

About

The peak non-government organisation for people in New South Wales (NSW) who provide informal care and support to a family member or friend who has a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

Vision

Our vision is an Australia that values and supports all carers. Our goals are to:

- Work with carers to improve their health, wellbeing, resilience and financial security
- Have caring recognised as a shared responsibility of family, community and government

Overview



- Carers' use of formal services
- Carers' informal networks
- The intersection between formal services and informal networks
- Can one exist without the other?

Formal services

Counselling, Respite, Carer Support Groups

Arranged through contractual agreement

Payment required or must meet certain eligibility criteria

Informal networks

Friends, family, neighbours, colleagues

Developed over time through shared history, interests and familial bonds

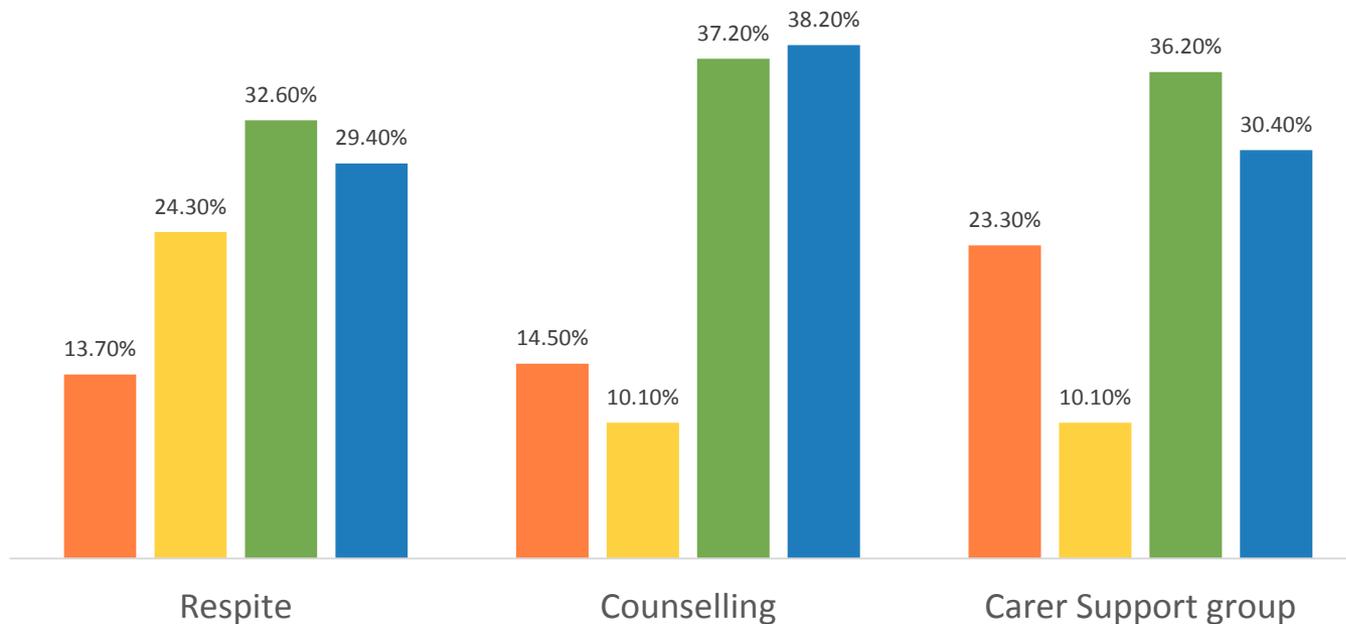
Free

Carers' use of formal services



Carers NSW 2016 Carer Survey

■ Use as much as needed ■ Use but want more ■ Don't use but would like to ■ Don't use and don't want to



Formal services

- Reduce carer distress and burden*
- Increased quality of life*
- Sustains carers in their caring role*
- Important for community care to remain viable.

Informal networks

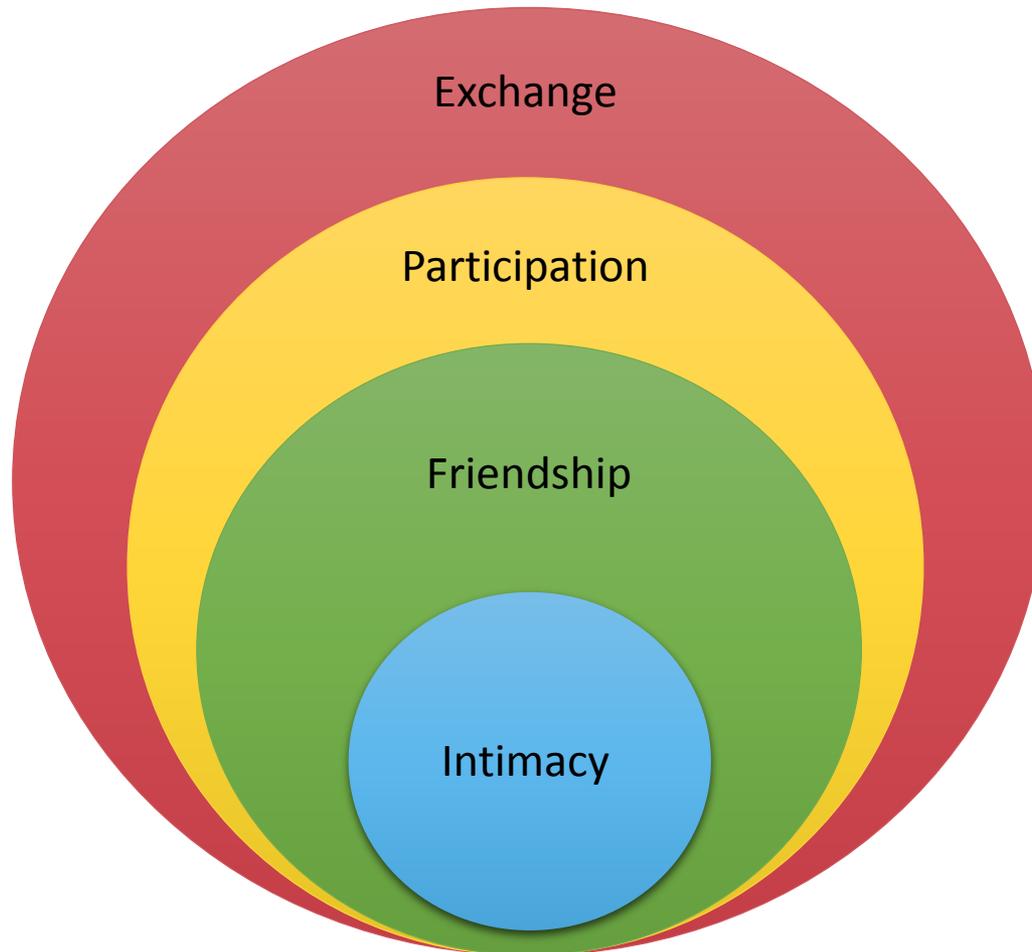
- Carers are more likely to be socially isolated and have less social support**
- Mitigate challenges or negative repercussions of providing care
- Associated with higher quality of life***
- Lower levels of social support = higher rates of psychological distress, anxiety and depressive symptoms***

* See Dickinson et al. (2017); Laver et al. (2016); Sörensen et al. (2006); Williams and Owen (2009)

** Hill et al. (2016)

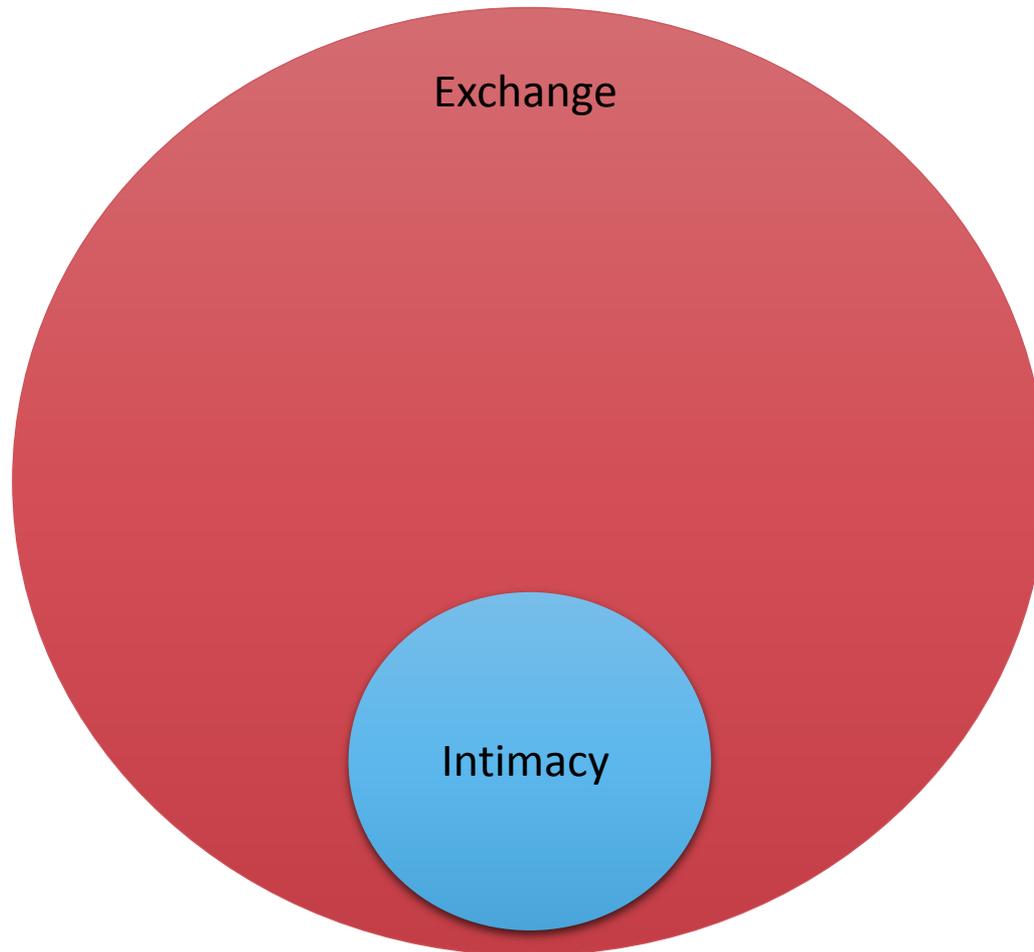
*** See Brand et al. (2014); Luther et al. (2005); Nordtug et al. (2013)

Circles of Support



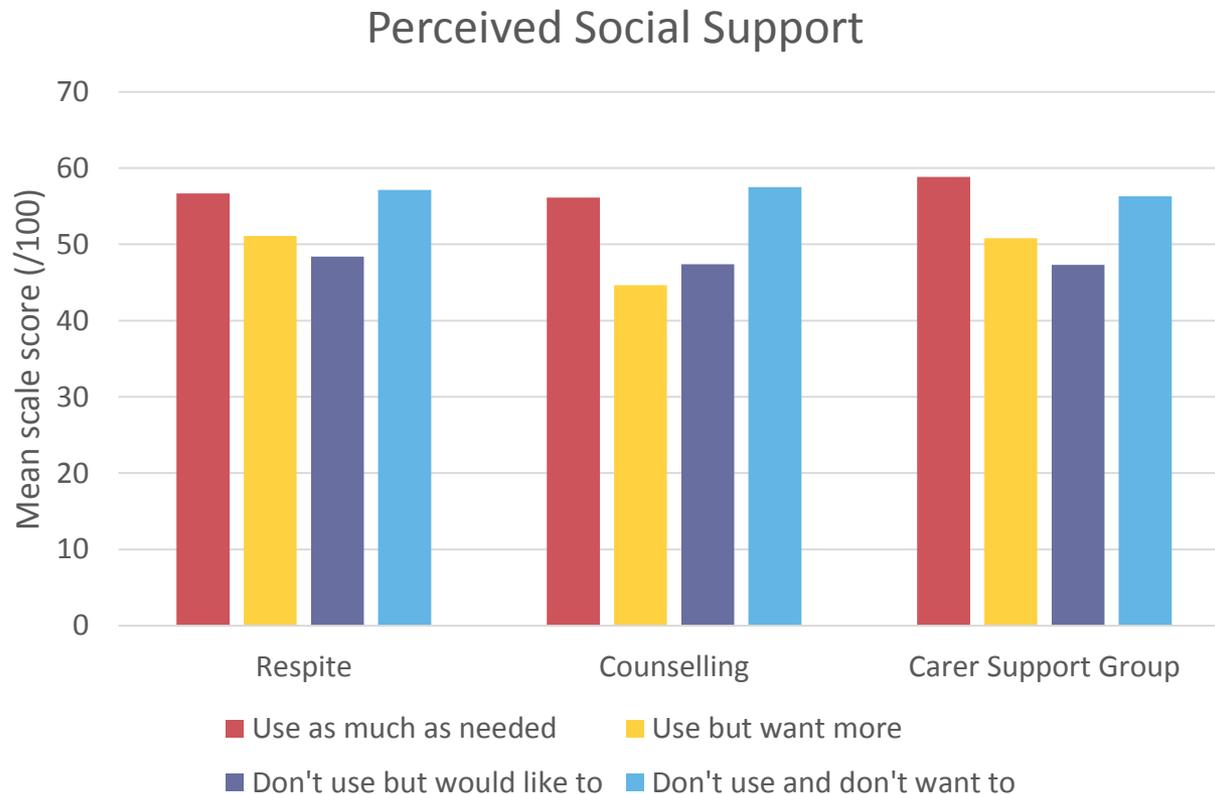
* Weetman (2006)

Circles of Support

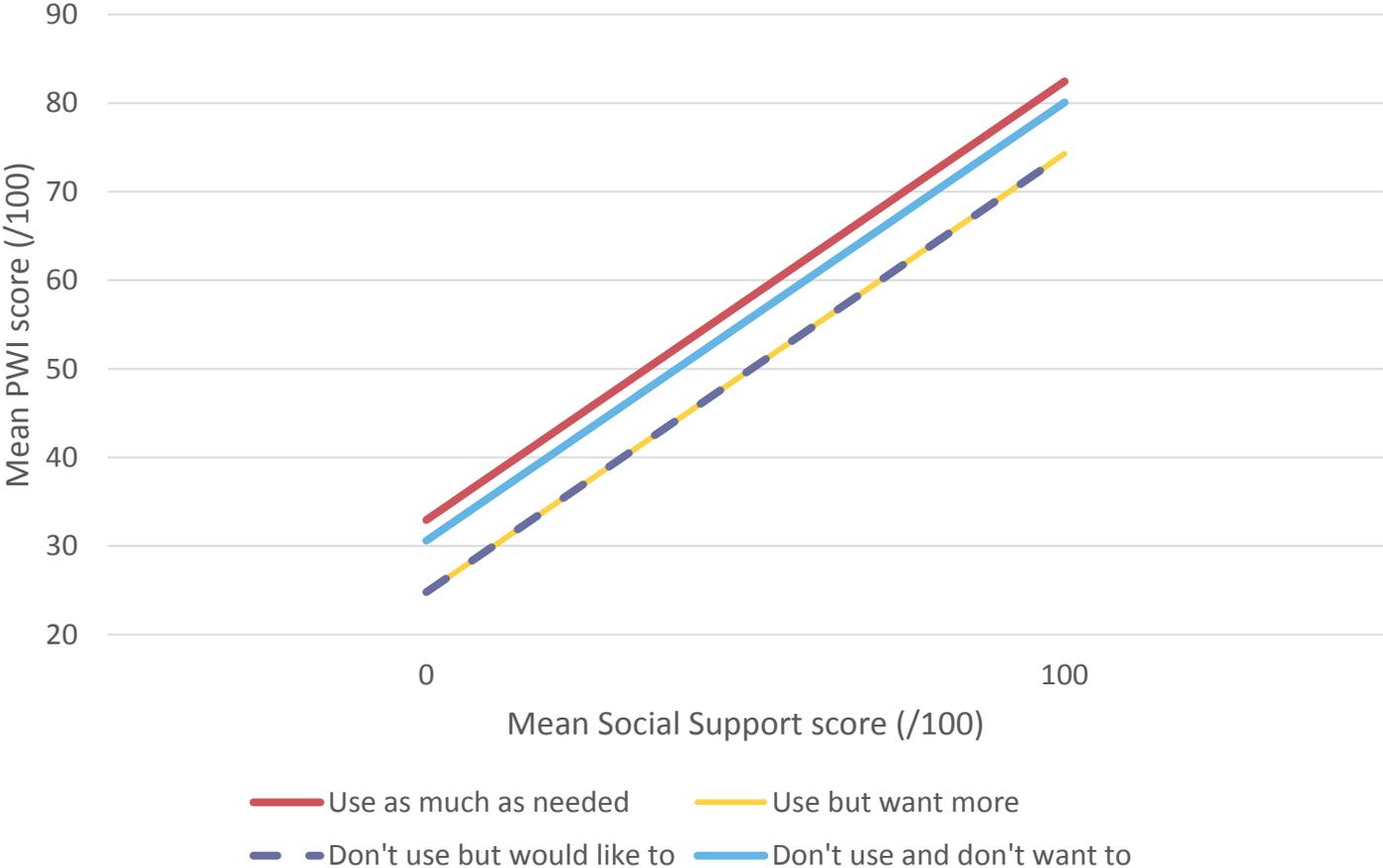


Perceived social support

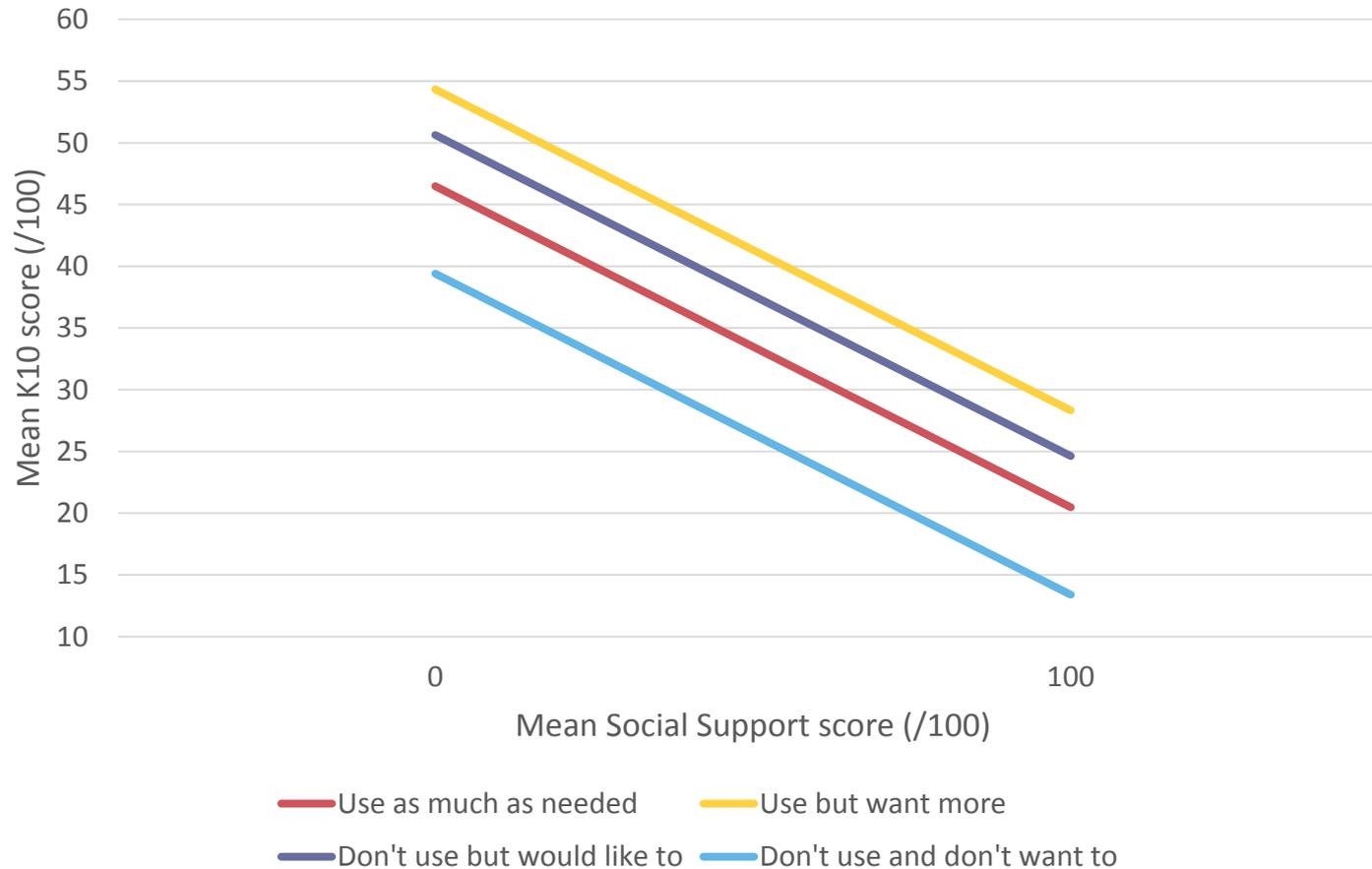
Carers NSW 2016 Carer Survey



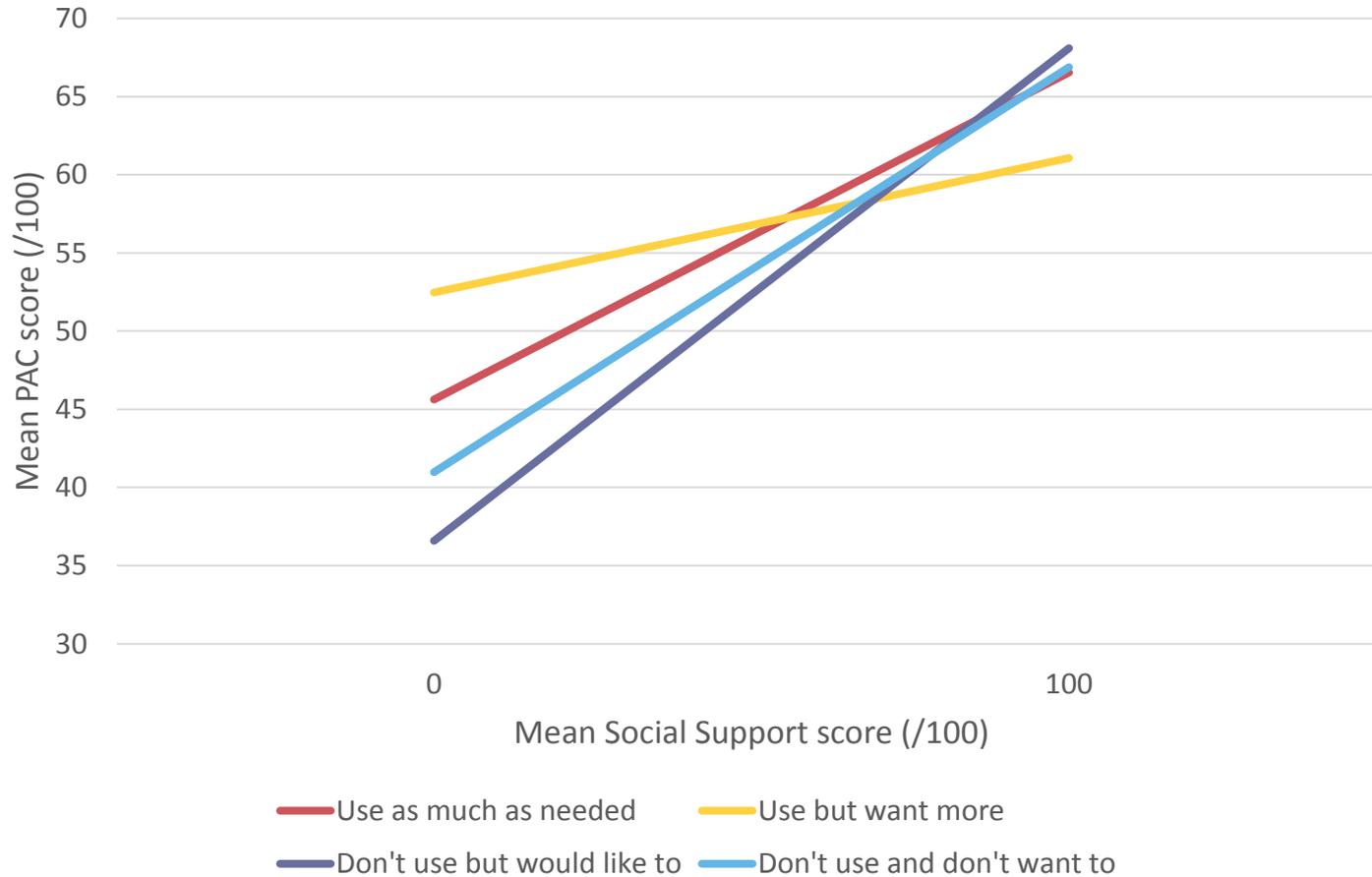
Personal Wellbeing Index x Respite Use



Distress x Counselling Use

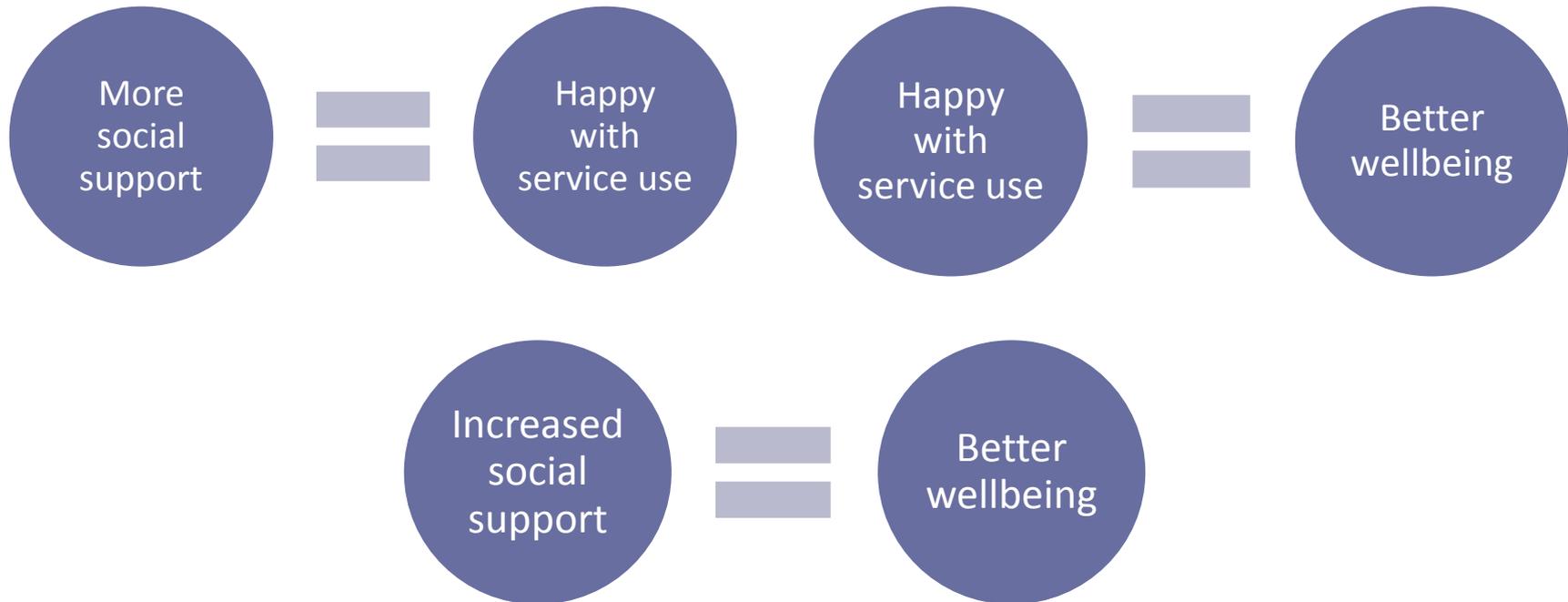


Positive Aspects of Caregiving and CSG Use



Conclusion

Can formal services replace informal networks?



Conclusion

BUT some of the relationships look different



References



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