

# Aboriginal and Torres Straight Islander Carers

In NSW

# What do we know about carers?



## AUSTRALIA NSW

Population	19.6 million	6.5 million
Carers	2.3 million	820,000
Indigenous Population	427,000	121,142
Indigenous Carers	51,600	14,537

# Who are Carers?



- Carers look after relative or friend who has a disability, chronic illness, mental illness or are frail aged
- Carers are friends, neighbours, brothers, parents, partners, sister, grandparents, or young children

# Who are Carers?



- Carers are both male and female
- Carers can be as young as 9 years and as old as 90 years

# Why support Carers?

•90% of all care recipients needs are provided by informal carers



# Carers need.....



- recognition and acknowledgment for the role
- culturally appropriate carer specific services
- emotional support
- meet and talk with other carers
- Information
- treated as equal partners in care
- referred to appropriate support

# Effects on caring



85% feel their  
mental and physical  
health gets worse

## Common effects:

- sad/depression
- anxious/worried
- emotional easily  
upset
- frustrated/bored

# Effects on caring

cont.



- exhausted/stressed
- social isolation/loneliness
- changes in the family relationships
- sense of loss or grief



# Carers NSW



- The peak organisation representing informal carers
- We are non-government, charitable organisation
- We have been in existence since the mid 1970's

# Supporting Indigenous Carers

- Set up ATSI Carer Program in 1995
- Employed Development Officer since 1995
- Set up Ngara Support Service in Penrith 1995
- High Needs Project in 1999
- Koori Yarning Project on 2000