHS, Believe Housing and Hampstead Rehabilitation Centre.

We sit on the Northern Alliance Network, run monthly to bi-monthly drop-in sessions at Salisbury, and held an Aboriginal Yarning Session at Marra Dreaming, Salisbury.

In Carers' own words

> *Carers SA have been a game changer for me. I am single handedly navigating three government departments in my Caregiving role and the services provided have given me some hope on some very dark days.*
>
> **NORTHERN ADELAIDE CARER · SATISFACTION SURVEY, FEBRUARY 2026**

> *You have not only provided me with practical tools and support, but you have truly made me feel seen, heard, and recognised as a person.*
>
> **NORTHERN ADELAIDE CARER · SATISFACTION SURVEY, APRIL 2026**

What we hear

Carers are found by organisations, not by finding us themselves

- Hampstead Rehabilitation Centre's psychosocial assessments surface Carers the medical record misses
- Believe Housing identifies Carers at the first home visit, and Open Arms refers veterans' Carers
- Council inclusion teams enable soft referrals
- Active organisational referral, with consent, works where self-referral does not

People do not use the word Carer

- Stigma around the word Carer, and confusion between paid and unpaid caring
- Information is needed in other languages, and printed material is not reaching the places Carers go
- Some Carers have been wrongly told DVA support makes them ineligible for Carer Gateway

NDIS system issues

- NDIS respite is frequently not funded
- Guardianship and administration, including navigating SACAT, is a distinct and growing load
- High provider staff turnover means constant re-education about what Carer Gateway offers
- Research finds Aboriginal, culturally diverse and psychosocial participants most often leave supports unused. Where a plan goes unused, a Carer does the care

Isolation and getting there

- Getting to and from the bus stop is the hard part: inaccessible stops and long walks cut people off
- Isolation is raised particularly for Carers of people with neurodiversity
- Parents of children with ADHD are asking for a peer group of their own

The things there is neither money nor time to fix

- Hoarding in the home: Carers have neither the funds nor the time, and local services are hard to find
- Tailored Support Packages are often the practical answer

The number behind it

Northern Adelaide has the state's highest NDIS participation: **17,781 participants, 40 per 1,000 people**, against 31 for South Australia.

What we are doing

Support for Carers here needs to be free or low cost, easy to reach, available in language, and well connected to disability and family services. This is how we do that.

Easy to reach

- Aboriginal Yarning Sessions at Marra Dreaming, Salisbury
- Coaching and peer support delivered locally by Carers SA staff
- Young Carer Worker visiting Headspace Edinburgh North
- Monthly to bi-monthly drop-in sessions at Salisbury
- Skylight Mental Health Carer peer groups at Elizabeth and Greenacres

Available in language

- The Australian Refugee Association delivers Carer Gateway supports in Northern Adelaide from July 2026
- Interpreting through TIS National in over 150 languages
- Drop-in sessions the Australian Refugee Association reports have increased connection with multicultural Carers

Well connected to services

- Carer screening in Local Health Network intake, through Partnering with Carers in Health
- Carers SA information carried by Feros Care Local Area Coordinators
- Practical help for Carers navigating guardianship, administration and SACAT
- MyTime collaboration with Feros Care