

Carers

are people who provide ongoing, unpaid support to relatives or friends who need help with **everyday aspects** of life because of their disability, chronic illness, mental illness, dementia, drug or alcohol dependency, or ageing.

NSW CARERS FACTS

854,300 carers

approximately
1 in 10 people in NSW

WHO IS A CARER?



Females make up the majority of carers

57.9%

ALL CARERS

1 in 8

Aboriginal people in NSW are carers

The rate of caring within the Aboriginal community of NSW is significantly higher than in the non-Aboriginal community



There are

79,300

YOUNG CARERS

IN NSW

1 in 5 carers come from a non-English speaking background



CARERS MAKE A DIFFERENCE

Carers contribute an estimated

\$25 billion

a year in unpaid labour in NSW



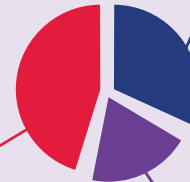
This amounts to **692+ million hours** of care a year

CARERS IN THE LABOUR FORCE



45.2%

DON'T WORK in the labour force



31.7%

FULL TIME workers

19.5%

PART TIME workers

CHALLENGES OF CARING

GREATER FINANCIAL HARDSHIP

than non-carers, lower savings and less superannuation



There are **266,000** carers in NSW who live with disabilities



YOUNG CARERS

are less likely than their peers to complete their education and participate in employment



ON AVERAGE, YOUNG CARERS HAVE



LOWER

WHAT CARERS NEED



TO BE **PARTNERS** IN CARE

ADVICE+ INFORMATION



To have choices and **opportunities** in work and education



TAKE A BREAK



EXTRA HELP at home

SOMEONE to talk to



support for life after caring

TO BE RECOGNISED

and have their experiences understood

